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Hounsfield Heights – Briar Hill Community Association presents



Community Winter Party



Saturday December 5, 2015
6:00 PM – 9:00 PM
HH-BH Gym

Entertainment: Dancers, Band, Old time Caroling, Vendors, Bouncy House, Food and Refreshments available, Potluck welcome! All Welcome! Tell your Friends and Neighbours. Come join the fun. Not a member? No problem. Memberships available at the door. \$20 / year per family / household. \$10 / year Seniors.



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by that person

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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	Robby Sidhu	403-605-9120	president@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	Laura Hunt		secretary@hh-bh.ca
Director - Education	VACANT		education@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 - IT	Jeff Marsh		it@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	Bart Hulshof/Jill Letal		outdoor.soccer@hh-bh.ca
Youth Badminton Program	Alice Chan		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: Fifth 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.



Community Board Meetings

Second Thursday of the month at 7 pm in the Community Boardroom. All welcome! To be on the agenda, please contact Sheryl or Robby at least 2 weeks in advance.

Next Meeting: December 10

Family Open Gym Night

Fridays 6:30 – 8 pm Community Gym

Community Winter Party

December 5, 6:00 pm - Community Gym

Entertainment: Dancers, Band, Old time Carolling, Vendors, Bouncy House, Food and Refreshments available, Potluck welcome!

All Welcome! Tell your Friends and Neighbours Come join the fun. Not a member? No problem. Memberships available at the door. \$20/year per family/household. \$10/year seniors

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+)



Catch the Spirit

Family Fun & Games

Give back to less fortunate families this holiday season!

Drop off new toys between November 14th and December 21st to be distributed by the Salvation Army.

Free Photos with Santa!

Saturday, December 12 & 19.
Stop by from 11am – 3pm with a new, unwrapped toy and receive a free photo!

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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: <u>1.</u> _____ <u>2.</u> _____	
First Name - Children: _____ _____ _____	
Address: _____ Postal Code: _____	
Home Phone: _____	
Email: _____ _____	
<i>Would you like to receive the newsletter and other announcements by email?</i> yes <input type="checkbox"/> no <input type="checkbox"/>	
I would be interested in volunteering for: <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <input type="checkbox"/> Land Use <input type="checkbox"/> Green Space/Reforestation <input type="checkbox"/> Fundraising <input type="checkbox"/> Facilities/Ice Rink <input type="checkbox"/> Communications/Newsletter <input type="checkbox"/> Other </div> <div style="width: 48%;"> <input type="checkbox"/> Membership Drive <input type="checkbox"/> Children's Programs <input type="checkbox"/> Seniors' Programs <input type="checkbox"/> Sports Programs <input type="checkbox"/> Social Activities </div> </div>	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"/>
<i>Send cheques payable to Hounsfield Heights-Briar Hill Community Association</i> <i>Box 65086 RPO North Hill, Calgary AB T2N 4T6</i>	
<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>	

COMMUNITY

2015-2016 Coaches and Coordinators needed for Youth Badminton

Contact Carol at vp@hh-bh.ca

Coding4Kids

Friday 5:00 to 6:00 pm

info@coding4kids.com

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 Open House and 2016 -2017 Registration

January 11, 2016

5:00 to 7:00 pm

Children must be 5 on or before March 1, 2017

Room 11, Briar Hill School

1233 - 21 Street NW

403-220-9775

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+)



in & around
your community | **schools**

Hounsfield Heights - Briar Hill Community Kindergarten

The Hounsfield Heights - Briar Hill Community Kindergarten is an ancillary group of the Hounsfield Heights - Briar Hill Community Association. It operates as a private, non-profit Kindergarten program and has been part of our community since the 1960's. Since 1972 it has operated in the Briar Hill School at 1233-21 Street N.W. It shares the west wing of the school with two Grade 1 classes, the Briar Hill Children's Programs (which includes an out-of-school care program and a daycare) and the HH-BH Playschool.

The program has access to the Briar Hill School library, the school gymnasium and its equipment, the playground and community park across the street. We utilize community resources available to us, both professional (public health nurses, police, firemen etc.) and non-professional (parents or staff with special skills or interests). Physical resources in the community consistent with our program's goals are also utilized, such as the local fire station and library.

