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Fill in our short survey about your **COMMUNITY** and enter our draw to win a **FREE BRAND NEW iPad**.

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Todd Kathol



Dear HH-BH neighbours,

I am seeking the nomination to be your Liberal candidate for the Confederation riding in the upcoming 2019 federal election.

Calgary deserves a stronger voice in Ottawa.

If you are interested in supporting me or would like to share your views, please email me at toddwkathol@gmail.com

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I'll be alone each and every night
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Bye-bye, so long, farewell
Bye-bye, so long
See you in September
See you when the summer's through...

"See You In September" by The Happenings, 1966.



HOUNSFIELD HEIGHTS/BRIAR HILL COMMUNITY ASSOCIATION

Box 65086, RPO North Hill Calgary, AB T2N 4T6
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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		
Gamblers Anonymous	1-855-222-5542	

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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.



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.

PRESIDENT'S MESSAGE

With summer drawing to a close, I hope you've had an opportunity to make some amazing memories with family and friends.

First off, let me remind you of a couple of community events:

Sunday September 16 – Community Clean-up

Location – Louise Riley Library Parking lot and field

Time: 9:00 AM to 1:00 PM

Volunteer appreciation event immediately following.

Saturday November 24 – 65th Community Association Anniversary Celebration

Location – Community Gym

Please send any stories and pictures you may have to events@hh-bh.ca.

More details to follow watch our website! <http://www.hh-bh.ca>.

As a community we continue to face issues that impact the well-being of our residents, and as a board we are continuing to bring you information and work to best support the community. Please do attend the board meetings where you can get more information and, of course, watch our HHBH web site at <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 is scheduled for September 11th, 2018, in Calgary. We have recently been made aware of a new community member group, the Hounsfield Heights Landowners Group (HHLG), that has begun engagement with the Environmental Appeals Board. The HHLG is made up of 19 anonymous landowners with interests in the plume affected area and is represented by Gavin Fitch of MCLENNAN ROSS LLP.

Please continue to monitor the website for the latest information as we post what is sent to us to keep you as up to date as possible.

Louise Riley Library Development

While the City of Calgary has approached the HHBHCA 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.

Louise Riley Library Fire Engine/Children's Program

The board is currently discussing a request by the Louise Riley Library to place a temporary structure on the west side of the current library building. This structure would house a fire engine, currently located at the library Main Branch, and host more children's programs. We are working with the library to ensure there is minimal impact to the parking and area security if the structure is erected. The timeline and duration for the structure placement is currently under discussion.

Community Representation Framework

The City of Calgary will be voting on a new model of community representation in September or October 2018. This new model will have a direct impact on the role of community associations, potentially diminishing our ability to effectively represent our residents. For more information on this initiative, please read the article included in this issue.

Alberta Health Services Development on the ADDAC Property

We are still working with the Alberta Health Services regarding 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 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.

As always, your attendance is welcomed at the 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 2 weeks prior to the meeting. If you are unable to attend in person, please write me at president@hh-bh.ca.

Please watch for the announcement about, and make an effort to attend, the Annual General Meeting of the Hounsfield Heights Briar Hill Community Association. There will be opportunities for you to volunteer for a role on the board. Participation is a great way to not only stay in the know on what is happening in your community but also to help shape outcomes for the community on critical developments.

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, and 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: September 13, 2018.**

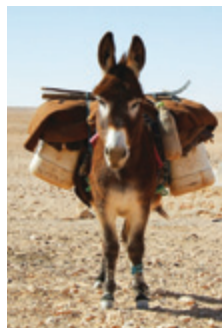
Each year, the City of Calgary teams up with local community associations to help residents get rid of unwanted household items and property waste. The Hounsfield Heights-Briar Hill 2018 Community Cleanups is being held at 9:00 a.m. on **Sunday**, September 16th at the Louise Riley Library parking lot. Last year, Calgary collected a record of 1.25 million kg of waste and over 250,000 kg of organics. See ad in this issue for more details.

