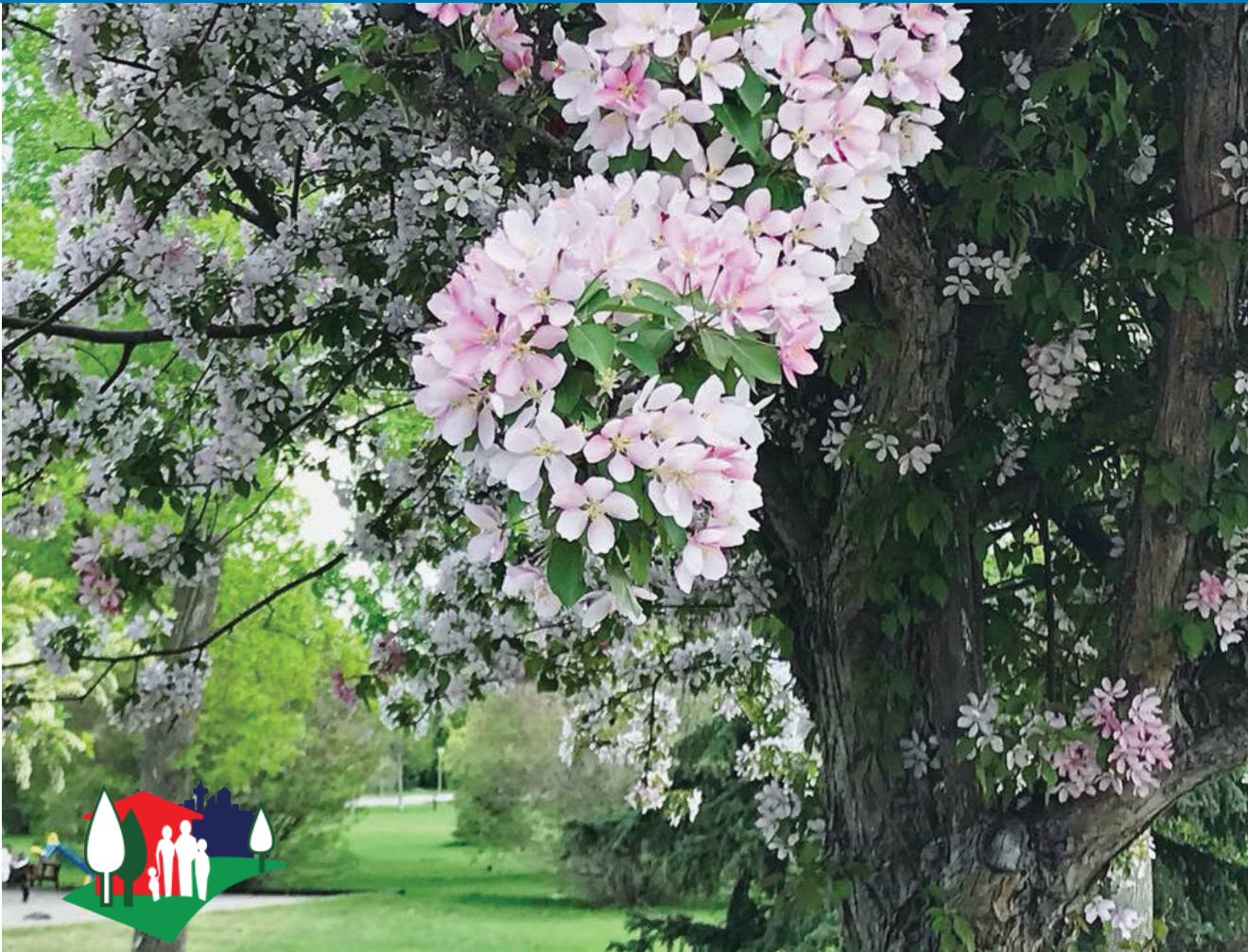


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CONTENTS

- 5 **PRESIDENT'S MESSAGE**
- 7 **HH-BH ANNUAL STAMPEDE BREAKFAST**
- 9 **COMMUNITY MEMBER PROFILE:
MARGARET MALCHOW**
- 10 **NEW FACILITY PLANNED FOR HOUNSFIELD
HEIGHTS**
- 11 **NEWS FROM THE FRIENDS OF NOSE HILL**
- 12 **THINGS LEARNED ON DANDELION DUTY**
- 15 **COUNCILLOR DRUH FARRELL'S REPORT**
- 16 **ABOUT WINE**
- 17 **MP LEN WEBBER'S REPORT**
- 18 **MLA DAVID SWANN'S REPORT**

