



HOUNSFIELD HEIGHTS – BRIAR HILL BEACON

FEBRUARY 2013

Neighbourhood walkabout

We want to invite you to a Neighbourhood Walkabout with Rollin Stanley (General Manager of Planning, Development, and Assessment) on Saturday, April 6, 2013. We'll meet at 10:30 am at the parking lot behind the Louise Riley Library (HHBH gym parking lot).

The walkabouts are part of a PDA's effort to learn more about the diverse communities that make up The City of Calgary. The walkabouts, which will tie into current and future planning efforts, provide an opportunity to explore issues related to connections, design, diversity and the environment in an informal, resident-led tour.

Recently residents of Hillhurst-Sunnyside participated in a walkabout with Mr. Stanley.

"We were delighted and encouraged with the openness with which Mr. Stanley shared his knowledge and perspectives, and received our vision for and concerns about the future of H-S. We urge Calgary City Council to heed the wisdom and progressive thinking Mr. Stanley brings, and understand that this is a significant opportunity for Calgary to become a model for the support of villages within a city."

This is an opportunity for our community to introduce Hounsfield Heights-Briar Hill to Rollin. We can discuss what's important to us, what went well, what went wrong and in which direction we would like the community to develop. If you have anything that you want to highlight (positive or negative) or want to address anything specific at the walkabout, please contact Gunter Sammet (gunter.sammet@gmail.com, 403-210-2603).



Calendar of Events

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

- Community Board Meetings**
on the second Thursday of the month at 7 pm in the Community Boardroom
All welcome! To be on the agenda, please contact Caroline or Robby at least 2 weeks in advance
Next three:
Feb 14, Mar 14, Apr 11
- HHBH Playschool Open House**
Tue, Feb 26, 7 - 8 pm
- HHBH Playschool Pre-Registration**
Wed, Feb 27, 7 - 8:30, Community Gym
- HHBH Playschool General Registration**
Wed, Mar 6, 7 - 8 pm
- 18th Annual Recycle-A-Friend UsednBook Sale**
Wed, Mar 13, 9 am - 8 pm
Thu, Mar 14, 9 am - 8 pm
- Community Clean-up**
September 7, 2013
- Tot's Time Play Group**
Mondays
9:30 – 11:30 am, Community Gym
- Family Open Gym Night**
Fridays 6:30 – 8 pm
Community Gym



HHBH Community Association Board

President	Robby Sidhu	403-605-9120
1st Vice-President	Carol Sandahl	403-284-5851
2nd Vice-President	Gunter Sammet	403-210-2603
Treasurer	Jeff Allan	403-230-1605
Secretary	Vacant	
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	Ian Oldridge	403-289-6448
Director, Event Planning	Tejinder Paul Sidhu	403-284-0000
Director, Communications	Vacant	
Director, Beacon Editor	Vacant	
Director, Land Use	Terry Woods	403-701-8856
Past President	Norm Anderson	403-807-2134
Kindergarten Secretary/Treasurer	Paul Grunau	403-283-9091

*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) *(checked 1 - 2 times per week)*

Email: admin@hh-bh.ca

Beacon Submissions to: Caroline Pankewich, Administrative Assistant
email: thebeacon2005@hotmail.com

Deadline for submissions for next issue: March 15, 2013

Beacon Ads: admin@hh-bh.ca

Boardroom/Gym Bookings: bookings@hh-bh.ca or 282-6634

Website: 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.

Message from the President

Happy New Year neighbours, hope the end of 2012 was a great one. 2013 is a big one for us as it is our 60th anniversary as a community. I look forward to some great community events!

We have had a few departures from our board this year that will be sorely missed: Mara Grunau, Kellie Johnston, Whit Skaug and Kevin Taylor. All of your countless hours of volunteer work for our community and our board have been such a great asset to us. Thank goodness we still have you in our community to give us guidance to continue in our journey.