An HHBH Volunteer Appreciation will be held immediately following Community Cleanups on September 16th. This event is for **all** residents who volunteered throughout the year—see more information in this issue.

Our second annual HHBH / greenC Holiday Night Market will be held on Friday, November 9th. We are looking for crafty entrepreneurs and artisans in our local community. Please contact Colleen Garnsey for more information. colleen@greenC.ca

This year, 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).



Whatcha Lookin' @?

The @ sign was used historically in Spain and Portugal to indicate a unit of measurement, the *arroba*. An arroba is one quarter of the average load a donkey could carry, approximately between 25 lbs (11.3 kg) to 32 lbs (14.5 kg) today.

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.



Register for the 2018/19

Playschool year,
starting on February 21

Please visit hhbhcaplayschool.com
for more information and to register online!

Proposed Changes to the Existing Community Association Model

In September or October of 2018, City Council will vote on an initiative called the Community Representation Framework. **The outcome of this vote will likely have a significant effect on the current role of community associations.**

Today, Calgary has 200+ community associations. The proposed framework would implement a new district or regional model, decreasing from 200+ to 80 associations.

While there may be some benefits to a district or regional model, we want to ensure that community associations maintain a key and central role in acting on behalf of their respective communities to continue carrying out the three traditional roles historically identified by the City of Calgary:

1. Local amenity provider (community events, recreation, etc.)
2. Local planning advisor (providing input into land use and development, and communicating to the community)
3. Community/neighbourhood advocate

Community associations act on behalf of residents to create opportunities to have their voices heard and to maintain the distinctive nature of their communities, and it is likely that this new framework would affect their ability to do so. We encourage HHBH residents to become informed and contact their city councillor and community association with any questions or concerns.

Links to more information about this initiative are available on our website (www.hh-bh.ca).

News from the Friends of Nose Hill

by Anne Burke

There are 150 Off-Leash areas in Calgary and the Responsible Pet Ownership Bylaw will be reviewed next year. Bylaw Services reminded dog owners about the rules when walking pets in public parks and Off-Leash areas. The Department increased enforcement in Nose Hill Park. The City held an informal public information session, during the summer, at Nose Hill, a popular area for many dog owners. Although it is one of the largest walking trails in Calgary, the only Off-Leash area in the Park is the Multi-Use Zone on the plateau (on the top). This means that dogs must be On-Leash in the parking lots, on the pathways, and elsewhere in the park.

Discover the history of Nose Hill Park! The Park was a registered City of Calgary Parks program which focused on everything Nose Hill Park has to offer, from past to present. This program was for children ages 6 - 12 years old. Participants learned about this historic area through guided walks, nature education, and engaging activities, in order to become natural stewards of their local parks and green spaces.

Since the 1960s, various groups lobbied to have Nose Hill preserved as a natural park. In 1972, a group representing 8 communities pursued the matter. The result was the Nose Hill Design Brief, approved by the City, to set aside 1650 hectares for a Natural Environment Park. In 1976, however, the City rezoned part of the land for housing. In response to public discontent, the City reviewed the zoning issue and, in 1980, approved the Nose Hill Park Master Plan, which aimed to preserve 1109 hectares for the park. In 1981, the Nose Hill Park Communities Board was formed to provide public input into implementation of this plan. There were 12 community associations represented on the board and it kept the issue in the public eye. The City finally reached a deal with remaining landowners, in 1989, and Nose Hill Park became a reality.



HHBH 2018 STAMPEDE BREAKFAST

Pancakes, sausages and watermelon! The perfect Stampede Breakfast for most, though this year we added some special liver pancakes for our furry friends. I think both humans and dogs were satisfied and left the breakfast feeling full.

When planning these events, we are grateful for the people wanting to come out and help put it together. It is always appreciated and hopefully a fun and satisfying experience. A big THANK YOU to everyone who came out and volunteered to make this another great Stampede Breakfast; also, thanks to everyone who came out to visit with your neighbors and friends. That's what it is all about. Building a strong community through these events.