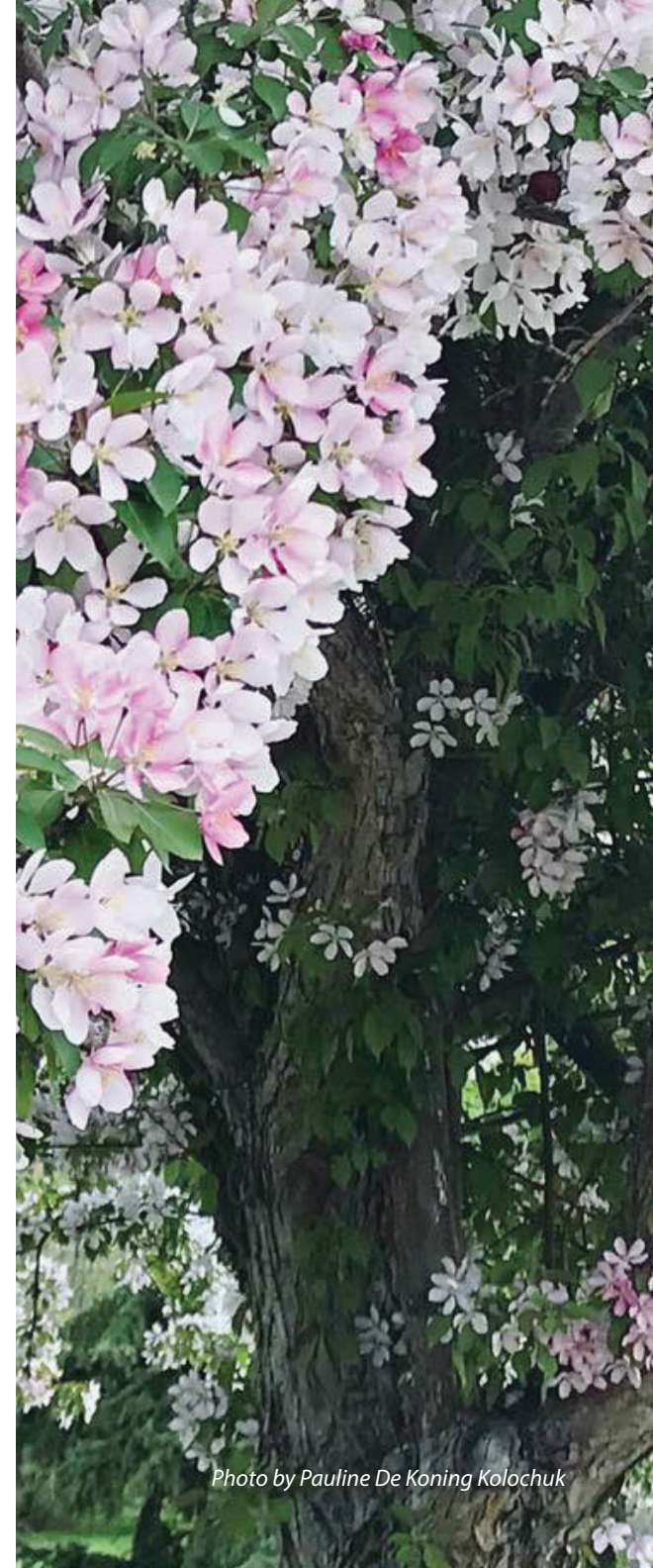


Photo by Pauline De Koning Kolochuk



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IMPORTANT NUMBERS

ALL EMERGENCY CALLS 911

Alberta Adolescent Recovery Centre	403-253-5250
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
Road Conditions – Calgary	511
Weather Information	511
Gamblers Anonymous	1-855-222-5542

PRESIDENT'S MESSAGE

Hello HHBH residents,

I hope this note finds you having a great summer! Your community association board has been busy keeping up with a number of activities and events. As a community, we continue to face issues that impact the well-being of our residents, and as a board we do our best to bring you information and work on your behalf. As always, you are welcome to attend our board meetings and are encouraged to check out our website <http://www.hh-bh.ca/> for updates.

Sears Plume

I trust that all who are concerned have been watching the community association website (<http://www.hh-bh.ca/>) to stay up to date on the progression of the appeal of the Environmental Order the Alberta Government placed on Sears and Concord Pacific. At present the mediation session has not yet occurred but may be scheduled for July 17 and 18, 2018. Please continue to monitor the website for the latest information as we post all documents as we receive them to keep you as up to date as possible.

Banff Trail Development

On May 15th, the Calgary Subdivision and Appeal Board (SDAB) released its decision. The appeal is allowed in part and the decision of the Development Authority is varied. More details can be found at: <https://www.canlii.org/en/ab/absdab/doc/2017/2017cgysdab115/2017cgysdab115.html?searchUrlHash=AAAAQAFYnJpYXIAAAAAQ&resultIndex=1>

Louise Riley Library Development

While the City of Calgary has approached the HHBH community association board to begin discussions about the potential redevelopment of the Louise Riley Library, no concrete plans or timelines have been presented to this date. The Board will continue to monitor this to do our best to ensure we are involved in the process.

