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Calgary 

We want to hear from you.

The City of Calgary is working with Calgarians to update the Residential Parking Permit Policy. Review the possible options and provide your input at June engagement events, in person or online.

Visit calgary.ca/RPP for details.

19-00396501

Hula Hoop Fitness

Drop-In Hula Hoop for Adults.

11:00 am Mondays starting March 4th, 2019.

Limited holla hoops are available.

Available on a trial basis

HH-BH Community Hall Gymnasium.

About Wine

by Nik Rasula

About Wine features wines not typically on one's shopping radar; Unique wines with a story - of people, place or style. It tells of artisans making reasonably priced wines (under \$50 retail) all the while demonstrating careful Earth consideration.



2017 Henri Cruchon, Le Morget Sélection (LMS) La Côte

(www.henricruchon.com)

A **about the Canton:** Domaine Henri Cruchon rests on the shores of Lac Léman, 10 km west of Lausanne in the French-speaking canton of Vaud, Switzerland.

On the eastern slope of the Jura Mountains, it lies at 500 metres above sea level at latitude parallel to Burgundy, France.

About the Grape: Chasselas (Chas-a-la) is Vaud's signature grape. Native to the canton, this white has been grown here since the 16th century.

About the Maker: The placeholder of a multi-generation family operation, Henri Cruchon has been instrumental in the revival of the domestic wine industry. Recognizing both the potential in cool weather wines, and the understated profile of Switzerland viticulture, he is helping bring international attention to Swiss wine commerce.

Now in his 80s, Henri has transitioned daily operations to sons Raoul and Michel, as well as granddaughters Catherine (Oenologist) and Yaëlle (Viticulturist).

About the Vineyard: Farming 42-hectares outside the town of Morges, the family applies biodynamic principles to its 100+ small vineyard parcels. Applying gentle, hands-on methodology—including sheep grazing, hand harvesting and spontaneous fermentation to the winemaking mix - allows for rapid intervention into the daily/yearly challenges of alpine wine production.

About Terroir: Lake-influenced high-altitude continental climate, in combination with sloping alpine terrain, and a mix of calcium-based soils, contribute unique/distinct attributes to the wines of Henri Cruchon.

About the Wine: One hundred per cent estate Chasselas, LMS presents a medium straw colour with

golden highlights. On the nose, pleasing floral notes combine with passion fruit aromas. The clean and balanced mid-palate features ripe flavours of apricot and melon on a rolling glycerin platform. The finish is long and impressive.

About Pairing: Cheese fondue, poached or grilled river/lake fish, cream-based pastas, roasted vegetables with andouille sausage.

About Closure: Cork

About Price: \$29

About Alcohol Level: 12.5% (abv)

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

CSPC # 813232

Do You Have a Great Idea for Our Community?

We can support you make it come to life!

The Community Association is looking for people who want to join our dedicated team of volunteers. If you have a great idea for something that would improve our community, we would like to support you in your efforts to make it happen.

Some activities we would like to see someone come forward to steward and champion in our community:

- More Seniors Activities
- Walking program
- Arts and Crafts
- Fitness
- A Community Garden

We are also looking for individuals to fill the following roles on our board:

- Communications Director
- Events Director
- Volunteer Engagement Director

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PRESIDENT'S LETTER

Let me start first by saying that Hounsfield Heights-Briar Hill community is an oasis of green and floral beauty, maturely developed over 65 years. It is also the envy of many Calgarians who are looking to move into this community and residents who chose to stay because this is a community which retains its value and provides the social conveniences to schools, libraries, shopping, hospital, transit and, of course, the mountains. We are also a proud community as evidenced by the number of volunteers that help out at the Community Centre and play school or stay out till 4am volunteering at the casino to fundraise for this community. The HH-BH Board of Directors and playschool volunteers are especially proud as they give countless hours to making HH-BH a great community association.

I must apologize for not adding a President's letter since early this year, but it's not because of absence. Rather, working together with the HH-BH CA Board, we have engaged diligently with The City to seek improvement to this community's safety through increased LRT and Bylaw officer patrols at Lions Park LRT station and surrounding park area. We have also engaged City Roads to improve pedestrian crossing safety across 14th Avenue at the LRT station. The Board recently met with City Facilities to discuss mid- to long-term development of North Hill public space including the community centre, library, play field and the request to establish dialogue with Bentall Kennedy and Concord Pacific regarding mall redevelopment. On behalf of the HH-BH Board, I am proud to say, 'We're continuing to make progress in making HH-BH the most desirable community in Calgary to live, work and play'.