See you at the Clean-up Day on Sunday September 16th and the volunteer appreciation immediately following.

Margaret Malchow
HHBH Events Planning Director



Out of the Closet

by Barbara Green

Anyone who's ever seen me knows I don't live for fashion. My "Three C's" for getting dressed are: Clean, Comfortable and Covered. And since I never buy clothes that are IN fashion, I figure they're never really OUT.

As a result, over the years my closets have gotten over-stuffed with clothes I haven't worn in years, but which I still *might*, dammit! Granted, when you dig down through the sedimentary layers to earlier epochs, some are in smaller sizes (I have a theory that it's a cosmic duty to put on a little weight each year—after all, the universe is expanding and if we don't expand along with it, it'll create a vacuum. And nature abhors a vacuum...).

But having cleaned out my dad's house when he moved into a seniors' residence last summer, I've become newly avid about decluttering my house before someone has to do it for me. I recently girded my loins and attacked my closets to provide donations for Inclusion Alberta, which will pick up clothes as well as linens, books and kitchen goods all year round.

I can't say it was fun, but it sure was enlightening. Digging through the darker reaches of my clothes closet, I found myself thinking, "Oh, I love this—but it's scratchy and uncomfortable," or, "Oh, right, this is a pretty top, but it never really hung right," or, "Cute, but no pockets" over and over again.

By the end of the process, I was struck by how much stuff I'd hung onto for decades, but which really didn't

fit or suit me. No doubt it's part of being a woman of a certain age, but I have no patience any more for things that seem like they should work, but really don't. (Significant others and aging dependent children stay out of my line of sight when I'm in a decluttering frenzy!)

So, if you'd like to skip your next therapy appointment and declutter a closet or two instead, there's a great opportunity to pass along things you're not using to people they might suit better: our annual Fall Community Clean-Up is set for September 16 and you can bring all sorts of stuff:

Give and Take Table

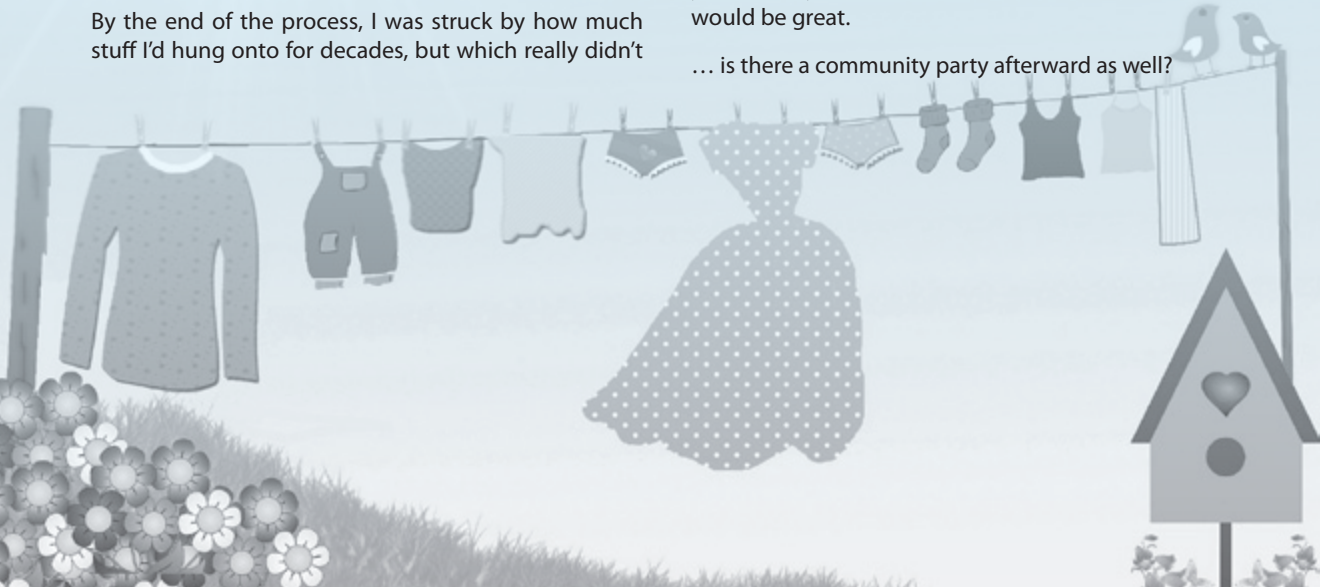
- Clothing
- Household items
- Sports equipment
- Furniture
- Bicycles
- Toys