Alberta Health Services Development on the AADAC property

Recently, Alberta Health Services (AHS) announced their intent to develop a new facility on the AADAC site (West side of 17A St just north of the Bethany Administration Offices) on two parcels that belong to AHS. The HHBH community association board has formed a sub-committee under the Strategic Planning

Portfolio to engage with the AHS to do our best to ensure the community has a voice in the upcoming efforts. You can read the AHS release at; <https://www.albertahealthservices.ca/news/releases/2018/Page14443.aspx>

And now for some fun! Please make sure you have marked the events below in your calendar!

Saturday July 14 - Stampede Breakfast

Located at Green park
 Both human and doggie style.
 Time: 9:00 to 11:00 am

Sunday September 16 – Community Clean-up

Location – Louise Riley Library Parking lot and field
 Time: 9:00 AM to 1:00 PM
 Volunteer Appreciation immediately following

Saturday November 24 – 65th Community Association Anniversary Celebration

Location – Community Gym
 Send me any stories and pictures you may have.
events@hh-bh.ca
 More details to follow watch our website! <http://www.hh-bh.ca>.

Please remember your attendance is welcome at the HHBH community association board meetings, which are held at 7:00 p.m. on the second Thursday of each month from September through June at the HH-BH Community Hall at 1922 – 14 Avenue NW. Attending these meetings is a great way to stay up to date on what is happening and to ensure your ideas and concerns are heard and incorporated into the management of the community association. To include an item on the agenda please contact admin@hh-bh.ca at least two weeks prior to the meeting. If you are unable to attend in person, please write me at president@hh-bh.ca.





Hounsfield Heights – Briar Hill Community Association BOARD OF DIRECTORS

COMMITTEE POSITION	NAME	EMAIL	PHONE
President	Allan, Jeff	president@hh-bh.ca	
Past President	Hunt, Laura	past.president@hh-bh.ca	
1st Vice President & Programs	Sandahl, Carol	vp@hh-bh.ca	
2nd Vice President & Facilities Director	Sammet, Gunter	2nd.vp@hh-bh.ca	
Treasurer	Winkler, Kathryn	treasurer@hh-bh.ca	
Secretary	Greco, Joanna	secretary@hh-bh.ca	
Land Use Director	Woods, Terry	land.use@hh-bh.ca	
Education Director	VACANT	education@hh-bh.ca	
Sears Plume Director	Almeida, Diana	sears.plume@hh-bh.ca	
Communications Director	Falconi, Sandra	communications@hh-bh.ca	
Events Planning Director	Malchow, Margaret	events@hh-bh.ca	
Director-at-Large	Staniland, Kathleen	director.at.large@hh-bh.ca	
IT Director	Rena Hu	it@hh-bh.ca	
Strategic Planning Director	Jeff Marsh	strategic.planning@hh-bh.ca	
Executive Director	Guy Latour	executive.director@hh-bh.ca	403-282-6634

PROGRAM COORDINATORS			
Indoor Soccer	Eve Miller	indoor.soccer@hh-bh.ca	
Outdoor Soccer	Jen Clee	outdoor.soccer@hh-bh.ca	
Youth Badminton	Theresa Cowan	badminton@hh-bh.ca	

COMMUNITY RESOURCES			
Louise Riley Library	Allison Thomson	allison.thomson@calgarypubliclibrary.com	403-221-2047

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: 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.



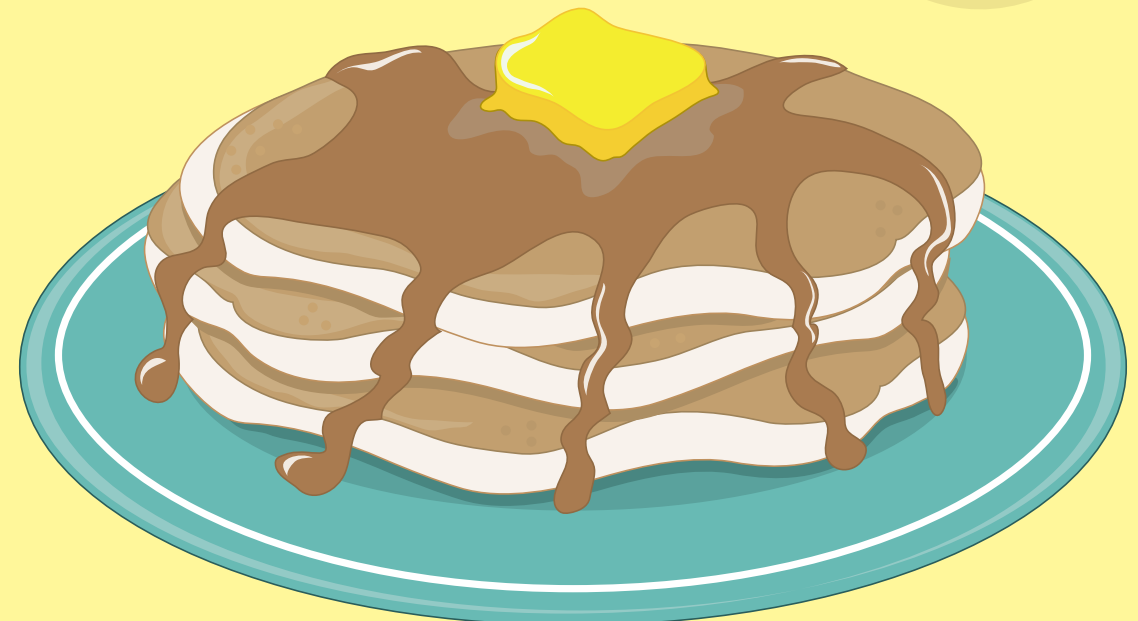
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Follow us on Twitter
[@hhbhca](https://twitter.com/hhbhca)

