

SEPTEMBER 2019

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PRESIDENT'S MESSAGE

With a gorgeous and warm Summer Solstice in Green Park and a fun-filled Stampede Breakfast at the HH-BH Community Centre, the Hounsfeld-Heights - Briar Hill community certainly feels like the prime community for families of all ages to live, work, and play! Thank you to the organizers and all the volunteers who came out to make these a great success and a fun event for everyone.

As we enjoy the summer and consider our fall activities, please take a look at the various program offerings at the Community Centre. We always welcome new program and event ideas that make this community an enjoyable place to live and be active in. If you're interested in volunteering, or even leading, in these programs, please come visit our Community Centre office and share your ideas.

The fall is also the time of the year to prepare for the Annual General Meeting and if you've ever wondered who the Community Association Board is, what we do and how, when we meet, and what types of board volunteers we'd love to have, please feel free to give me or any one of our current board members a call or come see our Executive Director at the Community Centre office.

Until then, have a great summer!

Disclaimer: The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Media and the Hounsfeld Heights-Briar Hill Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so. Great News Media and the Hounsfeld Heights-Briar Hill Community and/or Residents' Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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 Hounsfeld 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



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 Hounsfeld Heights/Briar Hill Residents – Carol at vp@hh-bh.ca

News from the Friends of Nose Hill

by Anne Burke

Why did it take so long to preserve Nose Hill, a natural prairie bluff, as public parkland? During the Ice Age, the area was covered by glaciers. About 19,000 years ago, there was a Glacial Lake. The large boulders found on Nose Hill were left behind and used as “rubbing stones” by bison. The last of the herds overlapped with use of the hill for cattle and sheep herding.

In 1980, City Council approved the Nose Hill Park Master Plan and, in 1981, the Nose Hill Park Communities Board was formed, with representatives from 12 communities. A series of court battles ensued between the City and private land owners. While residents opposed development, there were land swaps. The City and the province agreed to share the costs.

Nose Hill was described as “a blank page” and a challenge to keep its natural and archaeological features. The “founders”

hoped that education of future generations would instill in them appreciation and concern for Nose Hill, ensure a sense of stewardship and show respect for the park. Some issues they anticipated were vandalism, rowdiness, picking native flowers, dogs running loose, campfires, and off-highway vehicles (such as golf carts).

Work on the Glenbow Western Research Centre (which opens at U. of Calgary in Sept. 2019) is progressing, as Glenbow’s Library and Archive material relating to the history of western Canada moves to the University’s Taylor Family Digital Library. The Glenbow held a small but significant collection relating to the environmental movement in the region (with a total of 35 collections), the Alberta Wilderness Association, Calgary Field Naturalists, Nose Hill Park Communities Board, Friends of Nose Hill Society, Sierra Club of Alberta, Calgary Eco-Centre Society, and others.

There are reports, plans, briefs, newsletters, correspondence, minutes, and notes. You will find legal papers, maps and drawings, scrapbooks, and newspaper clippings about personalities and activities associated with the area and park. There are some aerial photos and views of Calgary from Nose Hill, as well as a distant view of Nose Hill, in the 1940s, as observed from 16th Ave. N.W.

5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
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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.

Alberta Health Services – CCAMH Facility Construction Website

With construction of the new CCAMH facility on 17/17A St NW now getting underway, AHS has committed to posting monthly updates on their online engagement platform, Together4Health:

<https://together4health.albertahealthservices.ca/new-youth-mental-health-centre-yyc>

The first construction update for July is now available there.

In addition to being posted to the website, future construction information will also be emailed out directly to anyone who has signed up for project updates. To subscribe, all you need to do is enter your email address into the "Stay Informed" box in the upper right corner of the website. Furthermore, if you register for an account in the newsfeed section of the website you will be able to post comments directly on items that appear there!"

<http://www.hh-bh.ca/2019/07/24/alberta-health-services-ccamh-facility-construction-website/>

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.

Indoor Soccer Registration

Registration starts September 1st

Coaches needed to run most teams

<http://www.hh-bh.ca/indoor-soccer/>

New HHBH Badminton Program 2019 -2020

Hounsfield Heights Briar Hill Community Association is excited about our new partnership with Badminton Alberta to provide badminton programs in our community <http://www.hh-bh.ca/badminton/>

Free Community Gymnasium Fridays

New Time Starting September 6:00 – 7:30

Hounsfield Heights – Briar Hill Community Association is happy to offer free open gym time to our community on Friday evenings when we have no rentals.

Please check back regularly to confirm dates and times: <http://www.hh-bh.ca/2019/07/19/free-community-gymnasium-new-time-fridays-600-730/>

Drop-in Update

Starting September 2019

Badminton Tuesday to Thursday 9:00 am – 12:00 pm

Pickleball Tuesday to Thursday 1:00 pm – 3:30 pm

Fridays 9:00 am – 12:00 pm

Pickleball – 2 courts

Badminton – 1 court

<http://www.hh-bh.ca/2019/07/19/friday-morning-drop-in-update/>





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	Sammert, 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.

