

HOUNSFIELD HEIGHTS – BRIAR HILL BEACON

FEBRUARY 2014

Green Park Ice Rink

THANK YOU to the neighborhood Dads who volunteered to put up our outdoor rink so that the kids can enjoy winter fun!



The set up of this rink was done on Saturday November 23, with approximately 25 volunteers! Thank you for all of the hard work and amazing community spirit!



Calendar of Events

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

- ☒ **Community Board Meetings**
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. 13, Mar. 13, Apr. 10
- ☒ **Family Open Gym Night**
Fridays 6:30 – 8 pm
Community Gym
- ☒ **Tots Time Playgroup**
Mondays 9:30 - 11:30 am
HHBH Gym
- ☒ **HHBH Playschool Pre-Registration**
Wednesday Feb 26, 7-8:30 pm
HHBH Gym
- ☒ **HHBH Playschool General Pre-Registration**
Wednesday Mar 5, 7-8 pm
HHBH Gym
- ☒ **“Recycle a Friend” Used Book Sale**
Wednesday March 12 -
Thursday March 13
Briar Hill School



HHBH Community Association Board

President	Robby Sidhu	403-605-9120 robbysidhu@icloud.com
1st Vice-President	Carol Sandahl	403-284-5851
2nd Vice-President	Gunter Sammet	403-210-2603
Treasurer	Jeff Allan	403-230-1605
Secretary	Laura Hunt	403-241-0706
Director, Education	Vacant	
Director, Sears Plume	Emmanuel Malterre	403-282-0813
Director, Facilities	Gunter Sammet	403-210-2603
Director, Strategic Planning	Vacant	
Director, Event Planning	Tejinder Paul Sidhu	403-284-0000
Director, Communications	Vacant	
Director, Land Use	Terry Woods	403-701-8856
Director, Information Technology	Jeff Marsh	403-283-5379
Director-at-large	Kevin Taylor	403-863-4445
Kindergarten Secretary/Treasurer	Paul Grunau	403-283-9091

Board meetings are held at 7 pm on the second Thursday of each month 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: Beacon Editor

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

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.



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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.



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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

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**Briar Hill School's
19th "Recycle a Friend" Used Book Sale
March 12 - 13, 2014**

SOON ACCEPTING USED BOOKS FOR ALL AGES.

Drop off begins FEBRUARY 24TH

between 9 am and 3:30 pm at the front doors of the school
1233 – 21st Street NW

**PLEASE MARK OUR SALE ON YOUR CALENDARS
AND COME SHOP!**

Wednesday March 12

9 am- 8 pm

Thursday March 13

9am- 8pm (from 6 – 8 pm all books are 2 for 1 ☺)

Come and find anything from a favourite classic story book to a great read for those snowy winter days! Our prices are low and our selection is huge. Most children's books are \$1 or less and adult books are generally \$2 each.

Please join your friends and neighbours in helping us support literacy at Briar Hill School. The money raised at this year's Book Sale will be allotted towards replenishing the Guided Reading Level books used by grades 1-4.

Any questions, contact Shelley Harrop-Grant
sharropgrant@gmail.com

2014 Calgary Best Neighbourhoods Study

The magazine Avenue has created a list of Calgary's best neighbourhoods for four years in a row, and is in the process of collecting data with Leger Research for 2014.

Rather than having an arbitrary judge, Avenue and Leger is asking Calgarians for their input, for Calgarian's to tell them what actually makes a community a good one.

In 2013, the 10 top communities were:

1. Arbour lake
2. Acadia
3. Varsity
4. Brentwood
5. Hillhurst
6. Lake Bonavista
7. **Hounsfield Heights / Briar Hill**
8. Beltline
9. Scarboro /Sunalta West
10. Bridgeland / Riverside

To have your say for 2014's Best Neighbourhoods, please take a few minutes to fill out our survey.

https://legerweb.com/YYC_Best_Neighbourhoods



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: 403-210-5126
www.hhbhplayschool.ca

Pre-Registration:

Wednesday, February 26, 2014 at the
HHBH Community Association Gym

General Registration:

Wednesday, March 5, 2014 at the
HHBH Community Association Gym

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memberships

MEMBERSHIPS

Your annual membership is good through July 31, 2014 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 2013-14

Family Name(s): _____

First Name - Adults: 1. _____ 2. _____

First Name - Children: _____

Address: _____ **Postal Code:** _____

Home Phone: _____

Email: _____

Would you like to receive the newsletter and other announcements by email? yes ☐ no ☐

I would be interested in volunteering for:

