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Hounsfield Heights/Briar Hill
Community Association

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

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Hounsfield Heights – Briar Hill Community Association Board of Directors

COMMITTEE POSITION	NAME	PHONE NUMBER	EMAIL ADDRESS
President	Laura Hunt		president@hh-bh.ca
Past President and Facilities Director	Robby Sidhu		past.president@hh-bh.ca
Director Strategic Planning & IT	Jeff Marsh		it@hh-bh.ca
1st Vice President	Carol Sandahl		vp@hh-bh.ca
2nd Vice President	Gunter Sammet		2nd.vp@hh-bh.ca
Treasurer	Sarah Zhu		treasurer@hh-bh.ca
Secretary	VACANT		secretary@hh-bh.ca
Co-Director -Playschool	Jill Hadland		playschool@hh-bh.ca
Co-Director Playschool	Jill Letal		playschool@hh-bh.ca
Director - Sears Plume	Emmanuel Malterre		sears.plume@hh-bh.ca
Director - Facilities	Gunter Sammet		facilities@hh-bh.ca
Director - Facilities	Robby Sidhu		facilities@hh-bh.ca
Director - Event Planning	Patricia Leahy		events@hh-bh.ca
Director - Communications	Liz Stewart		communications@hh-bh.ca
Director - Land Use	Terry Woods		land.use@hh-bh.ca
Director-at-Large	Kathleen Staniland		director.at.large@hh-bh.ca
Kindergarten Secretary/Treasurer	Paul Grunau		
Administrative Assistant	Sheryl Catellier	587-716-5333	admin@hh-bh.ca
Facility Manager	Chris Lee	587-717-2665	bookings@hh-bh.ca
Indoor Soccer Program	Eve Miller		indoor.soccer@hh-bh.ca
Outdoor Soccer Program	Judy Aldous		outdoor.soccer@hh-bh.ca
Youth Badminton Program	VACANT		badminton@hh-bh.ca
Beacon Newsletter Submissions	Liz Stewart		beacon@hh-bh.ca
Louise Riley Library	Allison Thomson	403-221-2047	allison.thomson@calgarypubliclibrary.com
Community Police Liaison	Cst. John Kastamonitis	403-567-6300	

Board Meetings

Board Meetings are held at 7pm on the second Thursday of each month in the Community Hall meeting room. Resident's 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: Beacon Editor – email: Beacon@hh-bh.ca

Deadline for submissions for next issue: First of the month

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

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.



CALENDAR OF EVENTS

Community Board Meetings

Second Thursday of the month at 7 pm in the Community Boardroom. All are invited! To be on the agenda, please contact Sheryl at admin@hh-bh.ca, at least two weeks in advance.

Next Meeting: March 10

21st Annual "Recycle a Friend" Book Sale

Located at Briar Hill School

March 16, 9 am to 7 pm

March 17, 9am to 8 pm - 2 for 1 Madness 6 to 8 pm

Donations accepted February 29 to March 11 at the School

Community Spring Party

Coming this March another fun filled family party and everyone is invited!

Family Open Gym Night

Fridays 6:30 – 8 pm Community Gym

Memberships:

A reminder that memberships expired August 31!

\$20 / year per family / household. \$10 / year seniors.

Renew online, by mail or in person!

HHBH Gym Drop-in Programs

Badminton: Tuesday – Friday 9:00 am – 12:00 pm

Pickleball: Tuesday – Wednesday 1:00 pm – 3:30 pm

Rates: \$4 per person, \$3 for seniors (55+)



Community Wide Spring Party

Everyone is invited to our Spring Party –
March 12, 2016! **Save the date!**
6 to 9 pm at the community gym

City of Calgary Leader will be on hand with games and activities for the kids. Bouncy house, cake and ice cream, treasure hunt, refreshments.
Dress in your favourite spring attire!



OUTDOOR SOCCER REFEREES NEEDED

This is a job that pays! A training session is mandatory and provided by the community association. This is a great way for you to be involved in our community. If you have already taken the training, you are not required to attend again. You may retake the training if you would like to refresh your skills.

If you are 12 years of age or older and interested in becoming a referee for the 2016 outdoor soccer season with HHBH, please contact Melissa Hagg at melissahagg@gmail.com or 403-284-2410.

