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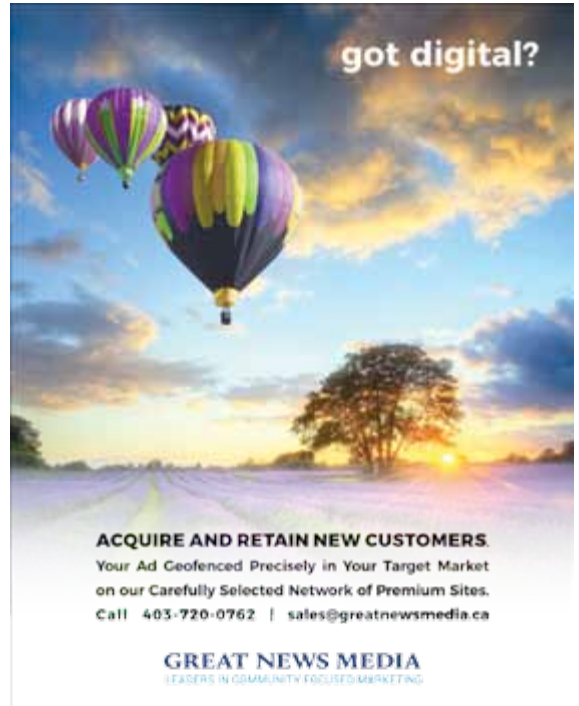
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LEARNING TO SELF-SOOTHE

It is very common to see a child sucking their thumb for comfort; its both adorable, and deeply unhygienic. We are not the only species to do this. It has been found that baby elephants suck their trunks for the very same reason. Additionally, it provides the baby elephants with the opportunity to get used to moving their trunks, which can be tricky, given that the trunk utilizes over fifty thousand different muscles!



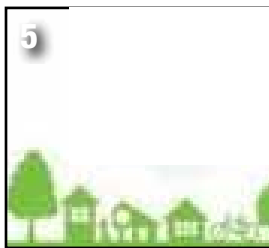
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PRESIDENT'S MESSAGE

It was a warm, sunny day on June 22nd for the Summer Solstice at Green Park, and it was an honour to help cook and server hot dogs and hamburgers to our community residents and visitors. A great shout out to the event coordinator and volunteers especially those who I met including Lucas Ramage, Carol Sandahl, Kathryn Winkler, Tony on the grill, and many more volunteers who I apologize to for forgetting your names. Sometimes when you're too busy and focused on the event, its easy to forget names.

On July 13th, our community volunteers were out in force again flipping and serving our pancake breakfast. The HH-BH Board loves to see our residents enjoy this community...the pride and joy of Calgary's north hill.

As the summer arrives, the CA Board is off until September, but the Community Centre is open. Our Executive Director—Guy Latour—is in the office Tuesday, Wednesday and Thursday and on the phone Monday and Friday. For more about the Community Centre, please visit www.hh-bh.ca for more details.

The HH-BH AGM is around the corner in the fall and please give consideration to join the Board or serving on a sub-committee (e.g. Strategic Planning, Facility Expansion, Digital Marketing / Social Media, Youth, Seniors, etc.

Until...have a great summer!

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

COMMUNITY Cleanup



Sunday September 15 at 9:00 am - 1:00 pm

Place: Parking Lot – West of Louise Riley Library at the corner of 19 St. and 14 Ave NW (enter the library parking lot, then follow the drive around the north side of the library)

Community Clean Up is a Great Opportunity to:

Dispose of large items: The City of Calgary Waste & Recycling Services sponsors a unique community program by providing 3 packer trucks, one only for organic and yard waste. Residents can bring unwanted household goods (things that might otherwise fill your basement, yard, street or alley) to the pick-up site.

Recycle: We will also have electronic recycling, scrap metal, & car battery recycling.

Exchange: There will be a 'Give and Take' section where you can leave or take anything that may still be of some use. (We can only take items in the 'Give and Take' until 1:00 – Please no dealers, as this is a community service only).

Contribute: To our community by volunteering to help to organize, man booths or clean up contact Carol at vp@hh-bh.ca

What to leave at home (Items not accepted):

Tires * Household chemicals * Propane Tanks * Large-scale Furniture * Paint *

Fridges * Freezers * Microwaves * Liquids * Car seats * Stuffed animals *

Household batteries

If you have questions or would like to help contact:
For Hounsfield Heights/Briar Hill Residents – Carol at vp@hh-bh.ca



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, ABT2N 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.

CRIME SCENE DO NOT CROSS

Crime Prevention

Thank you once again to everyone who turned up at last week's meeting. Based on the turnout, it is clear crime and safety is a major concern for residents of Hounsfield Heights and Briar Hill and this was a good first step in coming together as a community to fight the issues affecting our neighbourhood. Some of the issues brought forward include safety in Lion's Park and around the LRT station and mall, a lack of lighting, intoxicated people in the park and at the playground, an active drug house on 11th Avenue, found needles, and general theft. There is also concern about a lack of communication and follow-up when something big occurs i.e. the recent Juniper Road shooting.

The community association is creating a crime and safety committee to look further into these issues.

