

MAY 2020

DELIVERED MONTHLY TO 1,800 HOUSEHOLDS

# your **HOUNSFIELD** HEIGHTS **BRIAR HILL** BEACON

A QUIET CENTRAL RESIDENTIAL COMMUNITY WITH FRIENDLY NEIGHBOURS CONNECTED THROUGH ACTIVE PUBLIC SPACES



TO STAY UP TO DATE ON COMMUNITY HAPPENINGS, PLEASE LIKE US AT [WWW.FACEBOOK.COM/HHBHCA](http://WWW.FACEBOOK.COM/HHBHCA) AND FOLLOW US ON TWITTER @HHBHCA

THE OFFICIAL HOUNSFIELD HEIGHTS-BRIAR HILL COMMUNITY NEWSLETTER | [www.hh-bh.ca](http://www.hh-bh.ca)

Great News Media | Call 403-720-0762 for advertising opportunities | [www.greatnewsmedia.ca](http://www.greatnewsmedia.ca)

# STAY CONNECTED THROUGH COVID-19 AND BEYOND- IT HELPS

## One touch video and chat to stay connected with:

- Family
- Friends
- Physicians
- Care providers

- Medical grade security
- Safely share photos & videos
- Designed by health care providers in Canada

**\$9.99/month.**  
Cancel anytime.



# Teleroo<sup>®</sup>

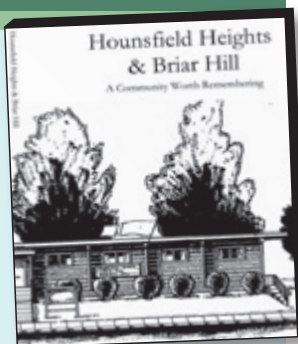
For more information 1.250.813.0105 | [www.teleroo.com](http://www.teleroo.com)

**Teleroo<sup>®</sup> for Moms &  
Moms-To-Be**  
[momsandbabies@teleroo.com](mailto:momsandbabies@teleroo.com)

**Teleroo<sup>®</sup> for Seniors**  
[seniors@teleroo.com](mailto:seniors@teleroo.com)

# Hounsfield Heights- Briar Hill History Book

A beautiful book about our neighborhood is available to purchase for \$40.00 from the admin office at the gym. Please contact [admin@hh-bh.ca](mailto:admin@hh-bh.ca) to make arrangements. You can also call 403-282-6634.



The book contains photos and stories written by the families that first moved into the area in the early-'50s. Their stories of building homes, starting the school, and establishing this vibrant community are worth the read.

A big thank-you to Mary Stapleton and her group of volunteers for taking on the task of putting this together.

## In this time of social distancing...

# ...we are here to help keep your community connected.

**GREAT NEWS MEDIA**  
LEADERS IN COMMUNITY FOCUSED MARKETING

## PRESIDENT'S MESSAGE

Spring arrived two months ago, yet it feels like winter stayed a month longer than we're accustomed to. The cloudy, snowy, minus teen temperatures certainly made for keeping ourselves and families indoors rather than getting out and about our community. Now the skies are clearing, the temperature is rising, and the green beauty of our community is beginning to blossom. But where are the people? Why are our schools not filled with hustle and bustle? Why are our community centre and playgrounds not abuzz with laughter and play? Why are the parking lots of our local merchants not full?

Yes, it is COVID-19. Three heads of COVID-19 are holding back our community. It is hurting the health of our residents. It is hurting the programs and services of our community. And it is hurting the economy of our local merchants. It is the nasty COVID-19 that has temporarily (*I hope*) impacted our community.

But it is not all gloom and doom. There are bright lights in the community. Stars shining this community. Smiling faces and happiness in this community.

Thank you to our residents for decorating their windows with attractions for us to see when we take a brief walk. Thanks to those who post and comment on our community Facebook page. Thanks to those who work from their computers to advocate for land use outcomes that keep this community unique, distinct, and admired. Thanks to those of you that help neighbours who need a helping hand. Thanks to those who shop local and support our businesses. Thanks to this community association for keeping the lights on for when we come out to play. Finally, thanks to the residents of HH-BH for looking out and keeping this community clean and safe.

The logo for HHBH Community Association Playschool features five cartoon children of diverse backgrounds holding a banner that says "HHBH Community Association Playschool". The children are drawn in a simple, friendly style. Below the logo is a red banner with white text.