PRESIDENT'S MESSAGE

Hello everyone -spring is almost here! I hope that you have all made the most of our mild winter and are enjoying the longer days and milder nights. It might not be time to put our shovels away but I would like to say thank you to all the snow angels out there. Hearing a neighbour clearing my sidewalk on a dark snowy morning is a more welcome sound for me than the coffee machine making the first brew of the day.

To celebrate the new season, please be sure to come to our community Spring Fling on Saturday, March 12 at the community centre! Start time is 6:00. Patricia is our outstanding events planner and I know she has activities planned for the children, and there will be lots of food and drinks for everyone. This is a chance to meet neighbours and catch up with friends after the last few months of being mostly inside (except when out skating on our fantastic rink!).

I hope that when you arrive at the party, you will notice a new sign hanging above the entrance doors. After several years of being incognito due to the loss of our previous gym entrance sign in a wind storm, we are now in the midst of ordering a replacement. Our facility is used by a number of groups both from within and without the community and we are trying to make ourselves visible and attractive.

One other example of this is the rock sign on the corner of 19th St and 14th Ave. The green space has not been well managed but one goal for the board this year is to improve this area by working more closely with the city. I may be soliciting for gardening help on this in the months ahead.

March also means it's time for outdoor soccer and the annual book sale at Briar Hill School. For these details and many more, I ask you to check our community website www.hh-bh.ca

Happy spring!

Laura

COMMUNITY PROGRAMS

2016 HH-BH Community Outdoor Soccer U4 – U18

Online Registration *Now* at www.hh-bh.ca

To Volunteer Contact Jill

hhbhsoccer@gmail.com

FREE - Drop-in Soccer Skills Training – All AGES!

Saturdays 11:00 to 1:00 outdoors at the Fire Hall Field
Everyone is invited to come out Saturdays during the outdoor soccer season for FREE soccer skills sessions provided by TripleMeg. See you there!

Outdoor Soccer Referees Needed

If you are 12 years of age or older and interested in becoming a referee for the 2016 outdoor soccer season with HHHB, please contact Melissa Hagg at melissahagg@gmail.com or 403-284-2410.

Youth Badminton

Youth Badminton Program will continue again this Spring.

Information at www.hh-bh.ca

Carol at vp@hh-bh.ca

Family Open Gym Night

Fridays 6:30 – 8 pm Community Gym

Have an idea for a great community program or event? Send your enquiry or idea to vp@hh-bh.ca

HH-BH Kindergarten 2016 - 2017 Registration

Information Packages available online at www.hh-bh.ca
Or call 403-220-9775

HH-BH Playschool *ONLINE* Registration is *OPEN*

Playschool Open House is being held Wednesday, February 17 from 5-7 pm.

Our new online registration system for the 2016/2017 year will open on February 24 for Alumni and In Bounds children. Registration opens for all other children March 2.

www.hhbhplayschool.com

hbbhplayschool@gmail.com

Visit www.hh-bh.ca for more information

HHBH Gym Drop-in Programs

Badminton: Tuesday – Friday 9:00 am – 12:00 pm

Pickleball: Tuesday – Wednesday 1:00 pm – 3:30 pm

Rates: \$4 per person, \$3 for seniors (55+)