- | | |
|--|--|
| <input type="checkbox"/> Land Use | <input type="checkbox"/> Membership Drive |
| <input type="checkbox"/> Green Space/Reforestation | <input type="checkbox"/> Children's Programs |
| <input type="checkbox"/> Fundraising | <input type="checkbox"/> Seniors' Programs |
| <input type="checkbox"/> Facilities/Ice Rink | <input type="checkbox"/> Sports Programs |
| <input type="checkbox"/> Communications/Newsletter | <input type="checkbox"/> Social Activities |
| <input type="checkbox"/> Other | |

Membership # _____
Valid through July 31, 2014

Annual membership (including GST) is :

☐ \$20 per household

☐ \$10 for seniors

Paid by: cash ☐ cheque ☐

Send cheques payable to **Hounsfield Heights-Briar Hill Community Association**
Box 65086 RPO North Hill, Calgary AB T2N 4T6

Privacy Consent: By providing the personal information on this form you are consenting to HH-BH Community Association's collection and use of that information for the purposes of providing you a membership in the community association. This information will be stored in a database of community members for the sole use of the Association. The Association will not sell, barter or lease membership lists or information. We may retain this information until nine months after expiry date of the membership.



2014 HHBH Outdoor Soccer U4 – U18

Registration will run Feb. 1 – Mar. 1

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 soccerhhbh@gmail.com.



A Message from your Councillor, Druh Farrell



This winter has produced record amounts of snow in Calgary. As a result, City crews have struggled to meet the challenge of ensuring that roads, pathways and bus stops are kept clear of snow and safe for residents. It is not for lack of money spent.

By the end of 2013, the City spent more than \$26 million of its total \$34 million snow budget. Nevertheless, Calgarians have had to dig deep to find the patience required to wait for City crews to help dig them out.

The record snow has also produced a record number of calls to my office from residents seeking assistance with snow related issues and requests. I would like to thank the residents of Ward 7 for their level of engagement on this

issue to ensure that priority areas are dealt with as soon as possible. The feedback that I received is consistent: that the City needs to do more to ensure that snow is cleared and removed quickly and effectively. As a result, Council has committed to review its policies on snow removal.

Residents are encouraged to offer additional feedback by calling 311 or www.calgary.ca/snow

Calgary's Snow Angel program, the first of its kind in North America, has helped seniors and other residents who have difficulty clearing snow. Since 2004, Calgary has awarded more than 6400 snow pins. We encourage you to be a Snow Angel and help your neighbours. If you know a Snow Angel and would like to recognize her or him, please call 311.

Wishing you a safe and happy winter!



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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.



Hon. Michelle Rempel, P.C., M.P. Calgary Centre-North
Report to Constituents

Happy New Year! After returning from my work in Ottawa, I spent time in December visiting with students at local schools in our riding and met with seniors living in residences in our community. As 2013 came to a close, I was pleased to spend time in Calgary meeting with many constituents, stakeholders and others to hear about their priorities for the federal government. I am always delighted to have the opportunity to hear directly from you.

As our government prepares to present the budget in 2014 we are asking Canadians to once again engage directly through pre-budget consultations. I will be holding meetings and round tables specific to pre-budget consultations and I would encourage you to visit www.fin.gc.ca/pbc and send in your suggestions directly to the Minister of Finance. You can also send in your suggestions and feedback directly to me through my website www.michellerempel.ca. Specifically, our government would like your perspective on how we can help Canadians with the cost of living and raising a family.

Thank you for taking the time to provide your thoughts on the upcoming budget. As always, if you have any questions or concerns about issues important to you and your family please do not hesitate to contact me. I hope you and your family have a safe and happy 2014!

www.michellerempel.ca

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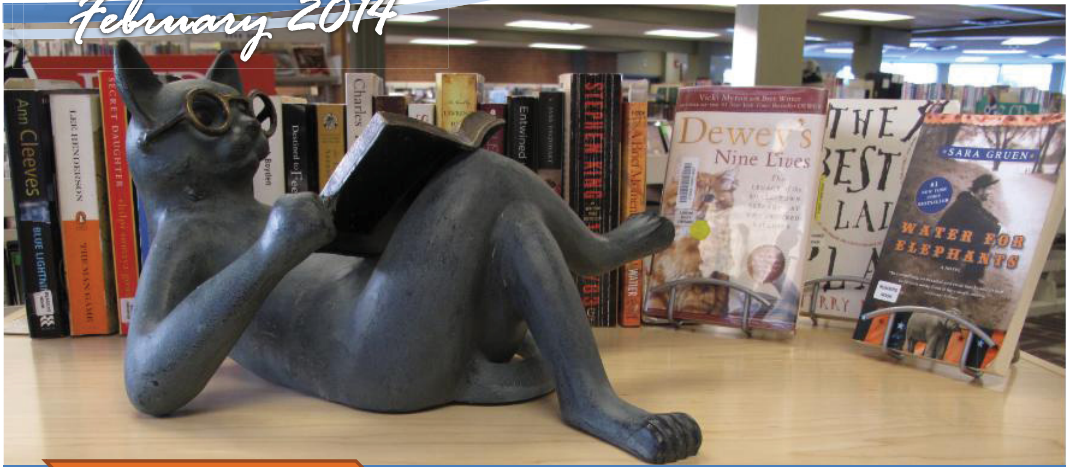
Monday to Thursday 10:00 a.m. – 9:00 p.m.