In the meantime, there are a few steps we can all take to protect ourselves and our community:

Get to know your neighbours and look out for each other

Make sure your outside lights are working

Lock your doors

REPORT, REPORT, REPORT - the more calls police get, the more resources will come our way.

So How Do You Do That?

9-1-1: If you believe that anyone's safety is in jeopardy and/or if you see a violent or criminal situation occurring.

Calgary Police Services Non-Emergency Line (403) 266-1234: If for any reason you feel that the situation would be better dealt with by the police but there are no threats to anyone's safety. Police will attend on a lesser priority response time and address the situation.

Alpha House – DOAP Team (403) 998-7388 (Operates 9:00 a.m. to 7:00 a.m. (22 hours/day; 7 days a week): If you observe individuals who appears to be intoxicated, loitering, trespassing, or sleeping in an area that they should not be but otherwise appear peaceful and not aggressive.

If you find a NEEDLE:

In January 2019, Alpha House launched their Needle Response Team that can be reached at 403-796-5334 or needle@alphahousecalgary.com. The needle response team will respond to needles on public and private property Monday-Friday 0800-1800.

Calgary Fire Department continues to respond to needle debris on public property or needles that pose safety risk on private property (school yards and playgrounds). Calgary Fire Department can be contacted by calling 9-1-1 or the non-emergency line at 403-264-1022.

Crime Stoppers if you want to remain anonymous: 1-800-222-8477

Community Resource Officer Cst. Richard Marshall is also available - (403) 428 6300.

Please pass on to any neighbours!

For further information contact admin@hh-bh.ca



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.

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication. Contact news@great-news.ca

◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.

◆ Forty word limit

SAMARITAN CLUB OF CALGARY FALL SUPER SALE:

Saturday, September 28th from 9 AM to 1PM at the Sunnyside-Hillhurst Community Centre (1320 - 5th Ave NW). Includes collectables, clothing for all, books, toys, art, shoes, tools, jewelry, furniture, linens, household and sporting goods. All proceeds to Calgarians in need.

Molto, molto, MOLTO ALLEGRO

In music, an eighth note can also be referred to as a quaver. A sixteenth note, a semiquaver. And a two-hundred-and-fifty-sixth note is a demisemihemidemisemiquaver.



BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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.

LANDSCAPE CONSTRUCTION: Stone patios, rock walls, synthetic lawns, raised beds, decks and fences, lighting. Sod installation, rocks, mulches, shrubs, xeriscaping. Member of BBB. Licensed. Insured. Seniors' discount. Call 403-265-4769. YardBustersLandscaping.com.

YARD CARE & LANDSCAPING: Weekly mowing \$36, power-rake \$130, aeration \$70, window cleaning or gutter cleaning \$99, pressure washing starting at \$99, rope light installation. Conditions apply. BBB member. 4.1 Google star rating. Call 403-265-4769. YardBustersLandscaping.com.

DOMESTIC DIVAS MAID SERVICE, WE ARE IN YOUR AREA: Give yourself the gift of time, and give your family and pets a chemical-free environment. Chemical-free cleaning, move-out, move-in, one-time, weekly, bi-weekly, or monthly. References available. Call Eleanor, 403-681-4608.

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MEMBERSHIPS

Your annual membership is good through July 31, 2020 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 2019-20

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 2020

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.



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

Keeping Options Open

Students will soon be heading back to school and every student will be asked again, "What are you going to be when you grow up?" That is a big answer to expect from someone who has not been able to chart much of their life path to date.

As a teenager I never thought I would be your elected Member of Parliament or a Member of the Alberta Legislature before that.

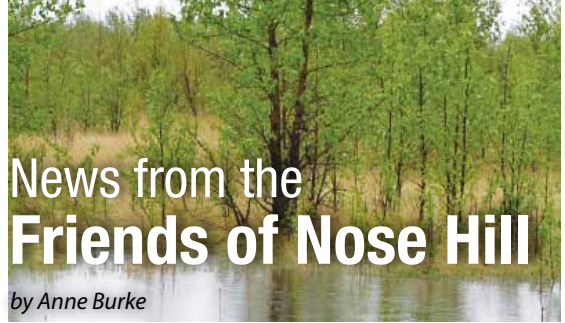
When I was studying at SAIT to become an electrician, I was not aware that I would ever find a passion for community service; however, I was given some very sage advice early on. I was told, "Keep your options open. Build as many bridges and open as many doors as you can so that you can choose to do whatever you want in life." So, I later decided to 'open another door' at the University of Calgary for my Commerce degree.

I share this because I want students (and especially their parents) to know that there is often the temptation or expectation to 'specialize' or 'focus on' a shrinking field of study.

There is a saying, "An expert is someone who knows more and more, about less and less, until they know everything about nothing." There is no need to be an expert in anything as a teenager.

As our economy evolves, it will become even more important to be able to transition between careers. Those with a variety of experience can be the best assets in a team. They bring different knowledge, insight, skills and perspective.

So, instead of asking our kids to pick a life path so early, let's encourage them to take a variety of courses to broaden their interests and skill sets. Let's build those bridges and open those doors because we never know when we may need to use them.