Come be a part of the Community!

Seniors' (55+) Discussion Group

Mondays (except holidays) from 2:00 - 4:00 p.m.

Come on out for an afternoon of socializing and amiable discussion on topics of your choosing.

Meet in the Board Room at the Hounsfield Heights-Briar Hill community centre every Monday.

Parking is available on the West side of the Louise Riley Library.

For any further information, please contact Linda, 403-284-3526

SAFE & SOUND



National Paramedic Services Week

National Paramedic Services Week is May 26 – June 1, 2019

National Paramedic Services Week honours the paramedic profession and recognizes the men and women of Emergency Medical Services (EMS) providing this key public service. It is also an opportunity for the public to better understand the important role EMS has within both the health care system and our communities.

The year's national theme: *"Celebrating Success"*.

Whether directly, or indirectly, every Albertan has felt the importance of the service paramedics provide. Paramedics are trained health care professionals who stabilize and treat patients before and during transport to hospital. In some areas of the province, paramedics are now working side-by-side their health care colleagues in hospitals and community care facilities.

- There are nearly 4,500 EMS practitioners and over 550 ambulances in the Alberta Health Services system, province-wide;
- Approximately 5,500 patients will be transferred by fixed wing aircraft through contracted air ambulance providers in Alberta this year;
- EMS dispatch receives over 500,000 ground ambulance calls each year.

EMS practitioners across the Alberta and Canada will be celebrating National Paramedic Services Week in a variety of ways. Watch for information in your local media as well as AHS EMS Twitter (@ahs_ems) and Facebook (@albertahealthservicesEMS) about events happening in your community.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million Albertans and it's more than 661,848 square kilometers. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.



Hounsfield Heights – Briar Hill Community Association

BOARD OF DIRECTORS

COMMITTEE POSITION	NAME	EMAIL	PHONE
President	Wong, Terry	president@hh-bh.ca	
Past President	Allan, Jeff	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	Leahy, Patricia	education@hh-bh.ca	
Sears Plume Director	Vacant	sears.plume@hh-bh.ca	
Communications Director	Vacant	communications@hh-bh.ca	
Events Planning Director	Malchow, Margaret	events@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 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.

Queen Elizabeth High School

June is here at last! Queen Elizabeth is busy with our last month of instruction and learning. There is, however, time to reflect and commemorate our accomplishments.

First, thank you to staff and students for a wonderful ceremony and banquet for our Grade 12 students. Congratulations to each of our grade 12s as they embark on the next phase of their life's journey. We are proud of the Class of 2019!

A big thank you and congratulations to our Leadership students who planned and executed yet another successful Knights Fest at the end of May.

The GATE program is hosting an evening on Monday June 3rd from 6.30 – 7.30 in the Student Gathering Area to highlight some of the work done this year by our GATE students. The intended audience are the parents and students new to the program in September.

Mr. Morawski and Queen E band students will host two concerts this month. The first group to perform is the Grade 10-12 Concert Band. Please join them on June 4th at 6pm. The second concert will be on June 12 at 6pm. This concert will feature the Grade 7 and the Grade 8/9 Concert Bands. No tickets required!

Thank you to the staff and students who have worked over the past few months to plan our annual Grade 9 celebration—this is a wonderful event for all our grade 9 students.

Unfortunately, the month of June can't be all about celebrations! Exam schedules are posted on the Queen Elizabeth website under the Teaching and Learning tab.

Enjoy your summer!

Disclaimer

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LOOKING FOR A PIANO TEACHER? I teach children, youth, and adults. Self-focused or exam-focused learning. I am accepting new students for summer and fall. Visit my website at www.musicaldreamspianostudio.ca or phone me (Erika) at 403-472-8405 for more information or to talk.

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**Councillor, Ward 7
Druh Farrell**
 ✉ ward07@calgary.ca
 🌐 druhfarrell.ca
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Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over a layer of shock-absorbing material.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres(*) high and have a self-latching, self-closing, lockable gate.