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

HH-BH Annual STAMPEDE BREAKFAST Saturday July 14, 2018 Green Park 9 am to noon



CALENDAR OF EVENTS

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. **Next Meeting: July 12, 2018.**

Our annual Stampede Breakfast will be held July 14, from 9:00 -11:00 a.m. in Green Park. New addition to the menu this year—doggie pancakes (yes, a special treat for our canine family members). This year's Stampede theme is *"our past, present and future"* which celebrates the heart of the Stampede being its people and the passing on of traditions, values and community spirit.

Each year, the City of Calgary teams up with local community associations to help residents get rid of **unwanted** household items and property waste. The Hounsfield Heights-Briar Hill 2018 Community Clean-ups is being held at 9:00 a.m. on Sunday, September 16th at the Louise Riley Library parking lot and adjacent field. Volunteer appreciation will be held immediately following. Last year, Calgary collected a record of 1.25 million kg of waste and over 250,000 kg of organics.

This is a special year for our community. Hounsfield Height-Briar Hill turns 65! A celebration will be held in our community centre gym (1922 14 Ave NW) on November 24th. HHBH residents are encouraged to send any stories and photos to Margaret at events@hh-bh.ca. More details to follow.

If you are able to volunteer for any of these events, please reach out to Margaret (events@hh-bh.ca).

BUCKAROO BARD

Cowboy poet may sound like a bit of an oxymoron to some, but the long days of cattle driving often wound down around a campfire, and some of the wranglers would entertain each other with lyrical-type rhymes they'd thought of throughout the day. The artform led, indirectly perhaps, to the much-beloved genre of music, County & Western.



COMMUNITY PROGRAMS



HHBH Gym Drop-In Programs

Badminton: Tues-Fri: 9:00 am – 12:00 PM
Pickleball: Tues, Wed, and Thurs from 1:00 pm – 3:30 pm
Rates: \$5 per person, \$4 for seniors (55+)

Family Open Gym Night

Free open gym for the community provided Friday nights when available. Please visit our website at www.hh-bh.ca/community-open-gym-free to confirm availability.

Hounsfield Heights-Briar Hill Drop-in Fee Increase

After a review of our operating budget and a comparative review of other Calgary community associations confirmed that our drop-in rates have fallen behind. To manage and maintain our facility and related services, and to continue ensuring safety and compliance with all bylaws, we are required to modestly increase our rates.

We would like to take this opportunity to thank all our clients and members for their continued support.



Spots Available for September

Limited spots are still available in our 2018/19 Tues/Thurs AM & PM Classes. Visit hhbhcaplayschool.com to learn more and to register online.

COMMUNITY MEMBER PROFILE

Margaret Malchow

Event planning requires certain attributes—organization, creativity, flexibility, and the ability to give it your all knowing that hard work doesn't always correlate with success. In our community, Margaret Malchow, Hounsfield Heights-Briar Hill events planning director, embodies all those attributes and more. Her enthusiasm and ability to engage with people has resulted in several highly successful events to date, including this year's Spring Fling and Summer Solstice.

Margaret was born in Grimsby, a small town on Lake Ontario in the Niagara Region. With nine sisters and two brothers, there was never a shortage of activity, and to this day, Margaret still organizes family events for her siblings. "I am currently collecting stories about my family growing up on the farm, and piecing together our ancestry," says Margaret. "I also love driving around Alberta and collecting stories about its history."

Margaret has been married to Dennis for 26 years, and they have a daughter, Alberta (Ali), and a son, Jack. Both went to Briar Hill elementary school and then onto Queen Elizabeth High, and both played soccer in the community. Last September, Margaret inherited a 6-year-old Golden Retriever named Bella from her father-in-law, who could no longer keep her due to illness.

Margaret was originally transferred with Canadian Airlines from Vancouver to Calgary. "I was with them for 13 years, and when they closed their doors, I stayed home with my children," says Margaret. She then explored other roles like installing invisible fence to keep pets safe and working the deli in our Safeway store until she took a permanent position as Project Control at a small engineering firm for 10 years.

