



HOUNSFIELD HEIGHTS – BRIAR HILL BEACON

SUMMER 2010



**Sometimes building a
community means getting your
hands dirty**

Please join us for the
**1st Annual Spring
HHBH Community Green Space
Clean-Up**

**Saturday, June 5
9 am – 12 Noon**

**Come show your community pride
Everyone Welcome**

And then ... go home, clean up and come back for our

Community Appreciation Social



**Saturday, June 5 at 7 pm
HHBH Community Hall**

**Food and refreshments provided
Children welcome with their parents**

See more details on page 4.

**Express your concerns about traffic
calming in our neighbourhood
to the HHBH Board and City Officials
(more details on page 4)**

**Thursday, June 10
HHBH Community Hall
7 – 8 pm
(before the CA Board's regular meeting)**

- Calendar of Events -

Send us information about your annual or one-time event.

- Community Board Meetings**
June 10, Sept. 9, Oct. 14 at 7 pm
Community Boardroom
- Community Green Space Clean-Up**
Sat., June 5, 9 am - 12 noon
Meet in Louise Riley Library parking lot
- Community Appreciation Social**
Sat., June 5, 7 pm at the Community Hall
- West Hillhurst Garage Sale**
Sat., June 5, 9 am – 5 pm at the
WH Community Hall
proceeds to support their new playground
- HHBH Traffic Calming Meeting**
Thurs., June 10, 7 pm in the Community
Hall Boardroom
- HHBH Stampede Breakfast**
Sat., July 17, 9 – 11 am, Green Park
- Adult Drop-In Basketball**
(Summer program)
Saturdays, 10 am – 2 pm, starting June 12,
Community Gym



HH-BH Community Association Board

Vacant	President	
Norm Anderson	Acting President	403-807-2134
Tejinder Paul Sidhu	2 nd Vice President	403-383-7029
Linda McKinnon	Secretary	403-999-7394
Russell McWilliam	Treasurer	403-830-5863
Mara Grunau	Education Director	403-283-9091
Phil Johnson	Director, Facilities	403-284-4977
Kellie Johnston	Director	403-475-3763
Emmanuel Malterre	Director	403-282-0813
Gunter Sammet	Director	403-210-2603
Carol Sandahl	Director, Programs	403-284-5851
Terry Woods	Director, Land Use	403-701-8856

Board meetings are held at 7 pm on the 2nd Thursday of each month (except July and August) in the Community Hall meeting room. Residents are welcome and encouraged to attend. To include an item on the agenda please contact the Board at least one week prior to the meeting.

Contact the HHBH Community Association at:

Mailing Address: Box 65086, RPO North Hill Calgary, AB T2N 4T6

Phone: 403-282-6634 (voice mail)

Email: hh-bh-communityassociation@hotmail.com

(phone messages & emails are checked 1 – 2 times per week)

Beacon Submissions to: Barbara Green, Editor

email: thebeacon2005@hotmail.com

Deadline for submissions for next issue: September 15, 2010

Beacon Ads: hhbhacct@telus.net

Hall/Gym Bookings: Andrea.Schmidt.09@gmail.com or 403-282-6634

Website: www.hh-bh.ca

Community Hall/Gym 1922 – 14 Avenue N.W.

Parking is 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.

The HHBH Gym and Boardroom schedule can now be viewed online at www.hh-bh.ca.

Message from CA President

Hello HHBH Residents,

The weather is getting better and summer is almost here. I wish you all a safe and enjoyable summer.

I would like to thank Russell McWilliam, who has volunteered to be our new Treasurer, and Paula Jennings, who has stepped in to be our Wiki moderator. In addition, all of our ongoing volunteers need to be acknowledged as were it not for them, we would not have as active a community as we do.

If you or someone you know would like to volunteer, please let one of the Board members know or stop by one of our Board meetings held every second Thursday of the month.

On another note, I regret to inform you that I will be stepping down as President as I will be moving out of the area. I will miss all of the people of Hounsfield Heights and Briar Hill and all of the special events that take place every year. It has been a wonderful place to live and I'm sure will be better than ever in the years to come.