Friday and Saturday 10:00 a.m. – 5:00 p.m.

Sunday 12:00 p.m. – 5:00 p.m.

Louise Riley Library

February 2014



Mondays @ Your Library

Computer Technology Coaching: Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products. Feb. 3 to Apr. 28, 2 - 4:00 p.m. *No Registration Required.*

50+ Coffee and Conversation: Join us for coffee, conversation and presentations of interest. Ages 50 and up. Mondays Feb. 10, Mar. 17, Mar. 24, Mar. 31, Apr. 14, Apr. 21, and Apr. 28, 2 - 3:30 p.m. *No Registration Required.*

Special Presentations on:

- Feb 3: **Traditional Chinese Medicine: Acupuncture**
- Feb 24: **Write Your Story**
- Mar. 3: **Introduction to Social Media**
- Mar. 10: **Learn4Life: Intro to Free Online Courses**

Tuesdays @ Your Library

Wines of the World: Join Michael Bigatinni as he takes you on a tour of some of the world's best loved wine regions. Presented in partnership with Willow Park Wine and Spirits. Tuesdays, 7 - 8:30 p.m. *Registration Required.*

- Feb. 4: **France**
- Feb. 25: **Chile**

Galapagos Islands: Explore the natural wonders of the Galapagos Islands with John McFaul of Alpenglou Nature Hikes. Tuesday, Mar. 11, 7 - 8:30 p.m. *Registration Required.*

Adult Book Club: Call for details on specific books. Tuesdays, Mar. 4, Apr. 1, and Apr. 29, 7 - 8:30 p.m. *Registration Required.*

Programs are **FREE** with your library card.

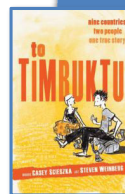
Register in person, by calling 260-2620 or online at www.calgarypubliclibrary.com

Just for you:

Story Pals: Volunteers and their highly socialized dogs provide a calm, accepting presence for struggling readers to practice reading aloud. Ages 6 to 12, Thursdays, Feb. 6 to Mar. 13, 6:30 - 7:30 p.m. *Registration Required.*

CyberSeniors Connect: Learn from youth volunteers about the Internet, including Facebook and YouTube, Microsoft Office and more. Basic computer skills required. Ages 50 and up. Saturday, Feb. 8, 10:30 a.m. - 12:30 p.m. *Registration Required.*

Teachers' Convention Activities: Don't know what to do while school is out? Head on down to the Library for a variety of fun activities. Ages 6 to 12, Thursday, Feb. 13, 2 - 4 p.m. *No Registration Required.*



Reader's Nook: "To Timbuktu" by Casey Scieszka & Steven Weinberg. An illustrated travel memoir of the adventures of Casey and Steven, who met in Morocco, moved to China then went all the way to Timbuktu. It tells the story of their time spent teaching English, making friends across language barriers, researching, painting, and learning to be themselves wherever they are.

See you soon!



March is Community Association Membership Awareness Month!

Did you know there are more than 20,000 volunteers in the community association movement in Calgary? It's the LARGEST collective volunteer movement in the city! There are also more than 156,000 Calgarians who are members of their community association. Be part of it!

The Federation of Calgary Communities is proud to once again announce that March is Community Association Membership Awareness Month, proclaimed by Mayor Naheed Nenshi. We encourage you to take a few minutes this month to find out what your community association can do for you! It's easy and you'd be surprised at the many benefits and options available to you as a resident.

Community associations are neighbourhood-based volunteer organizations providing a voice for community life, an overall sense of belonging, and social, educational and recreational opportunities for their residents of all ages. For example, this newsletter was created and produced by hard-working volunteers from your community association - put together each month to let you know what great things your community has to offer. Community associations work with a variety of stakeholders such as City Council on planning and development issues in Calgary, local businesses to create discounts for community association members, and much more.