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.

SNOW REMOVAL, YARD CARE & LANDSCAPING: Snow removal starting at \$130. Christmas light installation, window cleaning, or gutter cleaning, \$99. Pressure washing starting at \$99. Conditions apply. BBB member. 4.2 Google star rating. Call 403-265-4769. YardBustersLandscaping.com.

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.

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.

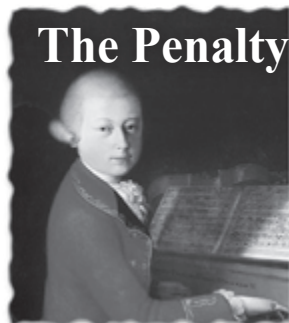
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FIND SUPPORTIVE SENIORS LIVING IN MONTGOMERY, RENT GEARED TO INCOME: Shouldice by Silvera for Seniors. Nestled in a mature northwest neighbourhood, this vibrant community is near the Bow River, several parks, and shopping and medical amenities. Enjoy delicious dining, weekly housekeeping, and active aging programs. Let our placement team answer your questions! Call 403.567.5301. silvera.ca.

INDEPENDENT SENIORS LIVING IN BRIDGELAND, BELOW-MARKET RENTS: Willow Park on the Bow Community by Silvera for Seniors. Beautiful one and two-bedroom suites with inner-city views in all directions. Dining and housekeeping services available. Cable and internet included. Exercise room, movie theatre, fireplace lounge, and landscaped grounds. Let our placement team answer your questions! Call 403-567-5301. silvera.ca.

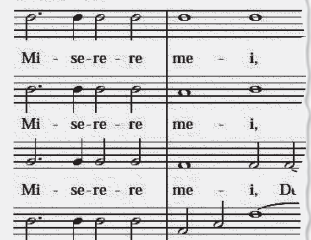
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FREE SEMINAR: "Thinking Well, Living Well" is a 10-week seminar aimed at educating and inspiring you to understand, appreciate, and apply sound principles for a healthy body, mind and spirit, while promoting healthy relationships. Seminar begins at 7:00 pm on September 26, 2019, at 1920 13 Ave NE. Call Gail at 403-975-9837 to register.



The Penalty for Music Piracy in 1770 vs. Present Day

Forbidden to be transcribed, Gregorio Allegri's *Miserere Mei, Deus* was restricted to performances at the Sistine Chapel at special services. But in 1770, 14-year-old Mozart attended a performance and transcribed the piece from memory, only attending a second performance to make minor corrections. The pope was so impressed that he awarded Mozart the Chivalric Order of the Golden Spur.



Cosmic Space Dogs Made from Stars

by Alexa Takayama

It didn't even occur to me to write an article on the Dog Days of Summer until after they were over. They ended in August, but hey, better late than never!

But before we begin, standard disclaimer: I am not an astronomer, so please forgive me if there are any inaccuracies in any of the information I presented about the astronomy. I have tried to interpret and present the information as best as I could as I understand it.

Now that that's out of the way, let's start with the Dog Days—what are they? They are the days from the first rising of the constellation of Canis Major (a.k.a. the Big Dog) to when it descends. These days are regarded as the hottest days of the year in the Northern Hemisphere. What the exact dates are vary depending on where you count the beginning; i.e. do they start when the first star appears or only when the whole constellation is showing? The same is true for when they end. Generally speaking, in the West they're considered to be July 3 to August 11. (Though Google happily tells me they were between July 12 – August 20 in China. Thanks, Google? Not what I was asking, but okay.)

The brightest star in the constellation is Sirius, also known as the Dog Star. Sirius is a binary star, which means it is made up of two stars that are in close orbit to each other. (I'm getting Star Wars vibes—Tatooine, anyone?) When I say 'close', I mean the distance between them is comparable to the distance between our sun and Uranus. Sirius A, the bigger of the two stars, is larger than our sun, while Sirius B is approximately the size of Earth. However, Sirius B is an older star and much denser, meaning that despite its size being similar to Earth, its gravity is 350,000 stronger.



The consistent timing of Sirius' appearance in our sky means that it was an important star for many ancient cultures to mark beginnings and endings of seasons in their calendars. Though with all celestial bodies being in constant motion, it is predicted that in about 10,000 years Sirius will rise and fall in the middle of winter. Within the constellation of Canis Major, the star is in a part that I would consider the "neck" of the dog, so you can think of it as a nice shiny tag on the collar.