I wish to thank all past and present Board members and volunteers for their dedication and support; volunteering your time is a great way of giving back to the community. As a wise man once said, "It's not what your community can do for you, it's what you can do for your community."

Best Wishes,
David Trudeau

Ed. Note: David, we'll miss you! Board 1st Vice-President Norm Anderson will fill in for David as Acting President until the Community Association AGM in November, 2010.

Mark your calendar for the next

HHBH Casino

The next Hounsfield Heights-Briar Hill Community Association casino fundraising event will be **Nov. 21-22, 2010**, at Stampede Casino.

Please consider volunteering to work a shift; casino revenues add substantially to CA revenue, enabling us to invest in a wide variety of community programs and improvements.

Yeeka!!

**Join yer neighbours
fer our annual
Stampede Breakfast**

**Saturday, July 17
9 – 11 am
Green Park**

*If you'd like to help flip pancakes,
please call Carol ("Round 'em up")
Sandahl, 403-284-5851.*

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Traffic Calming

We hear you – tell us more at public meeting on June 10!

The HHBH CA Board's Traffic Calming Director, Denny Kwan, has had excellent response from community members that is helping him redraft our community's request for a traffic study.

Although we submitted a request for a study several years ago, it has come to light that such requests do not go into a "queue," but are rather dealt with by the City partly in regard of how well they reflect the City's own current policies for traffic calming, and partly in regard to how bad problems in a particular community appear to be and how interested community members are in getting those

problems solved.

As a result, we'd love to show City officials that we are very interested in finding solutions to traffic issues in Hounsfield Heights-Briar Hill. We've invited an official from the City's Transportation Planning department to join us on Thursday, June 10, and encourage as many residents as possible to come to that meeting to express their concerns in person.

Our former request for a traffic study is still on the department's list, but not on this year's List. A formal community study is currently underway for the neighbouring North Hill communities of Mount Pleasant,

Tuxedo Park and Capitol Hill. If we want to get onto next year's list, we need to raise our voices and come forward.

If you have concerns about traffic (such as speeding vehicles, short-cutting traffic and pedestrian safety) in our community, please do not hesitate to contact the CA by email (hh-bh-communityassociation@hotmail.com) or phone (403-282-6634), or directly to Kwan by email (dellienye@shaw.ca), or phone (403-475-3763).

CA sends reminder to Sears to move on gas plume remediation

Sears Gas Plume Committee Chair Phil Johnson recently sent a letter to Sears expressing the community's concern about the fact that the remediation facility is still not operating because Sears has not yet approved the purchase of a transformer.

In his letter, Johnson reminds Sears that, "The Community is a major stakeholder, and is concerned that the execution by Sears of remediation work will be effective in removing the gasoline plume and associated contaminants."

The letter points out that: "The Site Management Plan was approved by Alberta Environment in June 2007. The Dual Phase Vapour Extraction Plant was set on site in Lion's Park in Nov. 2008. It is now 2010 and we are still waiting for the remediation to begin. The Dual Phase Vapour Extraction Plant is still not operating.

We believe that it is important to start the remediation as soon as possible, since it has been proven that the contaminants do migrate."

There has not yet been a reply from Sears.





**1st Annual Spring
HHBH Community
Green Space Clean-Up**

**Saturday, June 5
9 am – 12 Noon**

Meet at Louise Riley Library Parking Lot

We'll supply the gloves, garbage bags and pick-up sticks
You supply the energy, camaraderie and elbow grease

Clean-up areas: Soccer field and surrounding area; Lions Park; Green Park and, time permitting,
three other community green spaces

**Community
Appreciation Social**

**Saturday, June 5 at 7 pm
HHBH Community Hall**

Food and refreshments provided.
Children welcome with their parents.



Everyone who plays a part in making Housfield Heights/Briar Hill a vibrant, warm community is invited. Whether you volunteer at the local kindergarten, playschool or grade school, help with soccer or other athletic programs, volunteer for the Community Association, we want to celebrate your contribution to making HHHB a great neighbourhood.