I would also like to welcome our new board members, Ian Oldridge and Jeff Allen, thank you for joining us and we are looking forward to all of your input in the coming year.

Volunteers are what keep our neighbourhood one of the best in our city. If you or anyone you know would like to get more involved, please let me or anyone on the board know as we are still looking for someone that can help edit the Beacon, our community newsletter, among many other tasks.

This last year, you saw the board very active in the community as we went door to door looking for our communities' opinion on how you would like to see us go forward in the future. Your opinion matters so please do not hesitate to email with your input, questions, comments or concerns.

This community has been my home since grade 2. It is my goal to work with you, my neighbours, to make the next 60 years as amazing as the last 60. Let's work together to keep our community amazing!

*Robby Sidhu
President*

Involve yourself in our great community

Ian Oldridge, Strategic Planning Director

I read of the need for directors for HHBH in the Beacon a month ago, so I volunteered, joining the Board as Strategic Director. I know from previous community board experience that I can do nothing by myself. Nor can the Board do anything worthwhile without outside support and commitment.

The strength of any community association lies in the involvement of its members. If only a few people attend meetings and volunteer, they get overloaded and burnt out. Instead of programs moving ahead smoothly with new leaders taking over an ongoing program, it becomes a stop start process where we lose a mass of group knowledge and relevant experience.

A drive down any street in our community will show you HHBH is changing. We need our new residents to join the association and make a contribution to their community. We also need the existing residents to offer some time and commitment toward making our community a better place to live. We are fortunate to be here in a great neighbourhood, it is up to all of us to move it forward in the direction we want.

Joining the community association will cost you \$20 per year and volunteering will cost you about the same as one week's sport/time commitment per year. What a deal! We want your ideas and suggestions. There must be many simple ideas to improve our programs.

So please help and contact the HHBH administration office, we need your input.

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Sears gas plume update

Clifton Associates Ltd. (Clifton), on behalf of Sears Canada Inc. (Sears), is pleased to provide the following status update on the active clean-up measures being taken within the community of Hounsfeld Heights.

During the past six years, Clifton and Sears have managed an accidental subsurface release of gasoline from the former gas bar located near the Sears store in the North Hill Mall parking lot. Some of this fuel flowed underground into the community of Hounsfeld Heights. In 2006, with the oversight of Alberta Environment and Sustainable Resource Development (Alberta Environment), a Site Management Plan (SMP, 2006) was created with the primary objective of removing liquid petroleum hydrocarbons from the subsurface and monitoring the natural attenuation of residual dissolved phased petroleum hydrocarbons in the gasoline.

Sears has been requested by Alberta Environment to develop a new

SMP that would identify changing site conditions as the plume migrates further to the south and manage them appropriately. The new SMP will include the continuing operation of the remediation unit in Lions Park, additional groundwater delineation, an updated health risk assessment, a soil vapor monitoring program, implementation of supplemental remedial options and a framework for monitoring progress. The new SMP is expected to be completed by 28 February 2013. Giving time for Alberta Environment's review and feedback, it is likely that the new SMP will be approved in the late spring or early summer.

Upon acceptance of the new SMP, Sears and Clifton would like to engage the public in an open house, where all stakeholders can be provided the opportunity to express their concerns and gain a better understanding of the project. Moving forward with the new SMP, there will be a significant

amount of activity within the community. Sears would like to keep residents up to date and informed as to the ongoing remedial efforts. Therefore, Sears will be contributing articles to the community website and community newsletter as well as providing additional information through the Plume Committee.

Sears and Clifton appreciate the opportunity to provide this information to the residents of Hounsfeld Heights in the coming months.

Sincerely,

Stephen d'Abadie
Clifton Associates Ltd.



Clifton Associates Ltd.
engineering science technology

“ It took **ONE** MONTH to sell !
He had told me it might take two. ”



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18th Annual Recycle a Friend Used Book Sale

Wednesday, March 13
9 am - 8 pm

Thursday, March 14
9 am - 6 pm (2 for 1)
6 pm - 8 pm (3 for 1 madness!)