(*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors;
- If your child has received an 'EpiPen - Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

Youth Substance Abuse Prevention (Iceland Model)

"We didn't say to them, you're coming in for treatment. We said, we'll teach you anything you want to learn: music, dance, hip hop, art, martial arts." – Dr. Harvey Milkman

Alcohol and drug use are growing in Calgary. In 2017, more Calgarians died from fentanyl overdoses than automobile collisions and homicides combined. In response to this crisis, I co-sponsored our city-wide mental health and addictions strategy to invest in mental health and harm reduction services to save lives. But band-aid solutions alone will not fix the problem. We need to examine mental health and addictions issues holistically to address root causes. That starts by re-thinking how we create circumstances for kids to live healthy lives.

In 1998, Iceland was amidst a similar crisis. Youth alcohol and drug use were among the highest in Europe and social disorder left citizens afraid to venture onto the streets at night. Traditional education programs about the negative effects of drugs and alcohol were not helping. So, parents, policy makers, and scientists decided to try a different approach: *Planet Youth*. Through a new community-based model, Iceland reduced youth monthly substance use rates to the lowest in Europe, from 42 per cent to 5 per cent over 14 years.

The success of Iceland's *Planet Youth* model comes from their focus on community involvement and collaboration between families, researchers, community leaders, and policy makers. This unique, long-term approach focuses on fostering healthy families and coping behaviours. Two key outcomes resulted from their research: parents spending more time with their kids and strong upfront investment in after school programs for every child.

Today the *Planet Youth* model is being implemented across 23 countries with cities leading the charge locally. Calgary's kids deserve a healthy and happy life without substance abuse, and it is our duty, together, to build that future for them.

MEMBERSHIPS

Your annual membership is good through July 31, 2018 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 2018-19

Family Name(s): _____

First Name - Adults: 1. _____ 2. _____

First Name - Children: _____

Address: _____ **Postal Code:** _____

Home Phone: _____

Email: _____

Would you like to receive the newsletter and other announcements by email? yes no

I would be interested in volunteering for:

- | | |
|--|--|
| <input type="checkbox"/> Land Use | <input type="checkbox"/> Membership Drive |
| <input type="checkbox"/> Green Space/Reforestation | <input type="checkbox"/> Children's Programs |
| <input type="checkbox"/> Fundraising | <input type="checkbox"/> Seniors' Programs |
| <input type="checkbox"/> Facilities/Ice Rink | <input type="checkbox"/> Sports Programs |
| <input type="checkbox"/> Communications/Newsletter | <input type="checkbox"/> Social Activities |
| <input type="checkbox"/> Other | |

Membership # _____
Valid through July 31, 2018

Annual membership (including GST) is :

\$20 per household

\$10 for seniors

Paid by: cash cheque

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

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

The Origins of Alicorn



Last article I talked at length about how many attempts at what seemed to be describing a rhinoceros ended up becoming the unicorn in our contemporary imaginations. But we were out of time and I didn't get a chance to talk about the perceived healing properties of unicorns, specifically their horns.

Now, what with unicorns not being real creatures, people certainly seemed to have a firm idea of what the components of this animal could do. Unicorn leather was purported to have all sorts of protective elements, from protecting against fever, and plague to warding off diseases of the feet, legs, and—*ahem*, nether regions. Apparently, even renowned abbess, Hildegard von Bingen*, recommended an ointment of unicorn liver and egg yolk to treat leprosy.

But the most famous part of the unicorn known for healing was the horn. The substance of the horn was called alicorn and it reputedly protected against poisons. Drinking vessels were made from it. Putting ground alicorn into drinks was said to protect one from not only poison and disease but also cured depression (then called melancholia). The beliefs about the healing properties emerged from the allegorical tale told in *Physiologus*, where a snake poisoned a river and a unicorn purified the water by entering the lake and make the sign of the cross (presumably with its horn?). Symbolically, the snake represented Satan and the unicorn represented Christ. But the impression this work made on the imagination of the people who heard it resulted alicorn becoming one of the most valuable possessions one could own.

Unicorn horns were given as highly-prized gifts, and one could buy alicorn from apothecaries across Europe. Holy Roman Emperor, Ferdinand I was gifted a unicorn horn and it is now displayed in the Imperial Treasury Vi-

enna in Austria. And the King Frederick III of Denmark commissioned a throne made of unicorn horn in 1660. It was used at coronations up until when Denmark became a constitutional monarchy in 1849. Now it is kept in the Castle of Rosenborg in Copenhagen.