Briar Hill School

21st Annual ``Recycle A Friend``

Community Book Sale

Wednesday, March 16, 2016

9:00 am to 7:00 pm

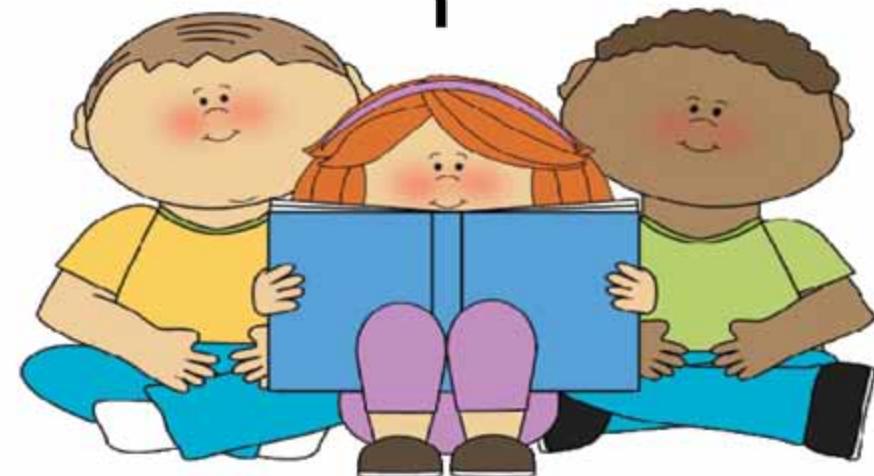
Thursday, March 17, 2016

9:00 am to 8:00 pm

Donations of books accepted
at the school
February 29-March 11, 2016

6:00 – 8:00 pm

2 for 1 Madness!!!



SEARS PLUME UPDATE

Introduction by Sears Plume Committee

The 1,186-page Clifton Associates Subsurface Investigation – Mall and HH Area report authorized by Sears, dated 22 January 2016 (CG2430E13), is the result of years of field work carried out in 2104 and 2015.

This additional investigative work resulted from a request by AEP (Alberta Environment Protection) dated 20 July 2102, almost four years ago now, to assess data gaps identified in the Updated Site Management Plan (2014).

One of the data gaps addressed subsurface conditions on properties located between 10th and 16th Avenues NW, and 14th and 17A Streets NW, within both the North Hill Mall area (Mall area) and the Hounsfield Heights-Briar Hill community (Hounsfield Heights area). The Site occupies approximately 40 hectares (100 acres), and is currently a mixture of operating commercial properties, private residences, and parkland.

The CG2430 Subsurface Investigation FINAL 22 Jan 2016 Complete.pdf full document can be found in the Community Website www.hh-bh.ca

The 3-page Executive Summary is reproduced in this month Beacon in its entirety, but let's point out some of their main findings:

- The soil matrix and groundwater on-Site continues to be impacted by a historical release of hydrocarbons from the former Sears Service Centre;
- The plume continues to migrate to the south;
- A secondary source area to the northwest of the Site may exist, as evidenced by the higher naphthalene concentrations in this direction;
- The soil and groundwater hydrocarbon contamination has been partially delineated both horizontally and vertically.

(Not addressed in the Report, it must also be pointed out here that there has been thus far no investigative boreholes drilled in the Sears Parking Lot proper; this zone was always thought to be a possible additional source direction of contamination.)

Highlighting Clifton **recommendations**, some 30 additional boreholes are to be drilled, replace several monitoring holes, install soil vapour monitoring networks, and generate a repeated multitude of monitoring maps, etc. etc.

Your Sears Gas Plume Committee can only conclude that much more investigative work is to be carried out by Clifton, probably over quite a few more months; no indication of **timing** can be found in Clifton report.

More importantly, we're still far, far away from an actual overall **remediation plan** for the area: by the time Clifton carries out all of their field work and AEP review it all and releases

their comments, conclusions and requirements, let's take a guess that we're looking at another year...

Subsurface Investigation Mall and Hounsfield Heights Areas Calgary, Alberta

Clifton Associates Subsurface Investigation – Mall Area and Hounsfield Heights CG2430

Executive Summary

Clifton was retained by Sears Canada Inc. to assess data gaps identified in the Updated Site Management Plan (2014). One of the data gaps addressed subsurface conditions on properties located between 10th and 16th Avenues NW, and 14th and 17A Streets NW, within both the North Hill Mall area (Mall area) and the Hounsfield Heights-Briar Hill community (Hounsfield Heights area), located in Calgary, Alberta. The Site occupies approximately 40 hectares (100 acres), and is currently a mixture of operating commercial properties, private residences, and parkland.

The source of the hydrocarbon contaminant plume on-Site is the former Sears Service Centre, located at 1614 – 14th Avenue NW; now operated under license to Kal-Tire Automotive Centre, which does not engage in retail fuel sales. The location was originally developed as a service station and automotive centre in 1958, owned, and operated by Sears Canada Inc. Some underground storage tanks (USTs) were replaced in 1984, and in October 1995, fuel storage and dispensing facilities at the gas bar were decommissioned. Based upon Site data, another generation of USTs may have been either replaced on the Site, or added to extend Site capacity.

There have historically been many environmental reports and investigations completed with respect to the Site. The Updated SMP (2014) for the Hounsfield Heights area provided a summary of all previous environmental work completed on-Site, and indicated that hydrocarbon contamination was still present on-Site.