A twenty-year resident of Briar Hill, Margaret's initial draw to this community was its proximity to North Hill mall, the LRT, green spaces, and the local school. What keeps her in Briar Hill however, is the people.

"I love my neighbors and the community spirit, and I want to continue to build on that," says Margaret. "The adage 'it takes a village to raise a child' is true, but I think it's also true for adults. I've grown and evolved as a result of the great friends in my community—my 'village.'"



Margaret joined the HH-BH board last fall. "I love bringing people together and organizing events where everyone can get to know their neighbors better, like the upcoming Stampede Breakfast (with doggie pancakes added to the menu this year), and the Community Clean-up in September. Our Canada 150 celebration last year was a particularly memorable event for me, so I am excited to be planning another special day—a party commemorating the 65th anniversary of HH-BH in November. This is a major milestone and I ask everyone in the community to plan to attend and spread the word."

Other passions of Margaret's are gardening "both eatables and flowers", and volunteering. In addition to her HH-BH board role, Margaret volunteers for the Calgary Commuter Challenge and is currently in the process of becoming a Dog Park Ambassador "I will be the one asking you to please pick up after your dog and offering suggestions for how to best utilize the park", says Margaret.

Margaret's community spirit and active commitment are characteristic of what makes HH-BH special. Her hopes going forward are to "continue building friendships and making this a place, where when you leave your door to wander to the store or to visit a neighbor, you know there are people watching out for you."



New Facility Planned for Hounsfield Heights

On May 25th, Alberta Health Services (AHS) and the Alberta Children's Hospital Foundation announced they are partnering to build a mental health centre in the community of Hounsfield Heights. The purpose of the centre is to help ensure timely access to appropriate mental health supports for children and adolescents.

Three primary services are envisioned for the centre: walk-in help as an alternative to hospital emergency rooms; a day hospital to help transition patients from hospital to home; and treatment groups and one-on-one therapy. There are no overnight stays or services.

This model of care is based on an innovative design that has been proven effective internationally and is the first of its kind in Canada. It is currently estimated the facility will be about 3200 square meters, which includes a large gym. AHS is also exploring the idea of a garden/therapeutic outdoor area and is open to working with the community on potential partnerships. The centre will be built on the west side of 17A St just north of Youth Addiction Services, on a parcel of land belonging to AHS. Although architectural plans have not been drawn up yet, the new facility is envisioned to be low rise (likely 2 or 3 stories).

When design and planning are further along, the Alberta Children's Hospital Foundation will launch a fund-raising campaign, encouraging the public to support construction of the centre as well as program and research enhancements.

On May 30, members of the HH-BH board and strategic planning subcommittee attended a meeting initiated by AHS to inform us about the project and engage us in the process going forward.

Parking was the primary issue discussed at that time and had already been flagged by AHS. As a result, they are undertaking both a traffic and parking study to ensure these are addressed in the planning and design phases of the project.

AHS is also planning several Community Conversation sessions that will begin this summer. These sessions will be open to all HHBH residents to give them an opportunity to get more information, provide input and ask questions. Dates and times will be posted on the HH-BH website, Twitter, Facebook, and communicated via email and street signs as soon as they are known. More information and updates about this project are available at www.ahs.ca/ccamh or by email: ccamh.calgary@ahs.ca

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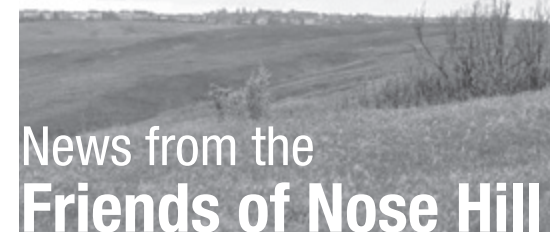


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- Watch your weather forecast to determine if you should water or not. Adjust your watering schedule accordingly and skip watering when it has rained or is forecast to rain.
- The best time to water is early in the morning. Avoid watering in the heat of the day (10 a.m. to 3 p.m.).
- An easy way to water in the morning is to add a timer to your sprinkler or set your irrigation system.
- Capture rain water in a rain barrel and use it on your trees, shrubs and flower beds.
- Use the right watering tool for the job. Keep water low and slow to ensure water reaches the plant roots and does not just evaporate.
- Reduce mowing and watering by keeping your lawn at least two or three inches high. Taller grass shades the soil, so it requires less water and stays healthier.

Visit calgary.ca/yardsmart for more tips and tools.



by Anne Burke

Park Clean-Ups

Thank you to the volunteers who initiate clean-ups on Nose Hill, in other parks or green spaces, and in communities. The city offers free TLC kits for groups of ten, with enough garbage bags, gloves, hand sanitizers, and instructions. There are some tips for before your cleanup, on the day, and after, when you share your story. Tweet using #yyccleans.