**2020/21 Registration Open Now**  
Visit [hhbhcaplayschool.com](http://hhbhcaplayschool.com)  
to learn more and to register online

### HHBH Community – Outdoor Soccer

Our soccer program relies on VOLUNTEERS. Every year new volunteers are needed to keep the program running and vibrant. One parent from each family is required to volunteer during the season. There are many options to choose from; Coach, Assistant Coach, Assistant Coach with First Aid, Team Manager, U4/U6/U8/U10 Coordinator, Fields Coordinator, Referee Coordinator for U10-U18, Community Equipment Coordinator, Community Equipment Assistant, Season-End Party Coordinator. Please contact [outdoor.soccer@hh-bh.ca](mailto:outdoor.soccer@hh-bh.ca) for more information on the scope of each task. The season is short, the tasks are not onerous, and your efforts contribute to the success of the soccer season.

### Open Community Gym

6:00 pm – 7:30 pm

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 follow the link below or call 403-282-6634 to confirm dates & times for this month!

<http://www.hh-bh.ca/community-open-gym-free/>

### HNBH 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/>

### Drop-in Programs

Badminton - Tuesday to Friday

9:00 am to 12:00 pm

(3 courts)

Pickleball - Tuesday to Friday - 1:00 pm to 3:30 pm

(3 courts) <http://www.hh-bh.ca/drop-in-gym/>

**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 Hounsfield 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 Hounsfield 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.*

# A Message from the Community Association

This has been a difficult time for our community. Our facilities are closed, community, cultural and sporting events and activities are cancelled, and even the local playground is closed. While challenging, this is also a time that is bringing out the best in our community. Everything from shamrocks to hearts to teddy bears have appeared in windows to provide local children with something to look out for as they go for daily walks with their families. As the weather has improved, encouraging messages and pictures are set out in coloured chalk on the sidewalks. A group of neighbours repurposed red Christmas lights to create hearts on their lawns to thank front-line workers. Volunteers are getting groceries for elderly neighbours who can't get out. And at 7:00 each night, many people are gathering on their porches to bang pots, ring bells, and make all kinds of noise for two minutes in another salute to the many front-line workers who are helping to get us through this crisis.

We encourage those in the community to join one of the social media groups that are focused on bringing neighbours together. "Friends of Briar Hill and Hounsfield Heights" is on Facebook (make sure you answer the question regarding how you are connected to the community), and many in the neighbourhood also connect via the NextDoor app. And of course, it is important to connect with neighbours and friends the old-fashioned way – just from a safe distance.

We also ask that if you can, please support the businesses in the community during this difficult time. We will get through this, and our neighborhood and as well as those around us will bounce back more quickly if the great restaurants and other businesses get through this. Many businesses have adjusted their operations to try to offer their products in a safe way – yoga and fitness studios are offering online classes, family-run restaurants are offering delivery via pre-payment and drop-off at the door, and groups of businesses are getting together to offer their wares in boxes for purchase.

Be safe everyone – again, we will get through this.

# Guidebook for Great Communities

The April edition of the HHBH Beacon had an article that outlines some of the HHBH Community Association's (CA's) concerns regarding the City of Calgary's "Guidebook for Great Communities" (Guidebook). The Guidebook will produce very significant changes in the way that development occurs in established residential neighbourhoods in our City. A key concern for CAs in established areas across the city is the fact that the proposed changes will effectively remove single family zoning. If approved, this means that on any lot in our neighbourhood, developers could build a single-family home, a duplex, a triplex, or townhouses of up to three storeys. Approvals for such developments would be granted. Any form of such housing developments would be allowed on any street – meaning a single street could be a haphazard mix of bungalows, duplexes, triplexes fourplexes or rowhousing.

A hearing and presentation to City Council on the Guidebook was scheduled for April 27. Together with other CAs, the HHBH CA lobbied to have the date postponed, given the impossibility of effectively engaging with residents on such a significant development issue during a pandemic. In late March, we received notice that City administration will be recommending that the hearing on this matter be deferred to a later date. Of course, no date has been set yet, but we will continue to post information regarding this issue on the HHBH website so please stay tuned. We will do more to engage with local residents when it is safe to do so. Stay well everyone.

**KIDNEY  
DONOR  
NEEDED**

**NEEDKIDNEY.CA**

**Kidney Health  
Awareness**

A gracious request for a kidney donation, tips on kidney health, and items to fight kidney disease. Email [info@needkidney.ca](mailto:info@needkidney.ca) if you wish to donate.