To address the subsurface conditions on these properties related to the presence of hydrocarbon contamination, several items were completed during this investigation:

- Numerous existing groundwater monitoring wells, whose usefulness had ended, were properly abandoned;
- New soil borings were placed in an attempt to properly characterize the local geology;
- Soil samples were collected in an attempt to fully delineate the extent of the hydrocarbon plume within the soil;
- New groundwater monitoring wells were installed within the soil borings to collect groundwater samples from specific geologic units;
- Groundwater samples were collected in an attempt to fully delineate the hydrocarbon groundwater plume; and
- The soil and groundwater analytical data were collected so

SEARS PLUME...cont'd

that the results may be used by others to generate a new risk assessment for the Site, using current data.

This portion of the work abandoned sixty-one groundwater monitoring wells that were either in need of repair, did not isolate a stratigraphic unit, or had been previously paved over by City work crews and never properly abandoned. This consisted of 11 monitoring wells on the Bentall Kennedy (Bentall) property (Mall Area) and 51 monitoring wells on either the Sears property or within the City of Calgary ROW. This subsurface investigation included the advancement of 48 soil boreholes to a maximum depth of 30.5 m below ground surface (bgs). Two hundred and twenty-five soil samples from the 48 boreholes were selected for laboratory analysis based on the presence of elevated vapour readings or highly permeable soils. Soil samples were submitted for laboratory analysis of contaminants of concern (COCs) identified in retail gasoline and diesel fuels: benzene, toluene, ethylbenzene, total xylenes (BTEX); petroleum hydrocarbon (PHCs) fractions F1 – F4; polycyclic aromatic hydrocarbons (PAHs); volatile organic compounds (VOCs), metals; both aliphatic and aromatic fractionation; particle size distribution; and physical soil properties.

A total of eighty-six monitoring wells were installed as the 1900 series throughout five distinct geologic units. The monitoring wells were screened within targeted intervals to characterize the groundwater flow regime on-Site and to confirm the presence and extent of contamination in each geologic unit. Groundwater samples were submitted for laboratory analysis of the following COCs: BTEX, PHC fractions F1 – F2, PAHs, VOCs, routine groundwater parameters, and lead.

Analytical results were compared against the Alberta Environment and Parks (AEP, formerly known as Alberta Environment and Sustainable Resource Development on the date of publication), May 2014, Alberta Tier 1 Soil and Groundwater Remediation Guidelines (AESRD 2014 Tier 1 Guidelines) for both fine- and coarse-grained soils within residential/parkland land use or commercial land use scenarios, as applicable.

Based on the findings of the subsurface investigation, Clifton has concluded that:

- The soil matrix and groundwater on-Site continues to be impacted by a historical release of hydrocarbons from the former Sears Service Centre. This was confirmed through the laboratory analysis of both soil and groundwater samples collected from various points across the Site;
- This investigation confirms that a diesel tank of some type had a release in the area of the former Sears Service Centre;
- At least one solvent (acetone) was utilized at the former Sears Service Centre;
- DNAPLs were not detected in the soil or groundwater, other

than 1, 2 – dichloroethane (1, 2-DCA), which is a lead scavenger used in leaded gasoline;