Park Interpreters

Seasonal Park Interpreters must be 18+ years of age. Volunteers are needed from June to October and the commitment is of 6 shifts per season. Sanctuary Hosts work year-round when positions are available. Other Green Initiatives promote Parks programs. Training, supplies, and support are provided. If you join the Parks Environmental Education team, there is a screening policy and it may include police information checks. You will be able to learn about nature and cultural history, meet others, represent the city, and foster environmental stewardship.

Pesticides

Health Canada registers pesticides in Canada. There are federal and provincial laws, city environmental policies, and public notification for general pesticide use. The City's Environmental Advisory Committee (EAC) has a Subcommittee which reviews the process and makes annual recommendations to EAC.

Since the early 1990s, concerns have been raised by environmental stakeholders about spraying pesticides. A task force was struck. City Council approved a Plan, in 1998, which applies to all civic land, including natural environment parks, such as Nose Hill, although there is a 1994 Natural Area Management Plan.

Representative and viable habitat types will be protected, so that environmental impact and safety are considerations. There are restrictions on human use in some areas of Nose Hill, such as the escarpment and aspen woods, to protect the native plants and wildlife. According to the 1994 plan, where recreational use and significant habitats conflict, protection of the natural resource will come first.

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Annual Community Clean-up Event

Sunday September 16, 2018

Louise Riley Library parking lot and field
9 am - 1pm

Volunteer Appreciation event immediately following



Things Learned on Dandelion Duty

by Barbara Green

For the last few years, I've had a teenage boy in the house willing to keep the dandelion population in my yard under control for a fraction of minimum wage. He moaned about it (as teenagers do) and I rolled my eyes (as parents do).

"They're evil!" he'd exclaim after spending an hour with the dandelion-extracting tool to rid the lawn of every yellow bloom, then finding legions of them smiling sunnily up at him again as he came home from school the next day. I confess, I just assumed he was being overly dramatic and insufficiently thorough.

This summer, both my teenagers have part-time jobs and the dandelion-defeating task has fallen to me. Ahem. Things I've learned on dandelion duty:

1. Dandelions are sneaky, and they hide.
2. Dandelions are capable of being only in leaf while you are in the yard, then blooming and going to seed in the time it takes you go into the house to take a phone call. Some have undoubtedly done it while I've been writing this article.
3. Don't think you have a strong predatory instinct? Start hunting dandelions. I caught myself waving the dandelion extractor victoriously over my head when I finally got one of the little suckers out, root and all. I may take it for taxidermy and mount it.
4. You can fully aerate your lawn with a dandelion tool. And then some.
5. My son was right: if we want to create an awesome military fighting force, we should find a way to splice dandelion DNA into soldiers. Un-freaking-stoppable!

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Ask Charles

I want to buy a new build home from the builder, but I don't want to work with the builder's representative. I want to work with my own agent, is that allowed? Will it cost me more money?

Yes, you're allowed to work with your own agent. The builder's representative is representing the builder's interests, and your real estate professional will represent your interests in negotiations with the seller (builder).

RECA always recommends having your own representation when buying a property, whether it's a new build, resale, a condo, or even a commercial or rural property. While builders can't stop you from having your own representation, it is possible you'll come across one that wants to deal with you, as the buyer, directly. If that's the case, your real estate professional can offer you advice and guidance behind the scenes, but they won't be dealing directly with the builder or the builder's representative.

When you hire a real estate professional to represent you, you're required to enter into a written service agreement. The written service agreement sets out the roles and responsibilities of your real estate professional, and your obligations to that individual. It also sets out how your real estate professional will be paid.

Typically, buyer's representatives are paid through a portion of the commission the seller pays. Some builders, however, do not offer commission to buyer's agents. If this is the case, your real estate representative won't be paid in the usual manner.

Your agreement may contain a clause that sets out if your real estate professional will not receive a portion

of commission from the seller's agent's commission, you will owe compensation to your agent upon completion of your purchase. This compensation could end up being an out of pocket expense for you.

You may come across builders that have programs to pay commissions to real estate professionals who introduce a buyer to the builder, but this is not the same as having representation from a real estate professional throughout the process. In these cases, the builder is willing to pay commission to a real estate professional who introduces you—but then the builder expects to deal directly with you as the buyer, and you may not have the benefit of advice from your real estate professional.

RECA recommends carefully reviewing the fee portion of your written agreement before signing it.

If there is no mention of how your real estate representative will be paid in the event the seller or seller's brokerage is not offering commission to a buyer's representative, you need to talk about it with your real estate professional. If you have concerns about a possible out of pocket expense in terms of compensation for your real estate representative, get that out in the open at the beginning.

"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

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**Councillor, Ward 7
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What is 'Risky Play' and why do kids need it?

(adapted from outsideplay.ca by Calgary NW Early Childhood Coalitions)

Play is a basic childhood need, and taking risks is a necessary part of that play. Whether jumping in a pile of leaves, climbing trees, or playing street hockey, children are often happiest when playing. These kinds of experiences are a lot less common for kids today. Our worries and desire to protect our kids can result in setting too many limits on them, which can interfere with healthy development. Risky play (or what used to just be called 'play') can take many different shapes, but always involves the thrill and excitement of testing yourself, pushing limits, and finding out what happens.