Book collection starts February 25

You can lighten your bookshelves of those books you have already read...AND support our school! The 18th Annual Briar Hill "Recycle A Friend" Book Sale is just around the corner!

What Can You Recycle?

- ✓ YES: fiction for all ages and interests
- ✓ YES: non-fiction for all ages
- ✓ YES: board books and comic books
- ✓ YES: children's magazines
- X NO: CDs and DVDs
- X NO: general interest magazines
- X NO: textbooks or manuals
- X NO: puzzles or games

Please bring your books to Briar Hill School from February 25th until March 11th.
Your support is greatly appreciated!

Advertise in the Beacon

Advertisements are subject to space availability.



Rates are:

\$40 per issue	1/8 page
\$65 per issue	1/4 page
\$100 per issue	1/2 page
\$200 per issue	full page

Prospective advertisers should contact
admin@hh-bh.com



**Adopting a
cat or dog from
Animal & Bylaw
Services includes:**

- Vet check
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- Six week free trial of pet insurance

All of this for \$150 to adopt a cat
and \$200 to adopt a dog!

**Give a deserving
cat or dog a
second chance
at forever...**





Lions Park Construction Notice

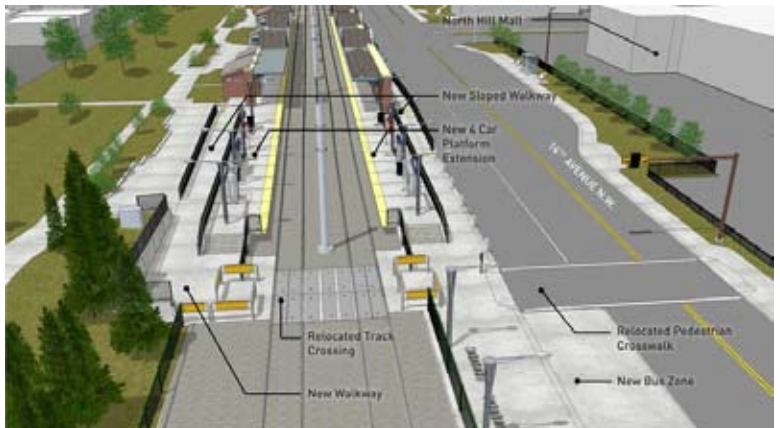
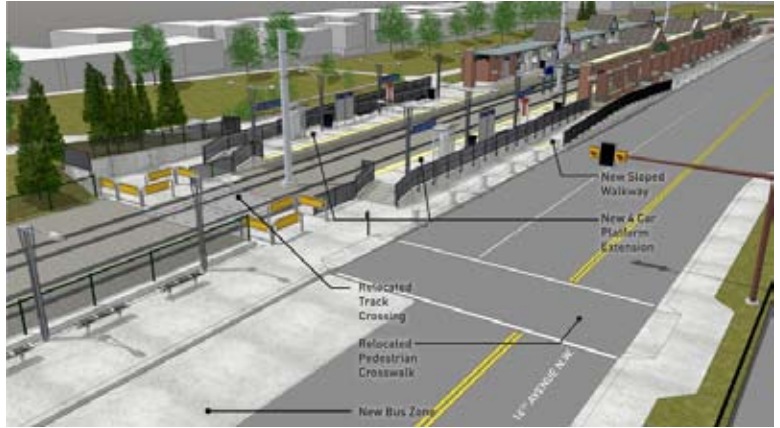
In preparation for the operation of four-car CTrains Lions Park station will be under construction starting in the spring of 2013 for approximately 6 months. The station will remain open and access will be maintained via the west side of the station.