Community policing

Remember: no refundables in recycling bins

At the May HHBH CA board meeting, members discussed residents' concerns about neighbourhood security and asked the Beacon to re-publish these observations from Calgary Police Community Liaison Officer Eric Levesque:

A good way to reduce the attractiveness of our alleys to transients is not to put deposit items in recycling bins, and to add a sign on top of the bin that states, NO REFUNDABLES. Refundables can be donated to Cubs or VRRRI. While some bottle-pickers pose no threat to residents, Cst. Levesque said the majority do have criminal records. If you want to help people who are down on their luck, consider donating to agencies who can provide more than the price of a bottle return – CUPS, Mustard Seed and other local organizations supported by the United Way provide not only food and short-term accommodation, but also life-skills and employment counselling.



Cst. Levesque values information that helps him understand community concerns. He can be reached at the District 3 office (403-567-6300)

*Constable Eric Levesque
Community Liaison Officer
Calgary Police Service
District 3*

Thirsty trees

Your NeighbourWoods Coordinator, Kellie Johnston, would like to remind all those local residents who planted NeighbourWoods trees last fall that the trees need regular weekly top-ups to their watering bags starting now and throughout the summer and fall.

Apparently the trees wintered well – there's been only one call about a dead tree so far. The City will replace any dead NeighbourWoods trees, but in 2010 only, so if you have a concern about one of your trees, please call 3-1-1.

And thanks to Kellie from all of us for continuing to water the NeighbourWoods trees that were planted at the community hall, and Gunter Sammet and Grade 5 teacher Nancy Johnsen for doing the same for the new trees at Briar Hill School.



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If your needs involve GST, corporate filing or personal tax our team would be happy to find solutions for you.

Just give us a call.

Welcoming new volunteers to HHBH Community

By Linda McKinnon

The Hounsfield Heights/Briar Hill Community Association (HHBH CA) is incredibly lucky to have so many generous, compassionate and dedicated volunteers. Some have been with us for a long time, while others come and go working on special projects. We thank our volunteers for all they do to strengthen our community, and we know they reap health and wellness benefits from involvement, too.

Most recently we would like to acknowledge and introduce two new volunteers.

Russell McWilliam. Russell, a new resident to Hounsfield Heights/Briar Hill, came to one April CA meeting and delighted us all by volunteering to become Treasurer, a position that has been open since the November AGM. The board members instantly recognized his entrepreneurial style and business skills, which uniquely qualify him to help in managing day-to-day money operations and finance portfolios.

Paula Jennings. HHBH CA launched a community Wiki earlier this year – we had the design, the site and some content, but really needed a moderator. We're thrilled that Paula has come forward to take over this role. She has IT experience as well as a good feel for current community business. We wait with bated breath as she unveils a new Wiki tailored to meet the needs of our community.

Other Special Projects

April Stuart. I would also like to give honourable mention to a new person coming on board to advance the HHBH History Book Project. The History Book is a rather large project that was resurrected in 2009. At that time, the many words that were written on paper were transferred to electronic media, where they became available on the Internet at <http://www.hhbhbook.com>. Later, the HHBH Board agreed to publish the stories in an electronic book format so that they will never be lost and will be easily accessible to all community residents. So we needed an individual with an eye for both words and layout to create the final product. April responded to our notice seeking a Graphic Designer/Illustrator in the SAIT employment opportunities listings. April sees this as the perfect opportunity to help and reach out at the same time.

April says: "My hopes for the future are to have my own business where I would shoot family portraits, corporate shoots, and layout and design for different clients. I am really just beginning my career and am keeping an open mind as to where I am headed, letting life lead the way."

Here's how to contact her:

403-512-5730 or <http://aprilstuartphotography.com>.

How do you like it here?

The Federation of Calgary Communities and the City of Calgary Neighbourhood Services are interested in learning about how community residents feel about living in their neighbourhood. To this end, a survey has been developed and can be accessed by typing in the following link.