Website  
[NEEDKIDNEY.CA](http://NEEDKIDNEY.CA)

EST. 1949  
**Capitol Hill NW**

**NEIGHBOURING  
COMMUNITIES**

**WELCOME!**





# 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	VACANT	secretary@hh-bh.ca	
Land Use Director	Marsh, Jeff (Interim)	land.use@hh-bh.ca	
Education Director	Leahy, Patricia	education@hh-bh.ca	
Sears Plume Director	VACANT	sears.plume@hh-bh.ca	
Communications Director	Berg, Laura-Marie	communications@hh-bh.ca	
Community Safety Director	LeGrandeur, Michelle	community.safety@hh-bh.ca	
Community Safety Director	Scratch, Jason	community.safety@hh-bh.ca	
Events Planning Director	VACANT	events@hh-bh.ca	
IT Director	Kin Wong	it@hh-bh.ca	
Strategic Planning Director	Jeff Marsh	strategic.planning@hh-bh.ca	
General Manager	Dennis Tinkler	general.manager@hh-bh.ca	403-282-6634

## PROGRAM COORDINATORS

Indoor Soccer	Darcy Cumming	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
----------------------	-----------------	--	--------------

Board listing will be updated in January Beacon to reflect directors elected in November's AGM.

## 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](http://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](http://www.hh-bh.ca).



Like our Facebook Page - [www.facebook.com/hhbhca](https://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](mailto:vp@hh-bh.ca).

# 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.*



# News from the Friends of Nose Hill

by Anne Burke

The province of Alberta ensures that wildlife is protected and conserved through the Wildlife Act. While wildlife is provincially regulated, the City manages parks such as Nose Hill. Based on your experiences, what do you think would improve our ability to co-exist with wildlife? This was the first question in an online survey and only part of a review of the Responsible Pet Owners Bylaw. Other questions involve dog behaviour in off-leash parks and public spaces, as well as the reasonable number of pets in a household.

The bylaw was last updated 12 years ago. The aim is to obtain input from pet owners and non-pet owners about benefits, barriers, ideas, and opinions about the bylaw. This engagement is looking into potential regulations in response to concerns around issues such as dog walkers, the retail sale of animals, and the importing of animals.

Both dogs and cats need to be licensed. Cats must be confined to an owner's property. The City wants to hear from us about the rules. Feral cats (unlike stray cats) are un-owned domestic cats that live outdoors and avoid human contact. What should we do about abandoned pets?

The bylaw says livestock are not allowed unless the owner has a Livestock as Emotional Animal Permit. Urban agriculture includes livestock, beekeeping, pigeons raised for racing or homing. Beekeeping can improve plant pollination and honey can be harvested from some beehives.

More public input will be required in phase 2 on potential amendments (June 2020). Between January and March 2021, the Council Committee on Community & Protective Services, and then City Council, will vote on the recommendations. For more information, go to our website at [www.fonhs.org](http://www.fonhs.org) and the city website at [www.calgary.ca](http://www.calgary.ca).



MLA Calgary-Mountain View

**Kathleen Ganley**

723 14 St NW T2N 2A4

☎ 403-216-5445

✉ [Calgary.MountainView@assembly.ab.ca](mailto:Calgary.MountainView@assembly.ab.ca)

Albertans are pulling together and fighting hard to stop the spread of COVID-19. Precautions and public health orders set out to prevent the transmission of the virus require altering our habits and routines. Our everyday lives are disrupted, and many plans have to be put on hold.

The opportunities to reconnect with each other, our communities, and the natural world that Albertans usually look forward to after the long, cold winter have been changed in ways that might seem strange and stressful. While these changes are difficult for everyone, following best practices benefits our society and keeps our friends, family, and neighbours healthier and safer.

I'm proud that in March, I stood with the Leader of the Opposition, Rachel Notley, and my colleagues in the New Democrat Caucus in calling on Premier Kenney to ban evictions for those unable to pay rent during this public health emergency. On March 27, Kenney announced that new protections would be in place for renters, including that tenants could not be evicted for non-payment of rent or utilities before May 1, 2020. I appreciate that my colleagues continue to advocate for renters, as well as homeowners and businesses across the province. For the most up-to-date information on COVID-19 and available supports, you can visit the Government of Alberta website: <https://www.alberta.ca/covid19>.

Albertans' dedication to one another is apparent in these challenging times, especially demonstrated by our front-line workers. These workers in Alberta are more than just heroes to praise and thank – although it's certainly encouraged! Like all workers, they deserve a dignified wage, reliable benefits, and safe working conditions. We have to be "all in this together" by genuinely supporting workers in essential services and in the public sector, especially those in healthcare and education, now and going forward.