Construction will include:

- the extension of the existing LRT platform to the East to accommodate four-car CTrains
- a relocated track crossing approximately 30m to the East
- a relocated pedestrian crosswalk on 14 Avenue NW approximately 30m to the East
- a new sloped walkway on both sides of the station to allow enhanced ramp access to and from the platform
- a new extended bus zone with a passenger shelter and benches

Here are concept designs of the completed platform extension. Some elements may change as the project nears construction.

If you have any comments on the Lions Park construction plans or design concepts, please email 4carplatforms@calgary.ca



Get community news online

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

If you're interested, send your email address to:

admin@hh-bh.ca

A Message from Alderman Druh Farrell



At the direction of City Council, there are a number of initiatives underway at City Hall to improve efficiency and effectiveness. The Transforming Government strategy includes business planning, budgeting, performance benchmarking, measurement, and reporting. It also includes zero-based and service

improvement reviews for several departments.

The zero-based review is a significant new component of the strategy beginning in the Parks, Roads, Water Services and Fire Departments over 2013-2014. Zero-based reviews examine all services and functions of the department 'from scratch' rather than build on previous budgets and tasks, to ensure that services are necessary and every dollar is well used.

A number of departments are undergoing service improvement reviews:

- **Next City: Transforming Planning** is intended to radically improve planning and development services. A diverse team of citizen, community, and development industry stakeholders are reviewing the entire planning process to enhance the quality of decisions and efficiency. Mayor Nenshi, Alderman Carra and I sit on the Advisory Committee.

- **RouteAhead: A Strategic Plan for Transit** is establishing an ambitious vision and implementation plan for the next 30-years of Calgary Transit.
- **Waste and Recycling Services** are reviewing their collections programs including green carts, pending Council's decision on a city-wide organics pick up. Potential for private sector involvement and the extension of the blue cart collection contract will be presented for Council's consideration in early 2014.

A full account of the improvements to service efficiency and effectiveness will be provided to Council at the 2012 year-end business plan and budget report in March.

For regular email updates on City related issues, please contact ward07@calgary.ca or visit the Ward 7 website at druhfarrell.ca.



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The Crowchild Communities Initiative

A Community Centered Approach

Traffic congestion and poor transit networks are arguably the greatest problem Calgary faces today. Crowchild Trail, particularly crossing the Bow and accessing downtown, is one of the most frustrating rush hour bottlenecks. We know a solution must be found, one that is future-oriented, multi-faceted, sustainable, affordable, and community-centred.

Late in November, the city released a report to redevelop Crowchild Trail from 24th Ave NW to 17th Ave SW. The plans presented were poorly received due in part to a lack of community consultation. Those plans have now been shelved and a new process will take place.

Our concern is that, without direct involvement from all Crowchild communities, any new process will yield similar results. Expensive and seemingly simple options have been offered as solutions to Crowchild traffic, even though it is clear that major issues, such as access into downtown, will not be addressed. It is time to address these complex and multi-faceted issues together.

Our goal is to create the Crowchild Communities Initiative, a volunteer-based committee rooted in communities most affected by Crowchild Trail development. Its mandate will be to develop a set of transportation options with the assistance of professional consultants and facilitators

and present them to City Council and the Transportation Department. The process will be a new model for community interaction and consultation that the City can adopt for future transportation planning. We have the support and interest of city aldermen to move forward and will be seeking their assistance to access required funding.

We believe we need to broaden the scope of any Crowchild study, in terms of both transit options and community consultation. Can Crowchild be improved while also improving life along its borders? Can increased flow be achieved with simpler, lower-cost alternatives? What does the most current research on urban traffic flow tell us? How do the available options impact communities differently? Crucially, how can we build dialogue, consensus and a sense of community across communities?

If you are interested in joining this initiative, please e-mail us at crowchildtrail@gmail.com. We have contacted all those community association presidents that border Crowchild Trail, so feel free to contact them as well. Together, the committee will design a process that emphasizes city-community partnerships and direct citizen engagement. We are very results-oriented, so this committee will be a worthwhile endeavour!