<http://www.surveymonkey.com/s/NJRH3V8>

The City has offered an iPod and a number of family passes to city facilities as draw prizes to those individuals who fill in the survey and provide their email in the last question. All information received will be collated by community and distributed to each association that takes part except for any identifiable information regarding respondents. Responses must be completed by June 30, 2010 and the draw will occur shortly after this date.

Get community news online

Did you know you can receive the Beacon and other community notices by email?

If you're interested, just send your email address to: hhbhacct@telus.net.



memberships

Your annual membership is good from April 1 through the following March 31 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. Simply fill out this form and mail it in.

HOUNSFIELD HEIGHTS – BRIAR HILL COMMUNITY ASSOCIATION MEMBERSHIP APPLICATION 2010-11

Family Name(s): _____

First Name - Adults: **1.** _____ **2.** _____

First Name - Children: _____
(please provide ages)

Address: _____ **Postal Code:** _____

Home Phone: _____

Email: _____

Would you prefer to receive the newsletter by email? yes no

I would be interested in volunteering for:

- Land Use
- Green Space/Reforestation
- Fundraising
- Facilities/Ice Rink
- Communications/Newsletter
- Other
- Membership Drive
- Children's Programs
- Seniors' Programs
- Sports Programs
- Social Activities

Membership # _____
Valid through March 31, 2011

Annual membership (including GST) is :

- \$20 per household
- \$10 for seniors

Paid By: cash cheque

**Send cheques payable to Hounsfield 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 Hounsfield Heights-Briar Hill gym and board room schedule can now be viewed online at www.hh-bh.ca. We are planning on adding improvements to the site over the coming months.

“Recycle a Friend” Book Sale brings in bucks for more books

by Dianne Gilchrist

It was another successful year for the annual “Recycle a Friend” Book Sale at Briar Hill School. This year, the sale generated cash revenues of **\$5,683.40** which are dedicated to the school library and literacy initiatives.

In addition, the library received **65** books and videos directly from the sale and teachers were able to increase their teaching and classroom resources by approximately **245** books. These additions represent a retail value of over **\$5,000** which makes a grand total of over **\$10,000!** Well done, Briar Hill!

Our school charity, “Inn from the Cold,” also received **43** books as a result of all that time that the Division 2 children spent reading during “Read-a-Thon” week. We also made substantial donations to the Louise Dean school library as well as to the Westbrook Outreach program, the Calgary Food Bank and Goodwill. Most of the unsold books were passed forward to the Calgary Reads Booksale.

This great annual event depends on the amazing donations we get from the school and community, as well as all the folks who participate by sorting books, working at the check-out and coming in to buy books. It’s a great time to see your neighbours and, with books in hand, have something to talk about other than the weather!

There are always some amazing finds as we sort through the books and this year we had an unusual amount of “old and rare” books, including a set of four leather-bound volumes in French from 1767. These were proved to be particularly valuable and we have no way of knowing who

the donor might be or if they were aware of their value. If anyone knows of the original owner of these books, please pass on our appreciation.

The sale also couldn’t happen without the willingness of the Briar Hill School staff to reorganize their days as we take over the gym for a week and the staff room for two weeks while we receive and sort books leading up to the sale. We know it was particularly challenging this year with CBE preparing to paint the inside of our school simultaneously!

We’re looking forward to seeing you all again next year!



Looking for a really good kindergarten?

We have one! The HHBH CA supports the Briar Hill Community Kindergarten, located in Briar Hill School as an ancillary program.

The program meets all CBE guidelines for early childhood programs, and in fact exceeds hours of class time, especially spent on literacy. And for award-winning kindergarten teacher Barbara Scratch, literacy extends beyond words to math, social skills and art.

Ironically, the kindergarten was bursting at the seams last year, but this year there seems to be a dip in local kids of kindergarten age, so if you have a kindergarten-age child or know of someone who does, please encourage them to check ours out at <http://www.hhbhkindergarten.ca>.