City Waste disposal trucks

- Yard waste
- Electronics recycling
- Hazardous waste – chemicals, aerosol tins, etc.

It's a great way to let go of stuff that isn't working for you while (inevitably) acquiring stuff that wasn't necessarily working for your neighbours but IS perfect for you. And if you have a couple of hours to pitch in, that would be great.

... is there a community party afterward as well?



Annual Community Clean-up Event

Sunday, September 16, 2018

Louise Riley Library parking lot and field

9 am - 1 pm

Volunteer Appreciation event immediately following to celebrate past volunteers

YOUR CITY OF CALGARY

Tap into Your Creative Side with the City of Calgary

Think you don't have a creative bone in your body? Think again! We all have the ability to be creative and programs with The City of Calgary can help you find your inner artist.

The City is offering hundreds of artistic and creative programs for all ages, interests and abilities, allowing you to get more creative, more often. Performing and visual arts classes range from beginner drawing and painting for adults, to preschool dance and ballet, clay classes for families, and even belly dancing for those looking for something a little different. Registration is now open.

To tap into your inner artist and see which program is right for you, visit calgary.ca/register.



WRITING OPPORTUNITIES

Have an expertise or passion that you'd like to share? Looking to write about your community or local issues of the day?

WE WANT TO BE THE PLATFORM FOR YOUR PERSPECTIVE!

We offer a wide digital and print distribution for local writers. Ideal for students, hobbyists, retirees, bloggers or anyone who wants to try their hand at the written word.

Submit your article to mycalgary.com/write

This is not a paid position

Sears 2018 Second Quarter Communication

Greetings,

We would like to provide an update to our situation under the Companies' Creditors Arrangement Act (CCAA) and the current environmental assessment, monitoring and remediation activities that are ongoing in the Hounsfield Heights-Briar Hill Community (HH-BH).

CCAA Proceedings

Sears remains in the process of selling off its remaining assets, principally our owned real estate for which the timing to complete is still unknown but expected to occur over the next few months. Our principal concern, and that of our court-appointed Monitor (FTI Consulting Canada), continues to be to maximize the recovery for our creditors, including employees and retirees. The Monitor continues to have oversight of our operations, including approving all our expenditures. We remain under court-ordered protection from our creditors.

Environmental Update

When we last communicated with you in April 2018, we informed you of the environmental protection order issued against Sears and Concord North Hill GP Ltd., the owner of the former Sears department store in the North Hill Centre by Alberta Environment and Parks (AEP) to continue with the existing Remedial Action Plan (RAP) previously approved by AEP.

Sears is in compliance with the EPO, and continues to engage its consultant Clifton, which completed its semi-annual soil vapour monitoring and groundwater sampling in May and delineating the extent of the plume to the southwest in June. The soil vapour monitoring, implemented as an additional means of assessing the risk to human health within the Community, did not produce results that would indicate any changes to previous assessments and risks to human health remain low and unlikely. Also, the groundwater monitoring report showed improvements to contamination levels in areas on 11th Avenue where we are piloting a bioremediation strategy "PlumeStop". More work is ongoing to