YOU'RE INVITED TO A:

**family
pancake
party**



February 12, 2013 5:30 to 7:00 pm

**Faith,
the
neighborhood
CHURCH**

**1903 -19 Avenue N. W.
Calgary, Alberta**




Celebrate Family Day

The holiday was first celebrated in 1990. Alberta was the only province in Canada to have a statutory holiday in February, until it was proposed in Saskatchewan beginning in 2007.

The holiday was proclaimed by Lieutenant Governor Helen Hunley, on the advice of her premier, Don Getty. Premier Getty said it was important for all Albertans to take time for their families and this holiday would emphasize the importance of family values.

Find ways to spend meaningful time with those close to you this Family Day.



The 2013 Soccer Season is here!

Easy On-line Registration starting immediately

On-line Registration closes **March 1**.
Visit hh-bh.ca for details.

Volunteers Make This Soccer Program Happen!

The community soccer program needs volunteers: coaches, assistant coaches, equipment managers, field maintenance, registration, wind-up picnic organizers, and tournament organizers.

More details on the spring soccer program, as well as registration and membership forms can be obtained from the community website: www.hh-bh.ca/main/page_outdoor_soccer

If you have any questions, please contact
Jenny Hoops at
jennyhoops@nucleus.com or
403-277-5621.



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

- **Open House**

Tuesday, February 26, 2013 from 7 - 8 pm

- **Pre-registration**

Wednesday, February 27, 2013 from 7 - 8:30 pm
at the HHBH Community Association Gym

- **General registration**

Wednesday, March 6, 2013 from 7 - 8 pm
at the HHBH Community Association Gym

Registration information and forms will be
available in February 2013.

Canzonet

Kodály Music Explorers Program

For children ages 3-8

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

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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 2012-13	
Family Name(s): _____	
First Name - Adults:	1. _____ 2. _____
First Name - Children: _____	
Address: _____	
Postal Code: _____	
Home Phone: _____	
Email: _____	
<i>Would you prefer to receive the newsletter by email?</i> yes <input type="checkbox"/> no <input type="checkbox"/>	
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 # _____ <i>Valid through March 31, 2013</i> Annual membership (including GST) is : <input type="checkbox"/> \$20 per household <input type="checkbox"/> \$10 for seniors Paid by: cash <input type="checkbox"/> cheque <input type="checkbox"/>
Send cheques payable to Hounsfield Heights-Briar Hill Community Association Box 65086 RPO North Hill, Calgary AB T2N 4T6	
<small><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></small>	

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

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



Programs are **FREE** with your library card.
Register in person, by calling 260-2620 or online at www.calgarypubliclibrary.com

February 2013

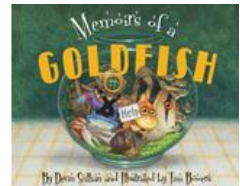


Find a new book to fall in love with - here are a few books that we loved!



Mr. Penumbra's 24-Hour Bookstore by Robin Sloan. It is awesome! It's reads like the Da Vinci code but it involves booksellers and Google! Can't say more... don't want to spoil the fun of reading it.

Memoirs of a Goldfish by Devin Scillian. *Day one: I swam around by bowl. Day two: I swam around my bowl. Twice.* A super-fun & funny picture book about a goldfish and his life in a bowl as it changes when 'intruders' start to arrive...



MONDAYS at your library...

Computer Technology Coaching: Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products. *Mondays, Jan. 7 to Apr. 29, 2:00 - 4:00 p.m. No registration required*



ART at your library ... We want you! If you're an artist or photographer, emerging or established come in and let us know! Find out how to apply to have your work shown by stopping by in person or online to find out more! <http://calgarypubliclibrary.com/books-more/art-at-the-library>

Story P.A.L.S.: Learning to read can be ruff! Trained Pet Access League Society volunteers and their highly socialized dogs provide a calm, accepting presence for struggling readers to practice reading aloud. *Ages 6 to 12, Thursdays, Feb 14 to Mar 21, 7:00 - 8:00 p.m. Registration required*

See you soon at the Louise Riley Library!

