



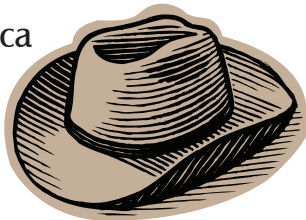
# WANTED

## Cowboys and Cowgirls

Wrangle yourself up some  
flapjacks and sausages at the  
annual  
HHBH Stampede Breakfast

Saturday, July 14  
9 – 11 am  
Green Park

If you'd like to help flip pancakes,  
do set-up or clean-up,  
call Carol ("Round 'em up") Sandahl  
284-5851  
c.sandahl@shaw.ca



## Calendar of Events

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

- Community Board Meetings**  
will resume in September on the  
second Thursday of the month at 7 pm  
Community Boardroom  
*All welcome! To be on the agenda,  
please contact Caroline or Norm at  
least 2 weeks in advance*  
Next three:  
Sept 13, Oct 11, Nov 8
- Tot's Time Play Group**  
Mondays  
9:30 – 11:30 am  
Community Gym  
(playground after May 28)
- Family Open Gym Night**  
Fridays (until June 29)  
6:30 – 8 pm  
Community Gym
- HHBH Community Survey Results**  
9 - 11 am, Community Boardroom
- Library Birthday Celebration**  
10 am - 5 pm, Saturday, June 2  
Louise Riley Library
- Briar Hill's Got Talent**  
**Deadline:** Thursday, June 7  
(see page 5)
- Summer Solstice Block Party**  
5 - 10 pm, Saturday, June 16  
20A Street NW
- HHBH Stampede Breakfast**  
9 - 11 am, Saturday, July 14  
Green Park



## HHBH Community Association Board

|                                  |                     |              |
|----------------------------------|---------------------|--------------|
| President                        | Norm Anderson       | 403-807-2134 |
| 1st Vice-President               | Carol Sandahl       | 403-284-5851 |
| 2nd Vice-President               | Robby Sidhu         | 403-605-9120 |
| Treasurer                        | Whittier Skaug      | 587-896-7248 |
| Secretary                        | Mara Grunau         | 403-283-9091 |
| Director, Education              | Sonya Ventura       | 403-226-4800 |
| Director, Sears Plume            | Emmanuel Malterre   | 403-282-0813 |
| Director, Facilities             | Gunter Sammet       | 403-210-2603 |
| Director, Strategic Planning     | Kellie Johnston     | 403-475-3763 |
| Director, Event Planning         | Tejinder Paul Sidhu | 403-383-7029 |
| Director, Communications         | Kevin Taylor        | 403-863-4445 |
| Director, Beacon Editor          | Lisa Mueller        | 403-289-1148 |
| Director, Land Use               | Terry Woods         | 403-701-8856 |
| Kindergarten Secretary/Treasurer | Kitty Jones         | 403-282-5235 |

*Board meetings are held at 7 pm on the second 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 two weeks prior to the meeting.*

### **Contact the HHBH Community Association at:**

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

**Phone:** 282-6634 (voice mail)

**Email:** [admin@hh-bh.ca](mailto:admin@hh-bh.ca)

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

**Beacon Submissions to:** Caroline Pankewich, Administrative Assistant  
email: [thebeacon2005@hotmail.com](mailto:thebeacon2005@hotmail.com)

Deadline for submissions for next issue: September 15, 2012

**Beacon Ads:** [admin@hh-bh.ca](mailto:admin@hh-bh.ca)

**Boardroom/Gym Bookings:** [bookings@hh-bh.ca](mailto:bookings@hh-bh.ca) or 282-6634

**Website:** [www.hh-bh.ca](http://www.hh-bh.ca)

***Boardroom/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 be viewed online at [www.hh-bh.ca](http://www.hh-bh.ca).**

## Community Survey

Do you know what's going on in your community? How do you prefer to receive information about community events? Do you have an opinion on what makes HHBH a great place to live? What community initiatives are of interest to you?