Do you want to take part in what goes on in your neighbourhood? Have a say and get involved! Each community association is different so find out what yours can do for you.

Engage. Belong. Inspire. Be part of it!

Throughout this month-long event The Federation of Calgary Communities will be working closely with the 150 community associations in the city to promote the many benefits of belonging.

For questions or more information on March Community Association Membership Awareness Month please contact Rebecca Dakin with The Federation of Calgary Communities at

(403) 244-4111 ext. 204 or
communityrelations@calgarycommunities.com

The Hub - Calgary Police Service

The Hub is the information headquarters of the Calgary Police Service where you can receive news, stories and announcements at your fingertips.

You can choose to be notified directly via voice message to your phone, text message to your cellular phone, or by email.

A. Neighbourhood Alerts

The Hub Messaging System will periodically send notifications advising the public of specific crime trends in a community such as, house break-and-enters, and car prowlings.

B. Major Crimes

Sometimes, the Hub Messaging System will send out notifications asking for the public's help investigating a major crime. Individual citizens are the eyes and ears of the community and quite possibly can share valuable information that might help the police in their investigations.

C. Missing Persons

If a member of the public goes missing, the Hub Messaging System may be used to send a notification to communities giving a description of the person so that the rest of the public can be on the look-out and report sightings.

D. Community Events

The Hub Messaging System will also be used to notify Calgary residents of safety fairs and other special events occurring throughout the City, for example, Shred-It events, community fairs, and the Diversity Cup.

Sign up for The Hub by visiting www.calgary-police.ca and click on the Register for the Hub link half way down the page.



Improve Your Heart Health!

You probably knew that your heart is the most important muscle in your body. But did you know that you can work out your heart like you would any other muscle in your body? We can take care of our heart by making a few smart choices. You can take vitamin C to help lower blood pressure, eat healthier foods like fruits and veggies, and go for regular screenings to check blood pressure and cholesterol levels. The most important thing you can do to work out your most important muscle is exercise!

The Calgary JCC has a many programs for all different levels of fitness to help improve heart health. Going for a brisk walk or run on one of our treadmills, or a ride on one of our stationary bikes, is a great way to work out your heart.

Swimming and Aquafit classes are great workouts that are amazing for your body's most important muscle. In fact, exercising in the pool will not only improve your heart health, being in water provides resistance which makes you work harder and improve muscles strength throughout your

body. Being in the water is a safe alternative to running on a treadmill if you have joint problems because of its low impact on your body. The JCC has multiple Aquafit classes daily which are included in a membership or complementary if you pay the drop-in fee.

For those looking for a little more focus and attention, we have a wonderful staff of personal trainers that would love to help you get in shape with an exercise plan for you to follow with your specific needs and goals in mind.

For more information or to check out our schedule, visit us at www.calgaryjcc.com or come in for a free tour. We'd love to show you around!



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HHBH HISTORY BOOK

Our history book of the neighborhood is almost complete! If possible, we would like to get it as up-to-date as we can. If anyone has pictures from any of our events (Stampede Breakfast, Summer Solstice, Kindergarten 55th Birthday, 60th Anniversary, etc.) or if anyone would like to volunteer to help edit and finalize the book, please email admin@hh-bh.ca.



HHBH Gym Drop-in Programs

Badminton:

Tuesday – Friday 9 am – 12 pm

Pickleball:

Wednesday 1 pm – 3:30 pm

Rates:

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

Hounsfield Heights / Briar Hill (HH/BH)

TOTS TIME PLAYGROUP



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

Come check us out!!

When: Mondays, 9:30 – 11:30 a.m.

Where: HH/BH Gymnasium 1922-14 Avenue NW
 • North of Louise Riley Library
 • Entrance is on SW corner of gym; parking is west of library

Who: Children ages range from newborn – 4 years old

Cost: \$25 per family (Sept. – May) plus community membership. Families from any community are welcome to join, but required to be members of HHBH. Includes coffee/tea, a surprise on your child's birthday and 2 entertainment venues per year. Each family rotates bringing a group snack weekly.
 For more information, contact us at Tasha O'Gorman
tdkzame@hotmail.com / #403-460-4018

****Any donations of toys or art supplies are welcome!**



Advertise in the Beacon

Advertisements
are subject to
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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

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**Conveniently located in
North Hill Centre**



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

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



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403-270-7007



Kevin MacMillan & Brittney MacMillan BA, FRI
REALTORS BComm



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!

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