Please note our holiday hours:
Closed February 18th for Family Day





community programs

Fostering safe communities...

RV Parking Tips

For winter campers or those lucky enough to be travelling somewhere warm to avoid Calgary's weather, here are a few reminders when parking your RVs:

Under the Calgary Traffic Bylaw 26M96:

- RVs registered to a City of Calgary address can be parked on the street, directly adjoining the owner's residence, for up to 36 consecutive hours.
- After 36 hours, the RV must be moved to an off-street location for at least 48 consecutive hours before being parked again on the street adjoining the owner's or operator's residence.
- While parked on the street, RVs should be parked in a manner that is safe and does not constitute a hazard for anyone using the street.
- RVs may not be parked on the street at any time if detached from the vehicle used to haul them.

Under the Land Use Bylaw 2P80:

- Recreational vehicles can be parked on front property or driveways for up to 24 hours.

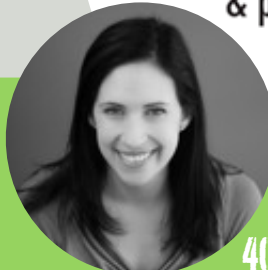


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- Sprains and Strains

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North Hill Centre



Emergency
Medical
Services

Burns and Scalds

Every month Alberta Health Services EMS responds to emergencies where a young child has sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking simple preventative measures.

Degrees of burn

- **1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- **2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean, non-fluffy material to protect from infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention from your doctor as required.

Prevention of burns

- Check the temperature of your hot water tank. Many homes keep hot water temperatures as high as 60°C / 140°F. This temperature will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices that prohibit access.

If you require immediate medical attention for a burn, **call 9-1-1.**



Unconditional love...

Give yourself a gift this Valentine’s Day and “Fulfill two needs with one deed”! Get unconditional love from a new furry friend while also providing a much needed forever home for a cat or dog. Adopting from The City of Calgary Animal & Bylaw Services will provide both.

Health benefits of having a pet:

- Improve your mood
- Reduce your stress level
- Control your blood pressure
- Boost your immunity
- Stave off loneliness



Animal & Bylaw Services makes it easy to adopt a pet. New adoption procedures for cats and dogs:

- View adoptable cats and dogs at calgary.ca/animalservices.
- First come, first meet.
- Appointments are no longer required.
- Come to the Animal Services Centre at 2201 Portland Street S.E.

Seniors for Seniors:

Seniors (age 60 or older) get a 60% discount when adopting a senior cat or dog (age 7 or older), resulting in a cost of only \$60 to adopt a cat or \$80 to adopt a dog.

Gift certificates:



Are you thinking about giving someone a cat or dog for a special occasion? We strongly encourage you to give an Animal & Bylaw Services gift certificate instead. We believe that choosing a pet is an important personal decision and owning a cat or dog is a responsibility for the lifetime of that pet.

Gift certificates give potential pet owners time to choose the best cat or dog for their home and lifestyle. Gift certificates can be purchased in any denomination and

can be used towards the adoption of a cat, dog or towards the cost of a pet licence.

For more information, visit calgary.ca/animalservices and search adoptable cats or dogs.



THE CITY OF
CALGARY

Dog Safety

As dog owners, we have a responsibility to ensure safe environments for others in our homes, for our neighbours, service providers and anyone who may come in contact or interact with our dogs.

Some tips:

- Know and understand the City of Calgary Responsible Pet Ownership Bylaw.
- Supervise your dog when he is in your yard.
- Dogs cannot be tethered in your yard when no one is home or tethered unsupervised where the public has access.
- Never leave children and dogs unsupervised.
- Inspect fences and gates to ensure that dogs can't get out.
- Be sure that your dog is always on a leash when off your property, unless in a designated off-leash area.
- When in an off-leash area, be sure your dog is under your control.
- Follow the five principles of Responsible Pet Ownership. Visit calgary.ca to find out more.