We heard you. The Strategic Planning Committee, a committee of the HHBH Community Association, has conducted the Community Survey. The survey asked residents to share why they live in our community, what community programs they support, what future community initiatives they are interested in and what community concerns they may have

The purpose of the survey was to: meet the residents, inform residents about the HHBH Community Association and gather first-hand information from residents to help the HHBH Community Association (CA) Board set long term goals and direction.

The next step is sharing the survey results. This will happen from 9 - 11 am on June 2 in the Community Boardroom. Come on out and hear the results, engage in facilitated discussion and give more input. In late June, the HHBH CA Board will have a planning session to consolidate the data.

The Strategic Planning Committee, together with Frank Johnston, a consultant with Volunteer Calgary, is leading the HHBH CA Board and the entire community in a consultative process to develop mission and vision statements along with long-term goals. The HHBH Board will report back to the community at the AGM on Wednesday, November 21. At this time, they will the share the mission, vision and overall direction.



**BRIAR HILL  
SUMMER SOLSTICE BLOCK PARTY  
JUNE 16 2012**

**20A STREET NW**  
BETWEEN 12TH AND 14TH AVENUES BY GREEN PARK  
5-10PM

**CAUTION:  
NEIGHBOURS AT PLAY!**

- ~POTLUCK: BRING A SALAD, APPY OR DESSERT TO SHARE
- ~BURGERS AND HOTDOGS FOR SALE
- ~+NEW+ THIS YEAR: YOUTH STAGE 6-7PM
- ~DANCING TO BRIAR HILL'S OWN B4'S!
- ~DUNK TANK AND BOUNCY CASTLE FOR KIDS!
- ~RAIN OR SHINE! (WE LAUGH IN RAIN TOO!)
- ~VOLUNTEERS NEEDED: M2CORP@ILLUSTRANET.NET

**DONATIONS ACCEPTED!**  
PROCEEDS OF MONEY RAISED  
WILL GO TO  
BRIAR HILL SCHOOL  
AND  
BOWVIEW POOL  
UPGRADES!

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## Green Thumbs

*Brittney MacMillan*



With Calgary's unpredictable weather it's hard to believe the prime gardening season is amongst us. June is the month where most green thumbs are out in full bloom. The weather is warm and hopefully the threat of frost has passed us.

There are several things to think about when planning a garden. A mix of bulbs, trees, shrubs, perennials and annuals can fill the yard with colour from May to October. So, that's a good place to start – Do you have a major colour scheme? You can go with a very formal look, choosing only one or two related colours, such as an all-white theme, or a “warm” colour scheme of yellow, gold and orange or perhaps a “cool” colour scheme of blue, lavender and purple. Or you can mix warm and cool by adding accents of colour. When considering a typical city lot and its modest dimensions, it's best to choose no more than three main colours plus a neutral shade of silver or white. Keep in mind the curb appeal of your home and make sure the plants complement or accent the siding, brick and trim colours.

The Calgary Horticultural Society ([www.calhort.org](http://www.calhort.org)) offers a great list of garden activities for the month of June. Here is their June to-do list:

- Weed regularly; add young (unsprayed) dandelion leaves to salad greens.
- Plant potatoes and tender vegetables and annuals after June 1.
- Mulch flowerbeds with organic material (available at garden centres) for cool moist soil.
- Water regularly as a supplement to rain; 1 inch/week if rainfall is insufficient (measure rain in a straight-sided can).
- Fertilize tulips and daffodils after blooming, and allow fading leaves full sun for optimum development of next year's bulbs.
- Encourage vines up trellises by tucking wandering shoots in; secure “climbing” roses to supports with soft ties (old nylons).