- A secondary source area to the northwest of the Site may exist, as evidenced by the higher naphthalene concentrations in this direction;
- Other evidence for a secondary source was an interview with a contractor, who indicated that during the drilling of the boreholes for the condominium towers to the west, the soil cuttings smelled strongly of diesel fuel;
- The plume continues to migrate to the south;
- The centre of mass of the plume appears to be centrally located between 15th Street NW and 16th Street NW, north of 11th Avenue NW and south of the LRT line;
- The soil and groundwater hydrocarbon contamination has been partially delineated both horizontally and vertically.
- Contamination in both the soil and groundwater phase was found south of 11th Avenue NW;
- Contamination in the soil lies mainly on a straight line path from the source area to the south-southeast;
- There is some evidence that the flow direction in the Unit 1 soils may be to the south-southwest; and,
- New lithologic units were discovered during this investigation, including a basal clayey silt that generally confines Unit 3, and a productive sand and gravel aquifer below the clayey silt.
- Based on the conclusions of the subsurface investigation, Clifton recommends that:
 - Up to five boreholes should be advanced on 13th Avenue NW and within Lions Park in the northwestern portion of the Site, to determine if there is a secondary diesel fuel source originating from the northwest. These boreholes should be completed as a series of monitoring wells that isolate specific hydrogeologic units;
 - Up to nine boreholes should be advanced south of 11th Avenue NW, within Hounsfield Heights Park and along 16th Street NW and 15th Street NW to delineate the plume to the south and southwest. These boreholes should be completed as a series of monitoring wells that isolate specific hydrogeologic units;
 - Up to six deep boreholes should be advanced throughout the northwestern and central portions of the Site to characterize Unit 4 and Unit 5. These boreholes should be completed as a series of monitoring wells that isolate specific hydrogeologic units;
 - Up to six boreholes should be advanced throughout the Site to characterize suspected channels deposits that may be acting as preferential flow pathways between units. These boreholes should be completed as a series of monitoring wells that isolate specific hydrogeologic units;
 - Up to four boreholes should be advanced throughout the Site to further characterize the geology between existing borehole locations. These boreholes should be completed as a series of monitoring wells that isolate specific hydrogeologic units;

~continued next page~

SEARS PLUME...cont'd

- Up to three monitoring wells should be replaced, due to the inadvertent placement of monitoring well screens across multiple units or due to the structural failure of the monitoring wells;
- The groundwater flow direction should be characterized within each separate unit for each quarterly monitoring event. This would result in a series of quarterly potentiometric surface maps for each unit in which groundwater monitoring wells were installed;
- Unit-specific, groundwater hydraulic conductivities, as well as vertical and horizontal gradients, should be determined for existing data sets and for future data sets;
- Groundwater plume maps should be generated for some of the COCs within each of the various units for the current and future data sets;
- A ground penetrating radar (GPR) survey should be completed in the area around Kal-Tire to ensure that there are not any USTs remaining within the ground;
- Groundwater monitoring and sampling should continue quarterly through the first year, with quarterly monitoring and semi-annual sampling of the groundwater monitoring network during the second year;
- A soil vapor monitoring probe network should be installed within the community;
- The soil vapour monitoring probe network should be sampled on a semi-annual basis in the Spring and Fall;
- The existing data set should be used to complete a human and ecological health risk assessment (HRA);
- The existing data set should be used to modify the conceptual site model (CSM) to reflect the new information; and,
- Additional remedial actions should be taken at the Site to prevent the further migration of the plume.

To view the entire report visit our website www.hh-bh.ca/sears-plume

Alberta 55+ Badminton Tournament Medal Winners!



Here is a photo of some members of the Fire hall Badminton Club who won medals at the Alberta 55+ Badminton Tournament held on Saturday, December 19, 2015 at the Calgary Winter Club.

The players are, from left to right: Allan Derbyshire (gold, 65-74 age group), Ken Parent (bronze, 65-74 age group), Chieko Rehm (gold medal, 65-74 group), Willem Rehm, Jack Glasser (gold, 75-79 age group), Bruce Mahon (gold, 65-74 age group).

The Fire hall Badminton Club plays every week from Tuesday to Friday from 9 am to noon and sends players annually to regional and provincial tournaments. For more information, contact: Ken Parent or Grace Yuen at the Fire hall.

IN & AROUND CALGARY

South Shaganappi Study: Get Involved

The City of Calgary is conducting a transportation corridor study for the south end of Shaganappi Trail. The study area includes the Shaganappi Tr. and 16 Ave. interchange, the Shaganappi Tr. and Bowness Rd. intersection and the Bowness Rd. and Memorial Dr. interchange.

Your Input is Important!

Shaganappi Trail has always been identified as a vital link in Calgary's transportation network. Working closely with the community, we will develop a vision for the study area that accommodates all modes of transportation and is integrated with surrounding communities and land uses.

Phase Two: Concept Development and Analysis Engagement Opportunities in April/May 2016

IDEA WORKSHOP

Attend this workshop to share ideas about possible changes and different ways to achieve the study's goals and objectives.

RSVP at calgary.ca/southshaganappi or call 311.

PROVIDE INPUT ONLINE

If you're unable to attend the workshop, there will also be an opportunity to share your ideas online at calgary.ca/southshaganappi.