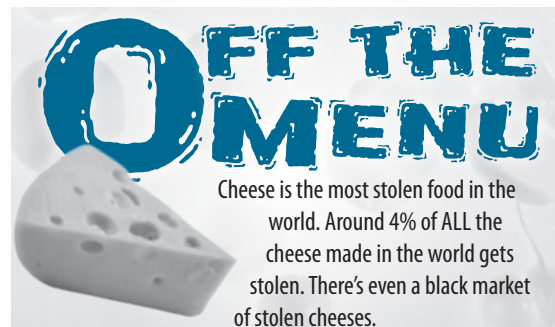
develop this remediation strategy in the next quarter so that Sears and Concord can submit a written plan to the Director of Environment by mid-December for the remediation of hydrocarbon residuals and benzene within the area of the Community. All of these reports have been forwarded to the relevant stakeholders, including AEP and the Briar Hill-Hounsfield Heights Plume Committee for posting to the community website.

The Dual Phase Vapour Extraction System (DPVE) that was previously shut down for maintenance and repairs during the spring sampling period has been reinstated and continues to extract contaminants from the site, as a part of the RAP.

We intend to continue to communicate quarterly to residents, by way of written update posted on the HH-BH website, and more frequently should significant new developments arise. Sears and Clifton appreciate the opportunity to provide this update to the residents of the HH-BH Community. If you have any questions or concerns, please feel free to contact one of the Sears or Clifton representatives listed below.

Yours sincerely,
Greg Paliouras, Divisional Vice-President,
Construction, Energy and Maintenance Sears Canada Inc.
700 - 290 Yonge Street, Toronto, Ontario M5B 2C3
T (416) 460 5457
Greg.Paliouras@Sears.ca

Clifton Contact: Stephen d'Abadie, MEng
Environmental Scientist/Regional Manager Clifton Associates
2222 - 30th Avenue NE, Calgary, Alberta T2E 7K9
T (403) 263 2556 Ext. 4139
Stephen_dAbadie@Clifton.ca



The Birth of a Community

It's hard to imagine as we walk down the streets of Hounsfield Heights-Briar Hill, take the LRT or shop at North Hill Centre, that this area was farmland just over 100 years ago.

Rancher Thomas Ezra Riley, wife Georgina Jane Hounsfield, and their 10 children moved to Calgary in 1887 and purchased a large section of land on the north side of the Bow River. As the town of Calgary grew, pressure increased on the Riley family to sell off some of their land. In 1906, their second oldest, son Ezra Hounsfield Riley, an accomplished lawyer, businessman and Member of Parliament, sold a large area of family's land to the city to be developed as the communities of Hillhurst, West Hillhurst and, Hounsfield Heights.

The Hounsfield Heights Community Association was founded in 1949. Early activities included building a skating rink, securing land for a park, and holding social events. In 1952 it joined with an interested group from Briar Hill to form the Hounsfield Heights-Briar Hill Community Association, which was incorporated in 1953.

Since that time, many, many residents have volunteered countless hours sharing their time and talents that today, 65 years later, has resulted in a unique and vibrant community. In September, immediately following the Community Cleanups event, we will celebrate all the volunteers who have contributed, past and present. In November, we invite you to join us in celebrating the rich history of our small but mighty community at our 65th anniversary party. (More information about both events are included in this issue).

• In 1910, Ezra Hounsfield Riley donated more land to the city, this time to be designated as a park for all the city's residents, with abundant trees, green spaces and even a cricket pitch, which will always remain a constant fixture, in what is now known as Riley Park.

• One of Ezra's five children, Margaret Louise, became a children's librarian, storyteller and author. Our Louise Riley Library was named in honour of her contributions as a librarian for the Calgary Public Library from 1930 until the time of her death in 1957.

HHBH

65th

Anniversary
Celebration

Date: November 24th
Music: Dancing to the
Jazz Niks

Tickets available mid-August
Continue to check the
Website and Facebook for
further details as they come
available and watch for more
information in October's issue
of the Beacon"



Calgary Confederation
Len Webber, MP
 2020 10 St NW, T2M3M2
 ☎ 403-220-0888
 ✉ len.webber@parl.gc.ca

Your Priorities

This summer I conducted an extensive household survey in the Calgary Confederation riding through a mail-in survey sent to every household in early July.