Ensuring the safety of people and pets

Responsibilities of dog owners in off-leash areas:

Dogs are allowed to be off-leash only in designated off-leash areas. Even in off-leash areas, dogs must be on leash in the parking lot and on the pathways. All of Calgary's pathways are on leash areas.

In an off-leash area, owners must ensure that their dog is under control at all times. Under control means that the dog must remain at such a distance from his owner so as to respond to voice, sound or sight commands. It also means that the dog must not chase, threaten or attack people or animals.

Responsibilities of dog owners on pathways:

- Owners must have their dog secured by a leash no longer than two metres.
- Owners must ensure that their dog remains on the right-hand side of the pathway unless moving around other users.
- Owners must ensure that their dog remains under control at all times and does not interfere with other users.
- Owners must not be on a bicycle, skateboard or roll-blades with any animal on a leash.

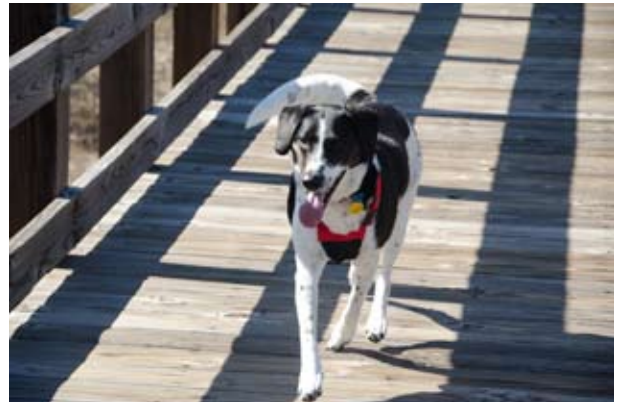
Responsibilities of dog owners in other public spaces:

Owners must not leave their dog unattended while tethered or tied on premises accessible to the public.

Responsibilities of dog owners on private properties:

Owners must ensure that their dog is not left unsupervised while tethered or tied on a private property.

For more information, visit calgary.ca and search "Responsible Pet Ownership."



ANIMAL & BYLAW SERVICES
Partnering with Calgarians
www.calgary.ca/animalservices

City of Calgary's new Director of Animal & Bylaw Services

Introducing Tracy Bertsch

I am very excited to join the talented team of Animal & Bylaw Services. No one loved the work of Animal & Bylaw Services more than former Director Bill Bruce who retired in August of this year. It is an honour for me to continue building on the strong foundation laid by Bill and the talented employees in Animal and Bylaw Services.

My primary focus in this role is to deliver quality services that citizens value. With six years in operational and senior leadership roles at the City of Calgary and 20 plus years in the private sector, I look forward to working together with you to encourage safe, healthy and vibrant communities for people and their pets.

Animal & Bylaw Services provides a vast array of services from educating Calgarians about responsible pet ownership, to ensuring awareness and adherence to the community bylaws. For more information on how Animal & Bylaw Services assists citizens and communities visit calgary.ca.





**Emergency
Medical
Services**

February Is Heart Month



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. **February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

We are Social Beings



In 2011 the population in Calgary was 1,096,833. Why am I not connected?

People live in neighbourhoods full of people but often feel lonely. In the community of Brentwood, Elaine Stringer wanted to get to know her neighbours. She hosted a community block party and discovered there were 22 seniors who were interested in having a monthly gathering. That was the start of her hosting a monthly “Brentwood Seniors Tea” in her living room. Over time, it moved out of her living room and was taken on by Kristine Goodall with the Brentwood Community Association. It happens on the 3rd Thursday of the month and has had up to 35 people in attendance. Tea is served in tea cups, and conversation fills the room. Monthly themes have evolved, sponsorship has been sought from local businesses, and marketing goes out in the Brentwood Bugle. Isolated seniors have a place to connect with other community members.