These are some of the types of play that are deemed 'risky':

- Playing with heights
- Playing at high speeds
- Playing with tools
- Playing near elements
- Playing with a perceived chance of getting lost
- Rough and tumble play

Increasingly, research is showing that risky play is important for children's health, development, and wellbeing; kids can build resilience, self-esteem, become more physically active, develop their social skills and self-confidence, and learn how to manage risks and keep themselves safe.

Did you know?

- Just 37% of children play outside everyday
- Only 7% of kids under 10 are allowed to go out on their own

Want to learn more about how your children can get their risky play on? Check out: <https://outsideplay.ca/>

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: nwecdcoalitions@gmail.com.

Safer Buildings

We all deserve to live and work in safe places. Imagine being suddenly evacuated from your home because your building was declared uninhabitable. That was the case last November, when, with as little as fifteen minutes' notice, over 100 people were evacuated from the Kensington Manor in Hillhurst. Earlier that day, an inspector identified serious structural issues and determined the apartment was at risk of "possible imminent building collapse." Residents found themselves on the street with only what they could carry and much uncertainty on where to go next. Two months later, on the other side of the city, the Fairview Arena roof collapsed shortly after evacuation. In both cases, we were lucky.

The City of Calgary is committed to working with property owners to ensure that buildings are safe. In 2016, The City created a Building Maintenance Bylaw that requires building owners to inspect and maintain the exteriors of their buildings. The Bylaw resulted from several serious incidents, including a fatality, where exterior materials fell from buildings posing risks to building occupants and passersby.

While the bylaw is already improving building safety, incidents like the Kensington Manor and Fairview Arena highlighted that our existing bylaw does not include a structural review. Calgary has nearly 500 buildings that are over 25 years old and greater than five storeys tall. These and other buildings are reaching the age where structural failures are more likely. We know that proactive structural inspections and education on structural safety can identify and prevent failures early on.

In March, I brought forward a motion to Council to improve the Building Maintenance Bylaw. Since the existing bylaw only addresses building exteriors, structural deficiencies may go unchecked until failures occur. My motion calls for City Administration to work with advocacy organizations and industry representatives to expand the scope of the bylaw to include structural issues. The motion passed unanimously.

Safer buildings and improved property owner responsibility will protect Calgarians, and help avoid the significant financial, emotional, and logistical hardships that can occur when buildings are deemed unsafe. With this work, we can hopefully avoid further situations like the Kensington Manor and Fairview Arena.

About Wine

by Nik Rasula

About Wine features wines not typically on one's shopping radar. Unique wines with a story to tell; of place, process or style. Highlighting artisanal producers making reasonably priced (under \$50 retail) wines, all-the-while demonstrating careful earth consideration.



2015, Pratello Lieti Conversari, Vino Bianco (www.pratello.com)

About the Region: Located midway between Venice and Milan, Agricola Pratello (AP) lies on the morainic slopes of lower Lake Garda in the northeastern Province of Brescia, Italy.

About the Winery: Owned by the Bertola family, AP has been making wine on Garda's southwest slopes for over 150 years. AP's entire production and cellaring facilities are located on the estate, underground.

About the Estate: Comprising 70 of AP's 120 hectares, the vineyards consist of a healthy mix of red and white grapes. They thrive in harmony with fruit orchards, olive groves, vegetable gardens, and an upscale guest retreat.

About Sustainability: Certified Organic. An early adopter of organic practices, AP aspires to a future in harmony with the earth. Its tree-planting program—by enabling populations of birds and beneficial insects—

benefits the region's natural ecosystems, and is just one example of the visionary "Pratello Method."

About the Grape: Developed by Luigi Manzoni in the 1930s, Manzoni Bianco is the result of crossing Riesling and Pinot Blanc. Readily adaptable to climate and landscape, it is native to the neighbouring Treviso region. Manzoni Bianco now grows countrywide.

About the Wine: An appealing light golden colour, notes of peach blossom and mixed tree-fruits emanate from the glass. On the palate, pleasing medium-bodied flavours of quince and apricot highlight the long, stony finish.

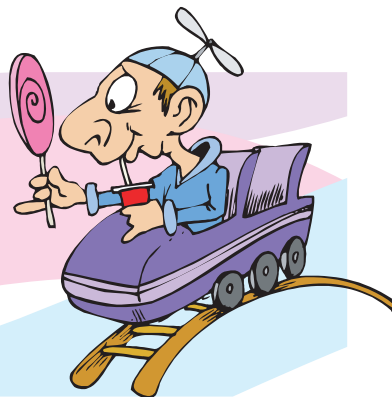
About Pairing: Creamy soups, seafood risotto, soft cheeses, and summer patios.