I want to thank all those who participated for providing me with your input and comments. The thousands of responses have produced some very interesting results. (The full results are available at www.lenwebber.ca.)

The top five issues that people want Parliament to focus on more are (in order), cutting the deficit; getting pipelines built; illegal border crossings; cutting personal taxes and unemployment.

Other issues that rank fairly high are crime & justice; transit, roads & infrastructure; reducing child poverty; spending on seniors and spending on healthcare.

The top five issues that people want Parliament to focus on less are (in order) marijuana legalization; increasing immigration; indigenous peoples; increasing gun control and climate change.

Other issues that people selected quite often included drug decriminalization and foreign aid spending. All other issues fell far behind the seven mentioned above.

I must admit that I was a little surprised that cutting the deficit was ranked higher than getting pipelines built, as government deficit spending gets far less media attention. That said, I was pleased that so many people understand that the current government's out-of-control spending will have consequences later and know the problem must not be ignored.

Your input is very helpful to me and my colleagues as we enter the Fall session of Parliament. While no government can be all things to all people, I will be doing my best to ensure that Parliament focuses on the priorities of my constituents.



Councillor, Ward 7
Druh Farrell
 ✉ ward07@calgary.ca
 🌐 druhfarrell.ca
 📧 @DruhFarrell 📘 Druh Farrell

Walking Safety

Following the 2017 Municipal Election, Councillors convened a roundtable discussion on the key issues they heard at the doors. Again and again, walking safety was a top concern across Calgary neighbourhoods. Calgarians of all ages and abilities deserve to be able to safely walk to work, school, and daily amenities.

As our children head back to school, walking safety will be top of mind for many Calgarians. Be sure to slow down in playground zones, be cautious in school drop-off areas, and watch for pedestrians of all ages throughout our city. Always drive with care and never drive while distracted.

The City is doing its part to improve walking safety through the approval of an award-winning pedestrian safety strategy called Step Forward. This robust strategy seeks to improve the safety, accessibility, and desirability of walking in Calgary. Unfortunately, the Council of the day was unwilling to fund Step Forward's implementation. As a result, the strategy has resulted in minimal improvements so far. During the four-year budget debate this fall, I will be pushing to fund Step Forward and boost the City's commitment to safer streets.

Council also recently supported my motion to improve winter maintenance for walking. The City will now:

- Clear all sidewalks adjacent to City property within 24 hours, bringing this in line with the timeframe for private property owners to clear adjacent sidewalks
- Clear an additional 100 km of pathway, boosting the total clearing to 500 km
- Plow windrows away from high priority wheelchair ramps
- Introduce fines for those who repeatedly fail to clear adjacent sidewalks
- Create an advisory panel to push for continuous snow clearing improvement, with particular focus on accessibility

Finally, this September, Council will debate what speed limit is appropriate for neighbourhood streets. The World Health Organization reports that pedestrians struck by automobiles travelling at 30 km/h are 90 per cent likely to survive. Survivability drops to 60 per cent when speeds increase to 40 km/h and below 20 per cent at 50km/h. Cities across the world, and as close as Airdrie, are improving safety by changing speed limits in areas where people live and where their children play.

To sign up for updates on the speed limit discussion and on key community issues, visit www.DruhFarrell.ca or www.facebook.com/DruhFarrellCalgary



MLA Calgary-Mountainview
David Swann
 #102, 723 14 Street NW, Calgary, AB T2N 2A4
 ✉ Calgary.Mountainview@assembly.ab.ca
 ☎ 403.216.5445 📠 403.216.5447
 📧 @davidswann 📘 davidswann

Dear Constituents,

We are wrapping up our holidays and heading back to work and back to school in September.

We had a great summer with many successful activities in Calgary Mountain View. In July we hosted our Annual Stampede Breakfast, with a huge turnout thanks to the hard work of my staff Janice and Josh as well as Board members and so many volunteers. Thank you to them, and everyone who came out!