It is often intimidating to join a group. However, there are many ways to get connected:

- fitness class at a local pool
- book club at the library
- walking group
- special interest club
- service group
- cultural and or religious group



Did you know...

Often when you go into a McDonald’s or Tim Horton’s in the morning, you will find a group of seniors in their own informal coffee group. Many of these groups have started by two or three people setting a weekly time and location and coming with some coffee money in their pocket. Finding ways to socialize can be that simple!

Are you interested in talking with others about Calgary’s aging population and what this may mean for your community?

**Join us for a Conversation Café
on February 19th at 1:15pm
at Sir Winston Churchill Pool.**



For more information or to RSVP
please contact Diane Janota
at 403-476-7140 or diane.janota@calgary.ca



Electrical Safety

Electricity provides convenience and comfort, but contact with it can harm or kill you. To stay safe, follow these Electrical Safety Tips:

- Water conducts electricity. Do not use electrical appliances near water, even if you have ground-fault circuit interrupter (GFCI) outlets.
- Overloaded outlets and overheated cords and appliances are the third leading cause of house fires. Too many cords plugged into one outlet can lead to overloading. For more than two cords, use a power bar, not octopus outlets.
- Electrical cords need to be insulated with plastic to prevent you from getting shocked. If you have a cracked, frayed or broken cord, it is best to replace the connected appliance. For minor damage, electrical tape may be used.



- Appliances that are plugged in have electricity running through them, even when they are turned off. If you need to fix an appliance, unplug it first.
- Before hanging pictures, use a stud finder with an AC detector to tell you where live electricity wires are located in the walls.

- If your basement is flooded with water beneath the outlets, turn off the breakers for the area before addressing damage. If water is above the outlets, do not enter the area. Call the ENMAX Trouble line (403-514-6100) to have your outside power meter shut off first.
- A licensed electrician is recommended to address electrical concerns you may have.
- If you do receive an electrical shock, visit your doctor. Electrical shocks can permanently interrupt normal heart rhythms if not treated.

Questions?
Email thinksafe@enmax.com.
More information at
enmax.com/quickbites



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CHARTERED ACCOUNTANTS

Forward Thinking

303 19th St NW
Calgary, Alberta
T2N 2J2
403.230.0665

www.mahandcompany.ca

Our goal has always been to best serve our surrounding communities. With over 25 years of experience and knowledge in bettering both business and the lives of all our clients, Mah and Company would like to announce that we are currently **accepting new clients**.

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.

**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
383-7029

Monday to Friday
9 am to 5 pm.



**Family Drop-in
GYM TIME**

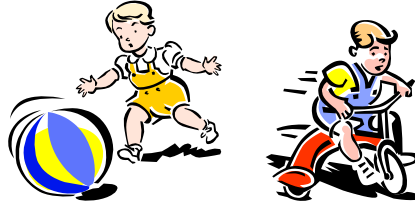


Free for HHHB Community
Association Members Only

Fridays 6:30 - 8 pm

Bring your neighbours.
Play badminton/volleyball/basketball.

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



We are an informal, caregiver-supervised playgroup providing a venue for physically active, social interaction among babies, toddlers and their caregivers in the community. Our morning consists of free play in the gym, story time and snack time.

Come check us out!!

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

For more information, contact Rebecca or Tasha at
HHBHtotsttime@hotmail.com or 403-460-4018

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.



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.



Get the Ramage Advantage!

GREG
TREVOR
LUCAS

The Ramage Group



The Ramage Group.com
403-270-7007



Living and growing up in this community means we hold it close to our hearts. With over 30 years of experience helping people buy and sell homes in Calgary you can feel confident leaving your home in our hands.

Turning your house into a HOME!

Call for your free home evaluation.

Bus: 403-270-2020

Cell: 403-616-8954

Cell: 403-472-6919

mmacmill@telus.net

brittney.macmillan@creb.com

www.cityscapecalgary.com