- Remove tip-kill on roses and other shrubs just above an outward-facing bud or shoot.
- Prune out the oldest wood on early-flowering shrubs once flowers are spent, to stimulate new vigorous growth.
- Snap new growths (candles) on mugho pines in half (or more) when fully extended, just before needles open, to control size and shape.
- Shear exuberant new growth on hedges; keep top width of hedge narrower than the bottom width at ground level.
- Prune birch and maple if necessary, once they are fully leafed out; remove only a small number of branches in any one year.
- Assemble stakes, cages and grids to support tall and (or) floppy plants; set in place before plants get too big.
- Deadhead spent flowers and stems if you like (to promote new flowers, reduce self-seeding).
- Keep birdbaths freshly filled and clean; have more than one.

The Horticultural Society says to remember to shop for plants with a list, unless you have deep pockets. (Yet, you only live once!) The City of Calgary list of low-water-use plants is a good way to start. Let's see Briar Hill / Hounsfeld Height's gardens come alive with colour, other than water-hogging green grass!

Happy Gardening!



**Free house  
dance  
plus**

2020, 12th Avenue NW

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Lyrical • African • Modern  
Ballroom • Club Styles • Highland  
Pilates • Tap • Drumming • Boys Only  
Flamenco • Bellydance • Irish • Jazz  
Hip-hop • Breakdance • L&B Cardio • Yoga  
Ballet • Musical Theatre • Flex & Tone

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[www.freehousedance.com](http://www.freehousedance.com)

All levels • Co-ed • Syllabus Training/Exams  
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**403-282-0555**



## A Message from Alderman Druh Farrell



Many Ward 7 communities have a beautiful urban forest, with stately old trees providing shade to neighbouring homes, sidewalks and parks. The City of Calgary is committed to protecting and preserv-

ing trees that create this wonderful canopy and add character to our neighbourhoods.

As early as 1899, City Council recognized the importance of trees and passed the first public tree protection bylaw. The Parks Department maintains and cares for public trees located in parks, road rights-of-way, and other City owned lands. While The City Public Tree Bylaw assists us in maintaining and preserving our urban forest, it unfortunately does not protect trees on private property. Strategies for encouraging landowners to preserve trees on private property are currently being explored.

Through volunteer programs such as “Neighbourwoods”, Parks encourages Calgarians to assist in maintaining our public green spaces and trees. Participants in the residential street tree planting initiative are given a tree to be planted on City property, and are responsible for caring for the tree. A handful of communities are selected to participate annually, and this year we are pleased that West Hillhurst was chosen.

If you are interested in protecting the urban forest and would like to volunteer in a neighbourhood park or green space, please contact 3-1-1 or visit [Calgary.ca](http://Calgary.ca) to learn more.

**BRIAR HILL'S GOT TALENT**

**BLOCK PARTY YOUTH STAGE**

DO YOU WANT TO SHARE YOUR TALENTS?

BRIAR HILL'S COMMUNITY  
SUMMER SOLSTICE BLOCK PARTY IS JUNE 16TH  
NEW THIS YEAR: YOUTH STAGE  
FROM 6:30 - 7:30 PM

IF YOU WOULD LIKE TO SHARE YOUR LOVE OF  
MUSIC OR OTHER TALENTS AT THE PARTY  
PLEASE EMAIL:  
BRUCE LOVSTROM AT [BLOVSTROM@SHAW.CA](mailto:BLOVSTROM@SHAW.CA) OR  
BRIAN MCKAY AT [BMCKAY@CFRCHEMICALS.COM](mailto:BMCKAY@CFRCHEMICALS.COM)  
BY THURSDAY JUNE 7TH.

ALL ACTS WILL BE REQUIRED TO ATTEND AN  
INFORMAL "AUDITION" TO CLARIFY THEIR ACT  
AND ITS TECHNICAL REQUIREMENTS.