As for the constellation itself, it was the Greeks who initially ascribed this arrangement of stars as a Big Dog in the sky. Who is this amazing dog that was to be forever immortalized in the heavens by the gods? Well, that would be Laelaps. Laelaps was a mythical hunting dog who always caught her prey. Zeus gave her to Europa as a gift, and was then passed down the family line. (I'm guessing the amazing super dog from which prey can never escape is also immortal.) Laelaps makes it down the family line until Queen Procris. (One version of the story says Artemis, goddess of the hunt, gifted Laelaps to Procris directly.) Procris' husband, Cephalus, decided to send Laelaps to hunt the Teumessian fox—a fox that could never be caught. So, what do you do when you have a dog that always catches its prey chasing after a prey that can never be caught? Well apparently, rather than letting the paradox run its course to find out how it would play out, Zeus decided to turn them both to stone (spoilsport) and put them in the stars as constellations, as Canis Major (Laelaps) and Canis Minor (the Teumessian Fox). Maybe he thought the paradox would rip a hole in the fabric of time and space, I don't know.

In the thousands of years since the Greeks first saw the shape of a dog in the sky, Canis Major and the star Sirius have continued to inspire our imaginations since. And I think that's pretty stellar.

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: _____

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Home Phone: _____

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

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| <input type="checkbox"/> Green Space/Reforestation | <input type="checkbox"/> Children's Programs |
| <input type="checkbox"/> Fundraising | <input type="checkbox"/> Seniors' Programs |
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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
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 2020 10 St NW, T2M3M2
 ☎ 403-220-0888
 ✉ len.webber@parl.gc.ca



Councillor, Ward 7
Druh Farrell
 ✉ ward07@calgary.ca
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Make Your Mark

It has been an absolute privilege to be your elected representative in Calgary Confederation since the riding was created in 2015. I will be standing for re-election in October as the candidate for the Conservative Party of Canada. Other candidates will put their names forward for election and I applaud them for participating in our democratic process.

Even if you do not support a candidate (or their volunteers) who comes to your door, please treat them with respect and remember that they are simply trying to advocate their position for a better Canada. We would not enjoy the healthy democracy we have in Canada if we did not have a variety of candidates and policies to choose from.

Some residents have contacted my office wondering if they are registered to vote.

In the past (a long time ago) Elections Canada used to go door-to-door to register voters, but now they maintain a permanent voters list instead. This list is updated regularly using various government database sharing agreements, but this does not guarantee you are registered to vote.


Ensuring you are registered to vote will ensure your voting experience is as simple and as efficient as possible. While you can still vote if you are not registered, the process requires additional effort and time on voting day.

You can check to see if you are registered by visiting www.elections.ca and following the links.

Finally, voting is a responsibility of citizenship. There are thousands of Canadians who died so that you can have the ability to vote in a free and fair democracy. Honour their sacrifice by exercising your right to vote.

A Stone By Any Other Name

Sapphires come in different colours, ranging from yellow, purple, orange, and green to the commonly known blue. Sometimes they can be two colours – called parti sapphires. Regardless of what colour they are, the name sapphire still applies. Unless it's red. Then it's a ruby.



Walking Safety

With back-to-school in full swing, the safety of children walking to school will be top of mind for many Calgarians. This is my yearly reminder to watch out for each other and to stay safe on our streets.

Last year, Council agreed to review the default unposted speed limit for neighbourhood streets (side 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. Council supported this change, endorsing a reduced neighbourhood street speed limit. Later this fall, City Administration will report back to Council with recommendations on whether that new limit will be 30 or 40 km/h, to what extent Collector Streets will be included, and how we will engage Calgarians on the change.

Last September, I also wrote about my initiative to improve walking safety by reforming our snow and ice control for sidewalks and pathways. This past winter saw the success of this initiative, with Calgarians reporting greater satisfaction with the City's snow clearing. The City cleared all City-responsibility sidewalks within 24 hours, rather than the previous 96 hours. We cleared one hundred additional kilometers of pathways, which means over 500 km are now maintained in winter. The City also introduced fines to crackdown on repeat offenders who consistently fail to clear their sidewalks. More work is necessary to improve safety and accessibility for walking in winter, but this progress is promising.

While the City works on city-wide changes to speed limits, street design, and winter maintenance, you can also do your part to help make streets safer. 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 distracted.

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

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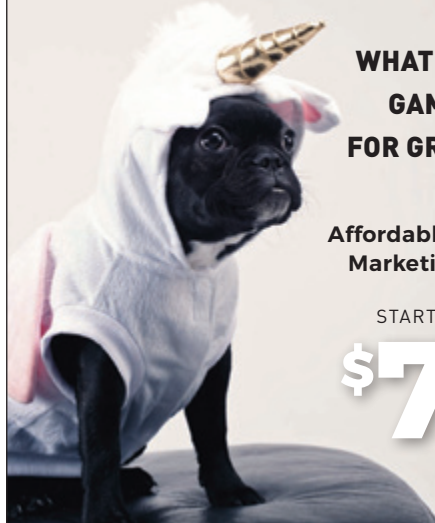
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