Later in the month, Alberta Liberal Leader David Khan and I started an EMS hotline: 1-888-442-4664 and Albertans flooded us with calls with their concerns about delays in response times and wasted hours waiting in ER hallways. We will use this information to build solutions and continue to push the government for changes to improve EMS service for all Albertans.

I have nominated the Arusha Centre for one of Canada's Volunteer Awards for its efforts helping the Calgary community. Some of their outstanding social innovations include Calgary Dollars, Take Action Grants, and Open Streets Events. I highly recommend you check out how the Arusha Centre is helping Calgarians and needs volunteers and donations to continue their great work.

Please contact our constituency office if you need help accessing Alberta Government programs including low income support programs such as A.I.S.H. or Alberta Works. We can help you.

Dr Swann and ALP Leader David Khan look forward to seeing you at these upcoming events:

September 2nd: We will both be marching in the 2018 Calgary Pride Parade - celebrating Calgary's diversity!

September 18th: We will both be fundraising with sponsorships for Walk a Mile in Her Shoes, which raises money to help women and children walk away from violence.

September 28th: We will both be participating in Orange Shirt Day. It recognizes the harm done to residential school students and shows a commitment to the principle that every child matters.

We encourage everyone in Calgary Mountain View to join us!

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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.

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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.



2014, Bodegas Vegalfaro, CAPRASIA Bobal Crianza, Utiel-Requena - Valencia, Spain (vegalfaro.com)

About the Region: Located 200 km southeast of Madrid and 70 km inland of the Mediterranean coastline, Utiel-Requena lies within the region of Valencia. Here it incurs both Continental and Mediterranean climatic influences. With winemaking anthropology dating to 7th C. B.C., Utiel-Requena is Spain's oldest winemaking region.

About the Maker: Coming from a long-line of winemakers, Andrés Valiente, along with son Rodolfo, founded Bodegas Vegalfaro in 1999. After earning degrees in both Oenology and Law, Rodolfo now serves as Vegalfaro's Technical Director. In 2017, Rodolfo was named Valencia's Winemaker of the Year.

About the Estate: The three Vegalfaro vineyards average 700 m.a.s.l., each with distinct soil types ranging from gravel/chalk to clay/limestone. Average age of Vegalfaro's low-yielding Bobal bush-vines is 55-years.

About Sustainability: Having never been exposed to synthetic treatments, the Vegalfaro soils thrive with micro-fauna and decomposing organic matter. All their wines are certified organic.

About the Grape: Native to Valencia, Bobal is a late sprouting and late ripening red. Renowned for its fragrance, colour and tannin, it has adapted perfectly to the region's climactic vagaries.

About the Wine: After aging 14-months in European oak and five in clay amphorae, a wine that's dark purple results. Aromatic notes of leather, spice box and dark

fruits precede a medium-bodied palate of cinnamon and blackberry. The finish is fresh and long.

About Pairing: Medium cheeses, roast lamb and seared tenderloin.

About Availability: Check liquorconnect.com (call the listed store too) confirming availability. CSPC #783360

About Price: \$28



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Yoga for Well-Being

with Claudia Frick Istvanffy

Cultivate a deeper sense of well-being.

This 10 week session offers gentle yoga poses and movement, breath awareness practices and iRest® yoga nidra meditation.

Through a compassionate meditative approach, classes are geared towards calming the mind, restoring a sense of vitality in the body, and nurturing the ease of being.

As a certified yoga therapist with twenty years of teaching experience, Claudia pays special attention to individual needs and guides students to explore making the practice their own, adapting poses to meet their own capacity.

Dates: Fridays, September 21 - November 30, 2018 (no class October 12)

Times: 9:30 - 11:00 AM



Location: Hounsfield Heights – Briar Hill Community Association

1922 – 14 Avenue N.W.

Cost: \$200.00, HHBH members receive 20% discount (\$160)

Registration online at <http://www.hh-bh.ca/yoga-for-well-being/>

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