“ It took **ONE**  
**MONTH** to sell

He had told me it might take two. ”



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**Hounsfield Heights/  
Briar Hill  
Parent-Child  
Cooperative Playschool**

A place for 3 to 5 year olds to play, grow and learn

We are located in  
Briar Hill School, Rm. 13  
1233 - 21 St. NW

Phone: 210-5126  
[www.hhbhplayschool.ca](http://www.hhbhplayschool.ca)

**Space available for fall**

**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:

[admin@hh-bh.ca](mailto:admin@hh-bh.ca)

**Canzonet**

**Kodály Music Explorers Program**

**For children ages 3-8**

**Through songs, rhymes and singing games  
children learn musicianship skills.**

***Sing for fun. Sing for life!***

Helen Beach  
Singing songs with children since 1989.  
403-289-2894

[www.cantatemusicschool.com](http://www.cantatemusicschool.com)

## “Taste of the Neighbourhood” Takes Shape

by Jo Larson

Tickets will be on sale soon for the premier fundraising event at the West Hillhurst Community Centre. “Taste of the Neighbourhood”, to be held on Saturday, September 22nd from 6-9 pm, will feature gourmet food, wine & beer samples from over 20 local vendors. A licensed ‘after party’ will follow with a live DJ spinning your favourite tunes into the night!

The “Taste” organizing committee is hard at work in the planning of the inaugural event for WHCA, with plans to transform the gymnasium into an elegant & funky cocktail party venue, the likes of which have not been seen before. Restaurants, bars, wine & beer merchants and specialty shops from the local area will be invited to showcase their most delectable items at the event. “Taste” will be an opportunity for residents of the Northwest inner-city neighbourhoods to appreciate what our community has to offer, just a short distance from home.

It’s all in an effort to support the Community Centre’s Revitalization Fund, which will upgrade and improve the aging facility with such items as a new roof, hockey & skating rink, ice plant & resurfacer and new dressing rooms. With the West Hillhurst Community Centre being located at the border of several thriving inner-city neighbourhoods,

the programs and services provided by the facility are vital to the enjoyment of residents of all ages.

A Silent Auction will also be featured at the event, which will no doubt offer a wide array of luxurious and decadent items, including art, books, wine, hockey memorabilia, spa packages and romantic getaways. Local area businesses will be able to showcase their services and are encouraged to support the event by becoming sponsors or providing items for the Silent Auction. What better fun than to outbid your friends & neighbours for that special one of a kind item?!

With the attainment of WHCA’s charitable status, donors will be able to receive tax receipts for their generosity. The “Taste” organizing committee encourages all interested parties to contact us regarding sponsorship opportunities for this headline event.

For tickets, sponsor or vendor information, please check our website link at [www.westhillhurst.com](http://www.westhillhurst.com), or e-mail us at [events@westhillhurst.com](mailto:events@westhillhurst.com).

We can’t wait to see you at “Taste of the Neighbourhood”!

The West Hillhurst Community Association is located at 1940 6th Avenue NW.

### TO ALL KEEN GARDENERS!



June 8-10 Community Garden Bed build at the WHCA (West Hillhurst Community Association) There will be 29 garden plots.

June 9 will be Stream of Dreams (your children can learn about storm drains, run off and responsible water use then paint wooden fish for the fish mural on the fence. April 20 is a Seed Starter class

taught by Janet Melrose of the Horticulture society.

June 21 Bottle drive to raise funds for the garden build at WHCA.

For more details go to [www.westhillhurst.com](http://www.westhillhurst.com). Go to the home page and you will find a link for the Green Committee Garden build.

### ENJOY YOUR SUMMER!





## Park n'Play & Stay n'Play

Park n' Play and Stay n' Play are brought to you by The City of Calgary Community & Neighbourhood Services in partnership with your local community association.

### Park n' Play

For ages 6 to 12, 10 am – 3:30 pm

Park n' Play is 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. If participant numbers are low, children will remain together as one large group. FREE

### Stay n' Play

For ages 3 to 5, 10 am – noon

Stay n' Play is a free outdoor drop-in program. Join in the fun with games, crafts and other activities. Children must be accompanied by an adult/guardian who joins in the fun. FREE

Please NOTE:

- Don't forget your hat, lunch, appropriate footwear, sunscreen, bug spray and plenty of water.
- Registration with City leaders is required on site each day.
- These programs are open to individuals and families only.
- All programs may be cancelled due to inclement weather.
- All programs are free.