About Availability: Check liquorconnect.com (call the listed store too).
CSPC # 773152

About Price: \$32

The Whimsical Holidays of Thomas Roy

American actor Thomas Roy and his wife have created a number of "special" holidays. Among his July holidays are: "Don't Step on a Bee Day", "Embrace Your Geekness Day", "Gruntled Workers Day", and "Take Your Houseplants for a Walk Day."



Calgary Confederation
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Are You Ready?

Whether we like it or not, recreational marijuana is going to be legal soon and parents are wondering if they are ready to handle the change. Alberta's usage rate is currently 8.9% while the national average is 10.5%. At the same time, Alberta has the highest rate of lifetime use of all provinces.

Alberta will have the lowest age of accessibility of all provinces and Alberta parents are looking for additional information on how to discuss the legal use of recreational drugs with their children.

In the riding of Calgary Confederation, there are already applications for 29 marijuana stores filed with the City of Calgary. (More information on this at www.lenwebber.ca/marijuana-store-applications/)

While drugs have been an issue that parents have tackled for decades, the situation will become all the more confusing for our youth. If the government is selling it, it must be okay, right? Health experts have warned that marijuana use under the age of 25 has many negative effects on the developing brain.

It's very important to talk with teens about drugs because: they may hear wrong information about drugs from their friends, the media or other adults; they (or you) may be concerned about someone else who is using drugs; they may be using drugs and might need help to stop; they may be asking questions and it's important that you provide them with the right information.

The federal government has an information page for parents online at www.canada.ca/en/health-canada/services/substance-abuse/talking-about-drugs/talking-with-teenagers-about-drugs.html.

The page has sections dealing with talking with teens, tips for talking about drugs, points about cannabis, slang term for cannabis, points about prescription drugs and getting help about problematic substance abuse.

It is important to talk with teens about drugs regularly, before there is an urgent need to do so.

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“A fine kettle of fish”

Meaning: A difficult or awkward situation; a mess.
Origin: A kettle in this case refers to a long pan meant for poaching large fish. The use of the phrase “may be an allusion to the confusion of bones, head and skin that is left in fish-kettles after the fish has been eaten.” (Martin, Gary. www.phrases.org.uk)



MLA Calgary-Mountainview

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Howdie Constituents,

With summer finally upon us – I look forward to seeing you at many festivities throughout the city including my 14th **ANNUAL CALGARY MOUNTAIN VIEW STAMPEDE BREAKFAST**

9:00AM to 11:00AM on Saturday, July 7 at Hillhurst-Sunnyside Community Centre!

We are collecting donations for the Calgary Food Bank and please bring your own cups, plates and utensils to receive a pin.

Know more about Community Grants: For More Info - <http://www.culturetourism.alberta.ca/community/community-grants/>

Every community association in Calgary MountainView: Bridgeland-Riverside, Crescent Heights, Hillhurst-Sunnyside, Hounsfeld Heights-Briar Hill, Parkdale, Renfrew, Rosedale, West Hillhurst and St. Andrews Heights can apply for one capital and one non-capital grant per government fiscal year (April 1-March 31) as a community non-profit organization registered (and in good standing) under the Societies Act.

Non-capital grant requests can be accessed through any one of the Community Initiatives Program (CIP) grant streams (Project-Based, Operating, International Development or Major Cultural and Sport Events). Capital grant requests can be accessed under CFEP and capital equipment grant requests can be accessed through CIP Project-Based.

An organization can only submit one application for a capital project per year through either CFEP or for a capital equipment project Community Initiatives Program (CIP) Project-Based. A facility can receive funding for one capital project per fiscal year (for example, roof replacement). However, if an organization shares a facility with other organizations, each organization can submit a grant request for a project that relates to their own leased space. Projects can include: building a new

facility, acquiring or purchasing a facility, repairs, renovations, updates and expansion.

(CFEP) The Community Facility Enhancement Program provides funding to purchase, build, renovate or upgrade public-use community facilities. CFEP Small Funding Stream Annual application deadlines: January 15, May 15 and September 15 and completed within 18 months. CFEP Large Funding Stream Annual application deadline is October 1 and projects must be completed and reporting must be submitted within 30 months.

Do not hesitate to request my Letter of Support to strengthen your application. Please call my constituency staff to see how I may best assist.

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BY TREVOR RAMAGE

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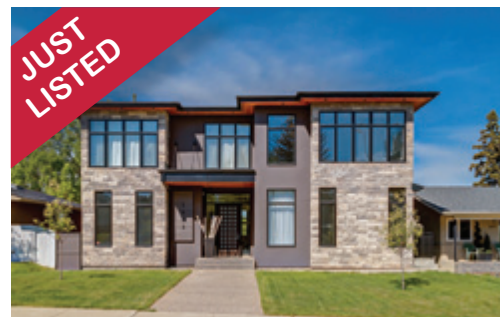
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