**Hounsfield Heights/
Briar Hill
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A place for 3 to 5 year olds to play, grow and learn

We are located in
Briar Hill School, Rm. 13
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Phone: 403-210-5126
www.hhbhplayschool.ca

Look for it this summer

CA supports plan for adult outdoor fitness equipment

By Barbara Green

Adults in the HHBH community will finally get a playground to call their own this summer thanks to support from the local community association board.

Late last year, Norma Dougall and Lorne Cowan presented a proposal to HHBH CA board to buy and install outdoor fitness equipment for adults here. The board approved to match funds anticipated from a provincial grant, but the grant never came through. At its May meeting, the board voted to go ahead with the project, sourcing funds from casino revenue (CA members raise funds every year by working a casino).

The playground, which may be slightly scaled down from original plans, will be installed between the Community Hall and the Library, just west of the North Hill Mall Safeway and east of the community soccer field.

Cowan saw the innovative outdoor fitness equipment for the first time while vacationing in BC last summer. "I tried it out and I thought it was great," he said. "These units would be ideal to help seniors in our community keep fit, as well as adults of all ages."

Each unit is free-standing and designed to be used by people 16 years of age and older. A central panel explains



PICTURE THIS: Soon our community will have an installation of Fitness Outdoors equipment similar to this one in Cranbrook.

the proper use of each piece of equipment, and units are built to remain outdoors in all seasons.

Red Deer and Oyen were the first sites in Alberta to try out the equipment produced in Olds by Fitness Outdoors, and HHBH would be the first community in Calgary to install it.

"This is new – there haven't been any installations in Calgary yet," Cowan explains. "But doctors in Red Deer thought this fitness equipment was such a health benefit, they raised \$700,000 to install them at 16 sites around Red Deer."

Cowan and Dougall have met with city officials to work out details involving long-term maintenance and legal considerations, and the City will be helping with site preparation.

"If all goes well, we may be able to get people to come help us install the equipment after we fill them up with pancakes at the Stampede Breakfast," Cowan joked after receiving the go-ahead at the May board meeting. (But he's not joking about needing volunteers to put the playground together – if you can help, please contact him at lorne2@telus.net)

For more information about the adult fitness equipment, visit <http://www.fitnessoutdoors.ca>.



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Summer Ideas

THEATRE A GO-GO:

MOVEMENT MEDLEY INTRO, Ages 6 - 12

July 12 – 16 & Aug. 9 – 13, 9 am – 4:30 pm

This special camp **imagines** the physical theatre world, where each day a different physical theatre style is introduced and **explored**. From movement to mime to mask to clown, players will learn how to **express** with their voices/bodies and **play** for friends and family on the final day of classes.

AWESOME AESOP INTRO, Ages 6 – 12

July 19 – 23 & Aug. 16 – 20, 9 am – 4:30 pm

This camp **imagines** the wonderful world of Aesop where all Fables have a meaningful moral. Players will create an animal mask and **explore** the life of their character and the stories of Aesop. Players will **express** and **play** for friends and family on the last day of classes.

IMPROVISATION INTRO, Ages 13 and up

July 26-30, 9 am – 4 pm

Imagine; your world with more spontaneity, playing games to help free you to **express** on or offstage. You will **explore** the origin of improvisation and its use as a tool in the theatre today. Improvisation is the name of the **play** and this will be shared with friends and family on the last day of classes.

WHERE: West Hillhurst Community Centre

HOW much: All camps are \$225.00 each; \$25.00 discount for early registration/ return players. Some bursaries available.

For more info, please contact Tanya Lukenoff at theatreagogo@telus.net

Advertise in the Beacon



Advertisements are subject to space availability. Rates are:

\$30 per issue	1/8 page
\$40 per issue	1/4 page
\$60 per issue	1/2 page

Prospective advertisers should contact hbbhacct@telus.net

The Heebie-jeebies
LIVE at **The Vertigo**

Thursday, June 3, 2010
115 9 Avenue SE Calgary, AB
Doors and Silent Auction 7:00pm
Tickets: \$25
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www.calgarycommunities.com

Presented By:
 Federation of Calgary Communities

Canzonet

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children learn musicianship skills.