July 30 - Aug 3 West Hillhurst (1940 - 6 Ave NW)  
Aug 7 - 10 Banff Trail (2115 - 20 Ave. NW)

For more information visit:

<http://www.calgary.ca/CSPS/CNS/Pages/Children-and-youth/Summer-programs/Childrens-programs.aspx>

## Field Fanatics Summer Day Camps

Flag it, kick it, throw it and serve it! Try a variety of sports including: flag football, lacrosse, tennis, ultimate frisbee, kickball and dodge ball. Each day you will experience a different sport and finish the afternoon off with a fun swim. What better way than to spend a day learning new skills while having fun in the outdoor sun!

Foothills Aquatic Centre and Athletic Park is running a program called Field Fanatics as a weekly summer program and are setting aside drop-in spots to compensate for HHBH not having a program this year.

The following dates are available:

July 3 - 6  
July 9 - 13  
July 16 - 20  
July 23 - 27  
August 7 - 10  
August 13 - 17  
August 20 - 24  
August 27 - 31

8:30 am - 4:30 pm  
at the Foothills Aquatic Centre

For more information and to register visit:

<http://rec-econnect.gov.calgary.ab.ca/econnect/Activities/ActivitiesDetails.asp?ProcessWait=N&aid=32439>



THE CITY OF  
**CALGARY**



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.

| <b>HOUNSFIELD HEIGHTS – BRIAR HILL COMMUNITY ASSOCIATION</b><br><b>MEMBERSHIP APPLICATION 2012-13</b>  |   |
|--|---|
| <b>Family Name(s):</b> _____   |   |
| <b>First Name - Adults:</b>  | 1. _____ 2. _____   |
| <b>First Name - Children:</b> _____<br>(please provide ages) _____   |   |
| <b>Address:</b> _____ <b>Postal Code:</b> _____  |   |
| <b>Home Phone:</b> _____   |   |
| <b>Email:</b> _____  |   |
| Would you prefer to receive the newsletter by email?    yes <input type="checkbox"/> no <input type="checkbox"/>   |   |
| <b>I would be interested in volunteering for:</b><br><input type="checkbox"/> Land Use <input type="checkbox"/> Membership Drive<br><input type="checkbox"/> Green Space/Reforestation <input type="checkbox"/> Children's Programs<br><input type="checkbox"/> Fundraising <input type="checkbox"/> Seniors' Programs<br><input type="checkbox"/> Facilities/Ice Rink <input type="checkbox"/> Sports Programs<br><input type="checkbox"/> Communications/Newsletter <input type="checkbox"/> Social Activities<br><input type="checkbox"/> Other | <b>Membership #</b> _____<br><i>Valid through March 31, 2013</i><br>Annual membership (including GST) is :<br><input type="checkbox"/> \$20 per household<br><input type="checkbox"/> \$10 for seniors<br>Paid by:    cash <input type="checkbox"/> cheque <input type="checkbox"/> |
| Send cheques payable to <b>Hounsfield Heights-Briar Hill Community Association</b><br>Box 65086 RPO North Hill, Calgary AB T2N 4T6   |   |
| <i>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.</i>                   |   |

The Hounsfield Heights-Briar Hill gym and board room schedule can be viewed online at [www.hh-bh.ca](http://www.hh-bh.ca). We are planning on adding improvements to the site over the coming months.

## 2012 Canadian Track & Field Trials

The City of Calgary Recreation is celebrating its centennial in 2012! June's signature event as The City of Calgary Recreation hosts the 2012 Canadian Track & Field Trials. Cheer on Canada's Olympic hopefuls as they compete to qualify on a spot to represent Canada at the London 2012 Summer Olympics in England.