In addition to the events above, a similar workshop for the adjacent communities of Montgomery, Parkdale and Point McKay has been scheduled in April. This invite-only event provides those with homes and businesses in close proximity to the study area an opportunity to participate in the same workshop with others who may share similar perspectives.

For specific event dates, times and locations, or to learn more about the study, visit calgary.ca/southshaganappi or call 311.

2016 HH-BH Outdoor Soccer U4 – U18



Registration starting February 19

Online @ www.hh-bh.ca

More details are on our website

We will need lots of volunteers to make this program happen!

If you have any questions, please contact Jill at hbbhsoccer@gmail.com.



hounsfield heights-briar hill
community kindergarten

Children must be 5 on or before March 1, 2017

Room 11, Briar Hill School
1233 - 21 Street NW

403-220-9775

For Registration forms and information, visit www.hbbhkindergarten.ca

HHBH Playschool

play learn grow

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YYC and NAV CANADA Open House Meetings December 2015 and January 2016

Several representatives from YYC and NAV CANADA hosted open houses this past December and January to communicate proposed changes to current flight paths at the north and south ends of the city (RNP Approaches). We would like to thank YYC, NAV CANADA and everyone who came out to learn and voice concerns.

These open houses were focused on RNP flight paths, but the key interest to many attendees was the original 2014 flight path changes, and seeking options to address the noise impact that high frequency, low flying planes are having on communities.

The following are two options that were frequently voiced, and ideas we would like to have further discussions with NAV and YYC to reduce the constant impact to West Calgary communities:

1. Spread the flights out across many communities rather than substantially impacting just some (similar to the previously spread out paths prior to 2014). As global aviation transitions to concentrated flight paths, this is the direction NAV CANADA is instructed to proceed. Therefore, the "spread out" solution is currently not being explored. We believe this is the fairest long-term solution to this issue, which is occurring in many cities across Canada and the world.
2. Utilize less populated areas for flights when possible. NAV CANADA stated this is difficult for our area due to the conflict between arriving and departing flights. NAV CANADA's explanation was difficult to visualize and understand. We would like to see fully explored studies involving this.

Attendees brought up the topic of legal compensation if a solution was not identified. Lawsuits exist in the US over the introduction of concentrated flight paths, and legal settlements have been awarded in Europe. To avoid this, YYC is very open to hearing concerns and suggestions. A satisfactory outcome is more likely if **residents actively vocalize their concerns**. To do this, visit www.yyc.com or www.wcatc.ca.

A solution is required, as air traffic over West Calgary will increase in the future. This is not an easy issue, but it is not impossible to come to a fair compromise to solve the negative effects of air space change. This will require the aviation industry to listen to communities, achieve a better understanding of life under concentrated flight paths, to fully understand the effects on physical/mental health, and the real cost to property/domestic life. We encourage NAV CANADA to become world leaders in this and successfully find safe solutions for everyone in the air, as well as on the ground.

West Calgary Air Traffic Concerns
www.wcatc.ca

BRAIN GAMES SUDOKU

	2	7			4		6	
		9				1		7
				6				2
			3	2				6
	3			5			8	
5				8	9			
9				1				
8		1				6		
	6		5			3	1	

FIND SOLUTION ON PAGE 17

MEMBERSHIPS

Your annual membership is good through July 31, 2016 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 & mail it in.

HOUNSFIELD HEIGHTS – BRIAR HILL COMMUNITY ASSOCIATION	
MEMBERSHIP APPLICATION 2015-16	
Family Name(s): _____	
First Name - Adults:	1. _____ 2. _____
First Name - Children:	_____
Address: _____	Postal Code: _____
Home Phone: _____	
Email: _____	
Would you like to receive the newsletter and other announcements by email? yes <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 July 31, 2016</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 Hounsfeld Heights-Briar Hill Community Association Box 65086 RPO North Hill, Calgary AB T2N 4T6	
<small>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.</small>	

your COMMUNITY business of the month

NutriFit Canada

Hounsfield Heights - Briar Hill Community

Has **NUTRITION** become confusing for you? It needn't be! Food and nutrition landscapes have been evolving at an exceptional pace, aided by new technologies. Science, commerce, and media are transforming how, and what we eat. This frenzy is challenging our sensibilities and natural instinct to respond to hunger and health with the right quality and quantity of nourishment. For many, the market place is confusing and daunting, not to mention, a financial trap for the countless claims of quick-fixes. Bottom line: Nutrition health is not built overnight. It is a delicate balance of what you eat, what your body absorbs, and assimilates. Therefore, sensible nourishment is at the core of great health, and preventing disease while bringing enjoyment as well as cultural and spiritual connections!