We will never stop fighting for these workers. Just like we will never stop fighting for you, your family, and all Albertans.

As always, I'm happy to hear from constituents. Please keep in touch through my constituency office: [Calgary.MountainView@assembly.ab.ca](mailto:Calgary.MountainView@assembly.ab.ca) or 403-216-5445.



# City of Calgary Recreation Facilities

## General:

### How will The City of Calgary communicate when recreation facilities reopen?

- We will be using our website and social media channels for updates and, when the time comes, to deliver a reopening timeline.

## Passes:

### What happens to my pass now that City of Calgary recreation facilities are closed?

- All continuous passholders will receive a credit for the closure dates and it will automatically be applied to your account.
- All 1-12-month passes will be extended for the duration of the closure dates and will automatically be applied to your pass.
- All punch cards 2-year expiry date will be extended for the duration of the closure dates and will automatically be applied to your pass.

### Will the April 1 automatic payment be processed for passes paid monthly?

- The City of Calgary Recreation will not be processing the April 1 payment and will review future monthly payments based on the duration of the closure.
- No further payments will be taken until Calgary Recreation resumes services.

## Programs

### What happens if I am currently registered in a program now that City recreation facilities are closed?

- All registered programs currently running or starting in the near future are being cancelled. Programs starting as of April 1 will be cancelled based on the duration of the closure.
- Currently, credit is being provided for courses paid for in person and we are working on a process for providing refunds. Credit can be used for future courses. Courses which had already started will have a prorated credit placed on accounts and courses not yet started will receive a full credit.
- If the registration was processed over the phone or online, the refund will be processed upon cancellation.
- Customers who have an email address on file will receive an automatic email about the program cancellation.

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media  
at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**LOCAL MORTGAGE BROKER:** Your mortgage may be costing you thousands more than you need to pay! As a local mortgage professional, I have helped your neighbours navigate their purchase, refinance, and renewal options. Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Verico Avenue Financial Real Estate Solutions.

**LANDSCAPING & WEEKLY YARD CARE:** Starting at \$36. Garden bed design, mulch, rock and sod installation, stone patios, walkways, raised beds, rock walls. Affordable exterior painting, deck and fence builds. Window or gutter cleaning starting at \$89. A+ Member of BBB, Licensed, insured. Seniors' discount. Call or text 403-265-4769. [YardBustersLandscaping.com](http://YardBustersLandscaping.com)

**THE GUTTER DOCTOR!** Eavestrough repairs, cleaning, and replacements. Fascia, soffit, cladding, roofs, and siding. For over 17 years and 30,000 projects we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Calgary's top award winner! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

## Rentals/Bookings

### What happens to my booking now that City recreation facilities are closed?

- All facility rentals, including, arenas, school gyms, birthday parties will be canceled, and a credit will be put on your account.
- If the booking was processed over the phone or online, the refund will be processed upon cancellation. If the booking was processed in person, we are working on a process to provide a refund.
- A cancellation confirmation will be emailed.

*Questions? Please review information posted here first; if you are unable to find the answer you need contact [liveandplay@calgary.ca](mailto:liveandplay@calgary.ca)*



Calgary Confederation  
**Len Webber, MP**

2020 10 St NW, T2M3M2 ☎ 403-220-0888 ✉ len.webber@parl.gc.ca

A great deal has changed since my newsletter a month ago, and things continue to change by the day.

The COVID-19 pandemic has changed life for everyone. For some, it is a nuisance, but for others, it has come with life-changing consequences.

I have been deeply moved by many of the personal stories people have shared with me in truly heartfelt emails and phone calls. I have to admit it has been very tough on some days to keep moving forward, but I am also honoured to be able to serve my community at such a critical time. I am extremely pleased to let you know that the majority of our neighbours who were stranded abroad are now safely back in Canada.

My offices have been overwhelmed with people seeking information and assistance. My staff and I have been working seven days a week to do our best to assist everyone and we appreciate your patience as we navigate these uncharted waters. As the information regarding the federal government response has been changing daily, I have put together a page with the latest information at [www.lenwebbermp.ca/covid-19](http://www.lenwebbermp.ca/covid-19). The information sometimes changes daily, so please check back regularly and please consider sharing this information with anyone who may need it.

My staff and I will continue to serve you as quickly as possible during this crisis. (We received over 500 requests for assistance this week alone.) My office will remain physically closed to the public for the safety of my staff and we will only be connecting with you via phone and email (email is our preference).