There will be a fun, family festival running at the park during the trials that includes athlete autographs, games and a chance to learn proper run, jump and throw techniques with Canada's elite athletes. We invite you to get active and join us!



### Canadian Track & Field Champion- ships

**June 27-30, 2012  
Foothills Athletic Park**

Did you know that in 1910 The City owned 3 athletic fields at Victoria, Me-wata and Riley Parks, and James Shouldice donated 100 acres of land to be used for games, sports and other recreational activities? Shouldice Park is still used today, and now offers an artificial turf field to help extend the play season for sports groups.

In 1970, the Recreation department and local school boards worked together to build The City's two outdoor tracks: Glenmore Athletic Park and Foothills Athletic Park.

To learn more about the history of recreation in Calgary or to attend our numerous special events being held throughout the year, visit [www.calgary.ca/rec100](http://www.calgary.ca/rec100). The City of Calgary Recreation – a century of achievement and a future of possibilities.



THE CALGARY PUBLIC LIBRARY  
**CENTENNIAL BIRTHDAY BLOCK PARTIES**  
SATURDAY JUNE 2ND, 2012

Come Celebrate our 100<sup>th</sup>  
at Louise Riley Library

Featuring...

Poet Laureate **Kris Demeanor!**

**Magnetic North** performing live!

**Food Trucks** selling lunch and snacks!

Free **Cake and Coffee!**

**Storytime** at 10:30!

Make a book! Make a button!

**Contest and activities**

Photos of our history!

**Dress like it's 1959!** (when we opened)

10 am-5 pm



Presented by:



EARLY LITERACY PARTNER



**Louise Riley Library**  
**1904 14 Ave NW**  
 Monday to Thursday 10:00 a.m. – 9 p.m.  
 Friday and Saturday 10:00 a.m. – 5:00 p.m.  
 Sundays 12:00 p.m. – 5:00 p.m.  
[www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com)

Programs are **FREE** with your library card.  
 Register in person, by calling 260-2620 or online at [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com)

## June 2012



### IMAGINE!

#### 2012 TD Summer Reading Club

Join us as we kick off Imagine! The 2012 TD Summer Reading Club.  
 Drop in for a **Scavenger Hunt Saturday, Jun 16 -- 10:00 a.m. - 4:00 p.m.**  
 & Other fun activities all summer long!  
 Collect your activity booklets starting **Thursday Jun 14<sup>th</sup>**  
 from your Library and read all summer to win great prizes!

#### MONDAYS at your library...

**50+ Coffee & Conversation:** Join Tyler *Every Monday* for coffee, friendly conversation and interesting presentations! Ages 50 and up. We've even started a book club! Come talk to Tyler and find out more on *Mondays, 2:00 – 3:00 p.m.*

**Computer Technology Coaching:** Drop in for friendly one-on-one, volunteer help on using the Internet and Microsoft Office products. *Mondays, June 4 to Aug 27 (No program on Jul 02, and Aug 06) 2:00 - 4:00 p.m.*

**Socially Responsible Investing:** Learn about the history and principles of responsible investing and how you can form a personal investment strategy to align your investments to your own social and moral convictions. *Monday, Jun 11, 2:00 - 3:30 p.m.*

**Music Speaks: Live Your Life on a High Note:** Join Jennifer Buchanan of JB Music Therapy to learn more on how music is universal, reaching people regardless of age, gender, ethnicity or location. *Monday, Jun 18, 2:00 - 3:30 p.m.*

**Sing With No Wrong Notes:** Find your voice and create harmony in the community through participatory singing with Melanie Boyd. No singing experience required! *Monday, Jun 25, 7:00 - 8:30 p.m.*

#### FRIDAYS at your library...

**Drop-in Family Storytimes Every Friday!** Come visit and join in the fun with Sandy and Larissa – learn a new song or finger play, experience a flannel story, cuddle up for a sweet story & check out some other great books to share at home!