At this point you are probably baffled at how one acquired unicorn horns to make chairs and medicine when the creatures do not exist. For that, my friends, we must turn to the unicorns of the sea: the narwhal. As it turns out, northern traders would trade narwhal tusk for gold and other goods. These tusks would make their way into inland Europe where they were sold as unicorn horns. There was some awareness of narwhals by medieval Europeans, but the average European person in the middle ages had only a minimally better chance of spotting a narwhal than a unicorn. It would not be likely that anyone peddling alicorn would be accused of selling something other than advertised.

Regardless of bad descriptions of rhinoceroses or shady trading of narwhal tusks, it can't be denied that if it weren't for these two creatures that we would not have the fantastical imaginations of the unicorn. Just don't go sprinkling any ground narwhal tusk in your tea.

(*Side note: if you don't know, Hildegard von Bingen was one of the more prominent contributors to culture during the middle ages, being an early playwright, composer, and theologian. Her music is some of the earliest surviving sheet music; check it out.)

by Alexa Takayama

Last month's article can be found here: <https://mycalgary.com/lifestyle/resident-perspectives/straight-from-the-unicorns-mouth-an-overview-of-unicorn-mythological-history/>



Calgary Confederation
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News from the Friends of Nose Hill

by Anne Burke

530 New Jobs for Calgary Confederation

I am pleased to announce that Calgary Confederation will see 530 jobs created this summer through community groups, small businesses and non-profit organizations with funding from the Canada Summer Jobs program.

This is a substantial increase from 2017's 361 jobs and 2018's 495 jobs in Calgary Confederation. Funding this year has also increased considerably from \$1,306,561 to \$1,611,397.

All jobs were required to be posted on www.jobbank.gc.ca to ensure equal access to all residents. These positions are only available to apply for until July 12th at the latest.

We know that services from non-profit organizations and community associations often increase in the summer months and many were concerned about their ability to offer employment opportunities again this year.

Many organizations provide critical employment experience and skills training for young Canadians. Statistics show us that unemployment amongst young Canadians is the highest of any age group and so the real job experience they obtain through summer jobs is critical to future employability.

The Canada Summer Jobs program provides funding to assist employers to create summer opportunities for young people aged 15 to 30 years who are full-time students intending to return to their studies this fall.

With this funding, young people will learn or improve job skills and gain work experience with local employers in areas such as retail, hospitality, marketing, technology, research and communications.

Employers will get to extend their services through the summer, allowing a variety of camps, children's programs, specialized teaching opportunities and unique community service programs for all ages.

This is a valuable program and I encourage community groups, small businesses and non-profit organizations to consider applying for funding next year. I will let you know through my monthly e-newsletter when applications open again.

Nature Calgary sponsored a Nose Hill Crocus Cruise Trip on Earth Day. The group met at the 64th Ave, and 14th St. NW entrance. A Jane's Walk on the East side of Nose Hill Park formed an Indigenous Sharing Circle. As the group reached the summit, they found the Blackfoot Medicine Wheel and later made offerings to end the circle.

After 25 years, International Migratory Bird Day became World Migratory Bird Day. Nature Canada partnered with Environment for the Americas for bird conservation. They brought awareness about (and sought a solution for) the impact plastics is having on our bird population. There were many events: clean-ups, hikes, walk-a-thons and bird-a-thons; film festivals and parades, as well as talks, special presentations, and conferences. Bird calls, face painting, making bird masks, and playing games like bird bingo were popular. To plan for next year, go to: www.migratorybirdday.org/resources.

If you might want to try one of the City's bird watching courses, visit www.calgary.ca or call 403-268-3800 to register. Urban green space in parks, conservation sites, and public gardens are good for bird watching, nature photos, as well as activities, such as walking, running, cycling. Use binoculars and guidebooks, make notes, and submit your results to eBirdCanada. Bird banding is a tool in study of wild birds to track them for their lifetimes. The Canadian Migration Monitoring Network has volunteers and staff (www.birdscanada.org).

Season 3 of Calgary Captured, a Parks initiative, has launched. This is a citywide citizens science program with 60+ remote cameras in 15 parks. Results from season 2 include 34,000 photos from March 2018-May 2018. Highlights are new sightings of cougar and black bear, while coyote and deer were recorded at all sites. In 2019, images will be released, in groups of 3 months at a time, and take less time to classify. To date, there have been almost 200,000 images. You can begin by going to www.Zooniverse.org and search for Calgary Captured.

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BY TREVOR RAMAGE



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