News from the Friends of Nose Hill

by Anne Burke

All areas in natural environment parks, including asphalt pathways, are on-leash unless in an off-leash area with a sign. City Parks is doing some restoration work on Nose Hill, a major natural environment park. The aim is to preserve the park's native grassland communities by managing invasive species (weeds), reducing erosion and the overall footprint of "undesigned" trails. When enjoying the park, please keep on designated trails as much as possible, indicated by the trail markers. Keep dogs on leash when not in the multi-use zone (on the plateau or top of the hill). This will help to reduce wildlife encounters and protect your pets.

Calgary has one of the highest amounts of green space of any city in North America. An estimate is that there are more than 693 natural areas which are over 50% of the park space in Calgary. Natural parks are mainly native animals and plants (or "naturalization"). These parks play a role in protecting Calgary's wildlife with habitat for local and migratory animals. Compared with ornamental parks, natural areas give priority to the protection of vegetation and wildlife over human use, when the two come into conflict.

The Natural Area Management Plan, one of the first in Canada, offers guidelines for managing natural parks in Calgary. Some techniques for improving natural parks are erosion control, weed control, and planting native vegetation. Other park management issues are animal control, wildlife encounters, encroachments (such as forts), and vandalism.

Our Natural Area Management Plan, completed in 1994, was developed to protect natural areas. It establishes overall policy for the protection, management, public use and enjoyment, purchase, and stewardship of Calgary's nature. While year-round enjoyment and use will be encouraged, there must be sensitivity to environmental impact and safety. Where recreational use and the long-term survival of significant habitats conflict, protection of the resource will be first.



**Councillor, Ward 7
Druh Farrell**
 ✉ ward07@calgary.ca
 🌐 druhfarrell.ca
 📱 @DruhFarrell 📺 Druh Farrell



**MLA Calgary-Mountain View
Kathleen Ganley**
 723 14 St NW T2N 2A4
 📞 403-216-5445
 ✉ Calgary.MountainView@assembly.ab.ca

Two people die each hour from opioid overdose in Canada. For the first time in forty years, Canadian life expectancy has stopped increasing due mainly to overdose deaths. As a result, there has been an urgent focus on harm reduction, but far less emphasis on addiction prevention.

For the June Newsletter, I explored the Iceland Model prevention model. “Planet Youth” is a community-based model that saw Iceland’s youth substance use plunge from 42 per cent to 5 per cent over a 14-year period. That is no small feat! This model tackles a variety of contributing factors: home life and parenting, peer groups, school supports, and access to after-school programs, and stresses that the best approach to substance use prevention “is to avert or delay the onset of alcohol, tobacco, and other drug use as long as possible.”

We know that educational programs focused on discouraging youth from using harmful substances (Just Say No!) do not work. Instead, Iceland’s method focuses on fostering healthy family and coping behaviors to improve child and adolescent health, learning, and life success.

The goal of the approach is to mobilize society as a whole in the struggle against drugs. It stresses community action within a neighbourhood hub, strengthening cooperation between families, schools, and the community-at-large, and uniting as a team devoted to preventing substance use. Cities have a role to play—they can coordinate community activities and infrastructure that support healthy youth. The City of Calgary and partners already offers many recreational activities, from library programs that teach parents how to read to their kids, to a multi-use games park called “The Bounce” in East Village. The main difference is the team approach—it truly takes a village to raise a child.

The Planet Youth model proposes a holistic approach to address the root causes of addiction. I am committed to champion this initiative, and do my part to build a bright, positive future for Calgary’s youth, who deserve to reach their full potential.

This past month, I’ve been grateful for the many occasions to gather with friends, neighbours, and community members during summer events, especially during the Calgary Stampede. At pancake breakfasts, barbecues, and parties hosted by community groups, businesses, non-profit organizations, and professional associations, I’ve enjoyed meeting and reconnecting with folks who make Calgary the diverse and vibrant place we know it to be.

Our Mountain View Stampede Breakfast, held on July 6 at the Hillhurst-Sunnyside Community Association, was a great success. I thank all those who volunteered and attended, especially the community partner organizations providing outreach. I hope you’ll join me again for next year’s event!

Mountain View residents are fortunate to have two weekly Farmers’ Markets to visit during August and September, a great opportunity to make connections and support local producers and businesses: Hillhurst Sunnyside Farmers’ Market at 1320 5 Ave NW, held Wednesdays 3 pm to 7 pm (continues year-round), and the Bridgeland-Riverside Farmers’ Market at 917 Centre Ave NE on Thursdays, 3:30 to 7:30 pm (held till Oct 3).

The Spring Session of the Legislature continued into July. The Leader of the Official Opposition, Rachel Notley, and my colleagues in the New Democrat Caucus have kept on speaking up for the rights of Albertans – especially youth, frontline public sector workers, and those in the LGBTQ+ community. Pride celebrations held across North America in the summer months are providing us with a fitting reminder of the importance of standing together to achieve commonly-held goals that improve our society.

As always, I’m happy to hear from constituents. If you have feedback to offer, please contact my constituency office: Calgary.MountainView@assembly.ab.ca or 403.216.5445



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