**Picnic Time & Nannies 'til Noon Every Friday after** Drop-in Family Storytime! Bring your lunch and have a picnic in the library, stay play and visit for an hour, *11:00 a.m. – 12:00 p.m.*

#### FUN at your library ...

**LEGO Contest** Create something fun or spectacular with LEGO at home. Bring it to the Library and you could win a prize! Ages 6 to 17 Saturday, Jun 16, 2:00 - 4:00 p.m.

See you soon at the Louise Riley Library!

Hounsfield Heights/Briar Hill

# Youth Badminton



We are finished our season the last week of June. Look for new times and dates for the Fall in the next Beacon and join us.

For information call:  
**Lorne Cowan**  
 Phone: 403-289-0921  
 Email: lorne2@telus.net

## FULL MOTION Health & pain management



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Conveniently located **INSIDE** the  
North Hill Centre. Happily serving  
families in the  
surrounding communities for  
close to 10 years.

(direct billing available to Blue Cross and Great West Life plan members for chiropractic care)

### Our Services:

- Chiropractic
- Active Release Therapy
- Graston Technique
- Registered Massage Therapy
- Custom Foot Orthotics
- Nutritional Counselling
- Laser / Phototherapy
- Customized Exercise Therapy
- Prenatal & Pediatric Chiropractic

### Treatment For:

- Back & Neck Pain
- Sciatica
- Headaches
- Whiplash
- Tendonitis / Arthritis
- Carpal Tunnel Syndrome
- Plantar Fasciitis
- Sprains/Strains
- General Wellness Care

## 3 Lines Free

*This area is intended as a free service to community residents (no business ads please). Please keep submissions to about 15 – 20 words, and don't forget to include your name and contact info. Parents must make submissions for children under 16.*

*Join us* on a walking tour  
of Queen's Park Cemetery.

Wednesday, June 13  
6 – 7:30 p.m.

Experience rich history while learning about City of Calgary Cemeteries services such as burial, cremation interment, mausoleum entombment and memorialisation options.

Please dress appropriately for the weather.

Light refreshments will be served.

RSVP by calling 403-221-3660.

**For information on our many options,  
visit [calgary.ca/cemeteries](http://calgary.ca/cemeteries)**

2012-0856

[calgary.ca/cemeteries](http://calgary.ca/cemeteries)



THE CITY OF  
**CALGARY**  
PARKS

## Take a swing at Adult Badminton

By Lorne Cowan



Did you know there's an ongoing adult badminton program at the community hall every morning, Tuesday through Friday? even in the summer?

The program runs 9 am to 12 pm with a

\$4 drop-in charge and \$1 fee for birdies each time (up to a maximum of \$3 each half-year session).

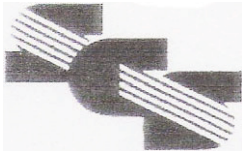
Matches are played as doubles and when the match is finished, the next four players go on.

We have beginners and fun games on Wednesdays and Thursdays, while on Tuesdays and Fridays the more advanced players square off. Pick a time that suits your schedule and skill level and join us!

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**Hounsfield Heights / Briar Hill (HH/BH)  
TOT'S TIME PLAYGROUP**



We will have our last playgroup on May 28. Meet us at the playground over the summer. We will resume in the gym on September 10.

**Come check us out!!**

- When: Mondays, 9:30 - 11:30 am  
 Where: HH/BH Gymnasium 1922-14 Avenue NW (until May 28)
- North of Louise Riley Library
  - Entrance is on SW corner of gym; parking is west of library
- Cost: \$20 per family (Sept. - May) plus community membership  
 Alternating families provide snack for all children

For more information, contact Rebecca or Tania at  
[HHBHtotsttime@hotmail.com](mailto:HHBHtotsttime@hotmail.com)



**Family Drop-in  
GYM TIME**

Free for HHBH Community Association Members Only

**Fridays 6:30 - 8 pm**

Bring your neighbours.  
 Play badminton/volleyball/basketball.

Gym Time will continue until June 29 and resume September 7



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