At **NutriFit**, we empower and inspire you to make nutrition fun, simple, and enjoyable. We take pride in helping you reap health benefits of **PROACTIVE, PREVENTIVE, and PROTECTIVE nutrition rather than being REACTIVE!**

HOW we go about our business:

With nutrition at the core, we assess, coach, and enhance your ability to take control of your changing health and wellness needs. We leverage best practice, cutting-edge science, research, evidence, and technologies without gimmicks - that means giving you the full scoop on the good, the bad, and the ugly to make informed choices.

First, we take the time to learn about you and your needs. Then we equip you with essential nutrition knowledge, and no-nonsense techniques to achieve sustainable results. Our coaching covers a wide range: weight loss, fitness, sport; allergies, preventing/managing disease (heart, cancers, diabetes, environmental), pre-post-surgical; childhood, and family wellness.

Try our genuine, one-on-one care.

MEET our Registered Nutritionist/Dietitian:

Rozmin Jamal is a Registered Dietitian /Registered Nutritionist with a Masters in Medical Science, and a Bachelors in Applied Human Nutrition; Member of the Alberta Registered Dietitians Association. Practicing since 1980, she has earned the reputation of excellence by sharing her expertise and genuine care, at home and across international borders.

HOW we can help and our services:

Inspiring health through nutrition, our Calgary based Company (1984), is a respected and credible provider of a range of nutrition services:

Personalized nutrition assessment, tailored plan and coaching:

Get your full nutrition footprint with a choice of services such as diet nutrient assessment, body composition evaluation, nutrition-focused physical exam, nutritional health risk profile, and laboratory-testing.

Your health is a product of many years of diligent care, and/or abuse. Early warning signs and symptoms progress from diet inadequacies and excesses, to biochemical changes in the body, the appearance of physical signs and symptoms, and eventually, to full-blown disease.

Catch and act on early clues from your body!

Diet Nutrient Analysis (computerized):

A powerful, invaluable tool of the quality of your diet of over 30 vitamins, minerals, amino acids and nutrients, and whether YOUR daily cocktail measures up to requirements for your physique, age, lifestyle.

Body Composition (BC) Analysis:

Using a special, validated instrument, this test tells you, your lean mass, fat, water, basal energy, and daily energy needs. As we age, we carry less muscle (lose) even if we are at our same weight unless we stay ahead to protect it. Track your BC.

Laboratory Nutrient Testing:

Assessing your nutrition biochemical markers in blood, urine and tissues

Quality nutrition is not a 'one time' event; it is a life-long commitment. Invest in yours!



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I have long been an advocate for managing the cost of Calgary's growth. After a decade of debate and billions of dollars added to The City's debt, City Council unanimously agreed to end the "sprawl subsidy" to ensure that growth pays for itself. I am extremely proud of this work.

Over the last year, The City worked closely with the urban and suburban development industries to establish an off-site levy to apply to all new developments. An important partnership emerged, one in which the industry agreed to become an enhanced steward of a growing City. The new rates took effect on February 1st of this year and will provide the City with a lot more financial flexibility.

As a result, levies paid by developers to The City will now cover the cost of infrastructure needed for new communities, as well as upgrades to infrastructure for established communities. Those costs have to be paid one way or another. With the new levy, the cost of necessary infrastructure is included in the purchase price, rather than hidden through property taxes or utility fees.

The key elements of the new off-site levy are:

Developers will pay for water and wastewater treatment in new and established communities city-wide;

Developer levies will cover the full cost of water distribution, wastewater collection, drainage, transportation (roads, intersections, traffic signals, bridges), and community services (libraries, police stations, fire halls) in new communities;

With this important policy established, the stage is set for the next steps. New development in established communities means real change for the residents who live there, and added wear and tear on public amenities. Increased density can also mean a dramatic increase in property tax revenue. As part of the levy discussion, The City agreed to work with the urban developers, and the communities experiencing redevelopment, to find ways to reinvest in aging infrastructure. Communities experiencing significant change will see a direct benefit, with improvements to valued amenities like parks, sidewalks, recreation centres, and libraries.