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Stay safe this summer on the River!

If you're planning a day of rafting on the Bow or Elbow River in Calgary, Animal & Bylaw Services wants to remind you that it is your responsibility to be safe, respectful of others and compliant with the laws and bylaws.

Safety

As a safety precaution, individuals are required by law to wear a personal flotation device when rafting on the river. Rivers tend to be higher in early June, so be aware of the water level and take appropriate precautions.

Respect

Calgarians whose property backs directly on to the river want to enjoy their backyards, and families using the river want to have a pleasant experience. We ask that you respect others by not urinating in the river, defecating and littering on the banks in people's yards, or engaging in any behaviour that is offensive in public.

Compliance

Animal & Bylaw Services and the Calgary Police Service will be enforcing the water safety, littering and public behaviour bylaws and applicable provincial legislation:

- open liquor is prohibited in public places, including on the river;
- wearing a flotation device while rafting is mandatory;
- littering, urinating and defecating on public or private property is illegal.

Enjoy your summer and be safe and courteous on the water!



Calgary Parks celebrate 100 years

Donna Sinclair, Marketing Advisor
City of Calgary Parks

The City of Calgary Parks is celebrating its 100th anniversary with many free events and programs planned. All Calgarians are encouraged to participate.

One activity that is sure to interest children through to seniors is Parks' 100th anniversary Geocaching challenge. Geocaching is a high-tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. Participants seek to locate outdoor hidden containers, called geocaches, and then share their experiences online.

There will be 100 geocaches hidden throughout City parks. Calgarians are encouraged to take part in this challenge and explore Calgary's incredible park system. Twenty-five geocaches will be released each month from May until August and there are many prizes to be won for participating.

If you don't have a GPS unit, don't worry: you can sign out GPS units through The Calgary Public Library, and there are GPS apps for smart phones that can be used as well. Details can be found on the Parks website at calgary.ca/parks.

Parks are also sponsoring music in the park events from June-September. There will be one free music event in a park in each of the four city quadrants. Music will range from children's songs to rockabilly, so be sure to check the Parks website for details on where your favourite music will be played. And if you're looking for something special to do with Dad on Father's Day, the first music event will be held at Baker Park on June.

A new twist on the park experience comes this year in the form of ephemeral (temporary) gardens. Popular features across the world, these gardens enhance the park experience by transforming them into uniquely interactive spaces. Now open at Olympic Plaza, six Celebration Landscapes will fill the park. They are amusing, engaging, and fun. Take a stroll down to Olympic Plaza and look for pink gophers, soaring birds and large foam trees.

Calgary has amazing parks and outdoor spaces. Share your favourite park stories, experiences, and favourite photos on Parks' Facebook page.

Cut the costs of vandalism!

How to reduce vandalism in your neighbourhood

Did you know that vandalism ...

- ...is never a victimless crime?
- ...takes time and money to clean up or repair, whether it happens on private or public property.
- ...can include hateful messages that can hurt individuals or groups of people.
- ...can be dangerous, too—how would you feel if a child was injured because a stop sign was removed, for example, or if someone couldn't call 9-1-1 because a phone had been broken?

What does vandalism look like?

Vandalism takes many forms, some of which include:

- Graffiti
- Broken street lights
- Spray paint on road signs
- Knocked-over mailboxes
- Damaged fences
- Overturnd garbage cans
- Broken glass left on playgrounds or roads

What should I do if I see vandalism?

If you see vandalism or graffiti in progress, call the Calgary Police Service at 9-1-1.

To report vandalism that has already occurred, call the Calgary Police Service non-emergency line at 403-266-1234.

To report graffiti that has already occurred, call the City of Calgary at 3-1-1.

How can I help to prevent vandalism?