I will be participating in the House of Commons Standing Committee on Health meetings every Tuesday via teleconference and we will be wholly focused on the COVID-19 situation. I suspect these meetings will be televised and look forward to getting answers to some important questions. As you know, the Committee has been studying this issue since January.

The need for blood continues daily. Many donors are seniors and are not able to get out to give blood at the

current time. I was pleased to be able to get out and donate this week. If you are healthy and willing, please consider donating life-saving blood. To find the closest donor clinic to your home, please visit [www.blood.ca](http://www.blood.ca).

I will be honest with you ... things are going to get worse before they get better, but it will get better. Please follow all advice and direction from public health officials, take care of one another and focus on what you have, rather than what you may not. We will get through this together, but it will take a great deal of patience and understanding on all our parts. These times will be extremely tough for many and absolutely horrible for some -- take time to look for ways to help, look for ways to bring people up and just take the time to care about others in our community.

Please stay home and please stay safe.

*Len Webber, MP*



**Call Your Mother!**

Just a reminder – Mother’s Day is coming up on May 10. Did you know that more phone calls are made on Mother’s Day than any other day throughout the year? According to a study completed by Pew Research Centre, 68% of people plan to call their mother on Mother’s Day. In the United States alone, 122 million calls are made each year on the second Sunday in May!

# LIVE THE DREAM ON THE HERITAGE POINTE GOLF COURSE SIGNATURE HOLE

TEXT 9285 TO 555000 FOR VIRTUAL TOUR & FULL LISTING



**LEN T. WONG**  
& ASSOCIATES

G P G  
GREATER PROPERTY GROUP

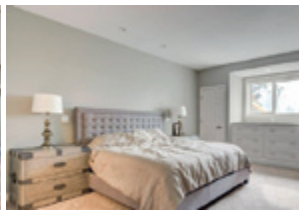
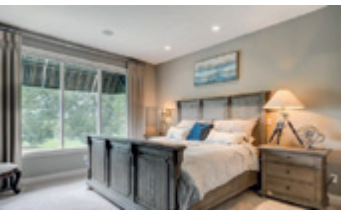
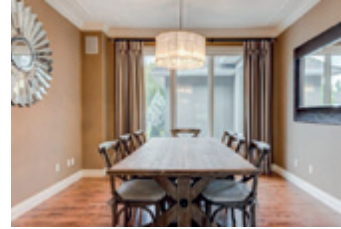


Executive custom-built & recently renovated bungalow with fully developed walk up basement backs onto Heritage Pointe Signature 9th Hole with views of the large pond. Total of 3 bdrms & 3 baths, formal dining/flex rm, gourmet maple kitchen with centre island, granite countertops & stainless-steel appliances, open to large eating area with built-in desk. Large great rm with 12-foot ceilings, fireplace & built-ins. Patio doors leading out from eating area to large south dura deck with metal railings & glass panels with beautiful landscaped south backyard with firepit. Large master bdrm with 5-pc spa like ensuite with large soaker tub, O/S shower & walk in closet. Staircase leading downstairs to large family rm with media centre, fireplace, 2 bdrms, 3-pc bath with steam shower, workout rm & playrm all with radiant in floor heat. Walk-up onto the patio from the family room. O/S triple attached garage. Pride of ownership shown throughout. Ideal for empty nester, professional or older family. Exceptional Value!

403-606-8888 | [len@lentwong.com](mailto:len@lentwong.com)

[calgaryhomesearch.com](http://calgaryhomesearch.com) | [calgaryluxuryhomesearch.com](http://calgaryluxuryhomesearch.com)

Text 9285 to 555000 for virtual tour & full listing



**CARDINAL**  
BY TREVOR RAMAGE



**RE/MAX**  
REAL ESTATE (CENTRAL)

📞 403.850.2560

As our global community continues to be impacted by COVID-19, my thoughts are with those affected as well as healthcare professionals, government officials, and organizations working tirelessly on containment and caring for those in need. I would also like to extend my gratitude to ALL essential service workers.

Amidst the daily routines of preventing the spread of COVID-19, taking care of your emotional health is also important. Remember, if you are struggling, you are not alone. There are supports in place to help you.

**Addiction Helpline – 1-866-332-2322**  
**Community Resources – 211**  
**Family Violence Information Line – 310-1818**  
**Income Support Line – 1-866-644-5135**  
**Kids Help Phone – 1-800-668-6868**  
**Mental Health Helpline – 1-877-303-2642**

Stay safe and be well.

**WE ARE ALL IN THIS TOGETHER.**

Not intended to solicit buyers or sellers currently under contract with a broker.

**CARDINALBYRAMAGE.COM**