Over the next year, I will be meeting with Ward 7 communities to talk more about community improvements resulting from redevelopment.

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Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

COUNTRY MAID CLEANING SERVICE:

We will customize your cleaning program specifically suited to your needs. We are bonded, trustworthy, notice to details, insured with 20 yrs. experience. We provided the best price, free estimates and reliable service with references. Our small company motto is A happy home is a clean home. Contact: Valldina 403-614-8528.



News from the Friends of Nose Hill

by Anne Burke

The goal of Nose Hill Park is to perpetuate the natural character of the landscape while providing compatible, quality recreational opportunities (Nose Hill Natural Area Management Plan 1994). Some of these are hiking, cycling, running, and dog-walking. However, there is work to do in protecting this precious natural grassland through conservation of its ecologically significant areas.

A restoration plan was proposed to close park trails with damaged vegetation; for rehabilitation and reseeding; removing priority areas of brome and replacement with native grasses. Now there is potential for re-populating wildlife, ground-nesting birds such as the sharp-tailed grouse.

Nose Hill is important to people and their wellness, especially during times of economic stress and strain; it is a source of wildlife and bird study, historical resources, green space for nature, and outdoor activities. The Hill is a winter birding location for certain species, particularly raptors. In summer the prairie habitat attracts 14 species of sparrow. It is an accessible area for native grassland. Some species are no longer present due to changing vegetation, human impact, and the overall decline in grasslands.

The International Union for the Conservation of Nature provides for diversity of species and ecosystems. This

applies to animals, plants, habitat, and genes from land, sea, and other aquatic ecosystems.

The Biodiversity Policy was approved by Council in March, 2015. There are four principles: ecological literacy, resilience, collaboration, and integration. The first is to support biodiversity by knowledge and understanding about ecology, personal stewardship, and Calgary's natural heritage.

The Advisory Committee on Biodiversity meets monthly and one subcommittee fosters ecological literacy, which means to promote public understanding of biodiversity and ecology to encourage positive actions that support environmental conservation.

Some commitments are:

a) Develop volunteer initiatives and education programs to support stewardship and conservation with schools, communities, and citizens.

b) City staff, Council, businesses, and communities access training and information to promote the goals of biodiversity conservation, through buying practices, building and site design, open space planning and management. This includes an awareness of invasive species (weeds), habitat fragments and loss, and indirect pressures on biodiversity which cause ecological disruption.

c) Set objectives and targets for conservation across appropriate initiatives. Three new on-the-ground initiatives will be implemented within the ten years of the program.

d) Make biodiversity common in City decision-making. The aim is to restore degraded habitats and manage biodiversity of Calgary's open space and neighbourhoods.

Insect Trivia



Insects are found on land, in water and in air in nearly all habitats and all continents including Antarctica.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	1.800.332.1414
Poison Centre - Alberta	403.944.1414
Suicide Crisis Line	1.800.784.2433
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority (Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Seniors' Resource - SeniorConnect	403.266.6200
Elder Abuse Resource Line (65+)	403.705.3250
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	311
Elder Abuse Resource Line (65+)	403.705.3250
Kerby Centre for the 55 plus	403.705.3246
Neighbour Mediation Hotline	403.269.2707
Road Conditions – Calgary	1.877.262.4997
Weather Information	403.299.7878
Gamblers Anonymous	403.237.0654

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Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

BRAIN GAMES SUDOKU

1	2	7	8	9	4	5	6	3
6	8	9	2	3	5	1	4	7
3	4	5	1	6	7	8	9	2
4	9	8	3	2	1	7	5	6
7	3	2	4	5	6	9	8	1
5	1	6	7	8	9	2	3	4
9	5	3	6	1	2	4	7	8
8	7	1	9	4	3	6	2	5
2	6	4	5	7	8	3	1	9

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SPEND TIME TOGETHER THIS SUMMER AT THE CALGARY WINTER CLUB.
For more information or to book a summer trial membership, contact Rebecca Draper at 403.338.2416 or rebeccad@calgarywinterclub.com

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