When vandalism and graffiti occur in a neighbourhood, they tend to attract further incidents — that's why it's so important to clean up or repair the damage as quickly as possible. (The City of Calgary requires, for example, that graffiti be removed or painted over within 72 hours.) Other preventive measures include:

- Using good lighting and locking gates and garages around your business or home.
- Knowing your neighbours, and being watchful for strangers.
- Working with Calgary Block Watch (www.calgaryblockwatch.com; 403-509-2565) to help build strong communities.

- Visiting www.calgary.ca for tips on graffiti clean-up, including paint discounts.
- Requesting presentations or information about vandalism prevention from your Calgary Police Service community liaison officer or from the City of Calgary.
- Calling the City of Calgary at 3-1-1 to report abandoned cars, so that they can be removed as quickly as possible.
- Supporting recreational programs for young people in your community.
- Organizing clean-up or repair projects in your neighbourhood.
- Adopting a street or park in your neighbourhood to care for it and keep it clean.



SPRING INTO SUMMER...

16 Avenue North
OPEN
for business

with a wide OPEN 16 Avenue North

June 19, 2010
10 a.m. to 2 p.m.

Celebrate the finished redevelopment of 16 Avenue North with area businesses and communities

Stay tuned for more details!

calgary.ca/B | 3-1-1

 THE CITY OF CALGARY
TRANSPORTATION



Emergency
Medical
Services

Heat Related Illness

With the return of warmer weather, Alberta Health Services EMS would like to remind citizens to stay safe in the heat and sun this summer. While children and the elderly can be more susceptible to the effects of heat, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and / or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea / vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat stroke

- Heat stroke is a medical emergency that requires prompt treatment. It can be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat the patient may appear flushed and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- Limit alcohol consumption as alcohol dehydrates you.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

Summer Children's Programs



These programs are brought to you by The City of Calgary Community & Neighbourhood Services in partnership with your local community association.

Park'N'Play Ages 6 to 12 from 10 am - 3:30 pm

A free outdoor drop-in program. Join in the fun with games, crafts and other activities. Children will be divided into two age groups where possible (ages 6 to 8 and 9 to 12) with age appropriate activities planned. Your community association pays the city's fee to hold it in our neighbourhood.

Stay'N'Play Ages 3 to 5 from 10 am - noon

A free outdoor drop-in program. Join in the fun with games, crafts and other activities, Children must be accompanied by an adult/guardian.

Briar Hill	12 Ave & 20A St NW	July 5 - 9
Banff Trail	2115 - 20 Ave NW	July 26 - 30
West Hillhurst	1940 - 6 Ave NW	August 3 - 6

Family pool parties - free!

Head out to the pool to celebrate summer!! Hang out with your friends and family while enjoying some music and the party.

Cost: Regular Pool Admission

When: July 10 and August 7

Where: Mount Pleasant Pool - 2310 6th St. N.W.

When: July 24 and August 21

Where: Bowview Pool - 1910 6th Ave. N.W.

calgary.ca/cns | call 3-1-1



THE CITY OF CALGARY
COMMUNITY & NEIGHBOURHOOD SERVICES

HHBH Seniors: Plug in here for electrical help

Licensed Master Electrician will do any minor electrical repairs for local senior citizens free of charge.

Please call Tejinder Paul Sidhu 403-383-7029, Monday to Friday, 9 am to 5 pm.

Family Drop-in GYM TIME

Free

HHBH Community Association Members Only

Fridays until June 25

6:30 - 8:00 pm

Bring your neighbours. Play badminton/
volleyball/ basketball.

Gym staff will set up equipment.

We have a limited number of racquets.

We will use the cross courts, so we can
play more than one sport if you wish.



Adult Drop-in Basketball Summer Program

Saturdays 10 am - 2 pm

\$6 Drop-in fee per session

June 12 to August 28, 2010

HHBH Community Hall Gym



Briar Hill is the community that we call home. It follows naturally that where we live, work and play is where we provide our services to friends and neighbors. This is the community where we were raised and have chosen to raise our families.

Being that this is an area in the city we love, it is also fitting that we love to sell this community. As much as we sell homes, it is also true that we sell communities. And while we align the needs of our clients with properties, it is common for us to find ourselves promoting the part of this city we call home.



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