The Kindergarten is licensed, approved and subsidized by the Alberta Ministry of Education. Government funding is received directly by the Kindergarten and the disbursement of all funds is managed by the Local Advisory Committee (LAC), the decision-making body within the Kindergarten.

We differ from the Calgary Board of Education Kindergarten programs in that we rely on parent volunteers to administer the program along with a paid Teacher. This gives us local autonomy in many areas such as hiring staff, determining class size, fee structure and field trip experiences. The biggest advantage to our program is that once the minimum program standards of Alberta Education have been met, we can provide program enhancement. Each year we offer swimming lessons and at least four unique field trips to destinations such as the Spaceport, Glenbow Museum and Dinosaur Park. Along with this flexibility and control comes responsibility and commitment to maintain the program at the standards outlined by Alberta Education.

HH-BH Messages

New HH-BH Website - Check out the NEW www.hh-bh.ca for the latest Community News and Events. Our new website was launched in August and is updated regularly. There are pages dedicated to the Sears Plume, Crowchild Trail Corridor Study and the archives of the History Project.

A reminder that memberships expired August 31! \$20 / year per family / household. \$10 / year Seniors. Renew online, by mail or in person at the Community Winter Party on December 5! Thanks!

Responsible Pet Ownership Bylaw – Reminder! Cats must be confined to their owner's property. Owner's are responsible for picking up all waste produced by their dog, both on and off their property. For information on the Responsible Pet Ownership Bylaw please visit Calgary.ca/animalservices or call 311

Results from the Community Cleanup – Thank you! Congratulations on a successful Community Cleanup on September 19th. The weights collected for this year in Kilograms:
Garbage: 8285
Organics: 2,640
Total: 10,925
Thank you to the Community Association and residents for your commitment to help create healthy, safe and vibrant communities.

DECEMBER MOON CALENDAR



THE indoor Gardener



Kalanchoe (kal-un-KOH-ee) is a genus of about 125 species of tropical, succulent flowering plants in the family Crassulaceae, mainly native to the Old World.

K. blossfeldiana: Is the most popular Kalanchoe, with large flower heads in a variety of colors.

Kalanchoes are native to arid areas, and they are popular succulents, available in red, pink, yellow, or white.

They grow best in bright, sunny locations, especially in the summer growing season. They prefer warmth. Do not let fall below 55°F. Water moderately throughout the summer and reduce watering in the winter.

Kalanchoe plants do best in a well-draining potting mix designed for cacti and succulents, or stir in plenty of perlite or sand to improve drainage.

Kalanchoes are easy to propagate by stem or leaf cuttings. Some varieties will put out plantlets that can be removed and potted.

It is not necessary to discard the plants after the bloom is over. Simply cut off the flowering head, let the plant rest with reduced water, and resume its normal care. It should flower naturally in spring. You can force your plant to bloom – here's how:

- Kalanchoes bloom in response to the length of day. To force your plant to set flower buds requires six weeks of simulated winter lighting conditions.
- Water half as often, or even less, during the six weeks.
- For six weeks, put your plant in complete darkness for 14 hours a day, and in bright light for 10 hours a day. After six weeks or so, when you see flower buds forming, you can bring your plant back out into normal light conditions and resume watering.

your COMMUNITY business of the month

Paris Jewellers

Hounsfield Heights - Briar Hill Community

Proudly Canadian, celebrating our customers' stories for 29 years.

29 Years. 29 Locations. Four Provinces. 230 Employees.

At Paris Jewellers, it is our intention to be known as Canada's most customer-centric retail jewellery brand. By bringing together people who love what they do, with products that bring people happiness, our goal is to ensure each of our customers feels happy about every purchase they make. We are thrilled to be featured as the Community Business of the Month and grateful for the opportunity to share some insight into the story of Paris Jewellers.

Where We Have Come From

Dream with us for a moment. It is 1987 and the doors to our first humble location in St. Albert, Alberta have opened. This opening was the beginning of our journey, and instinctively our family knew that success for Paris Jewellers meant an unwavering commitment to customer service. We knew that if our customers felt celebrated, and their needs were recognized no matter the budget, they would return time and again.

Where We Are Going

Fast-forward to 2015, and our vision and intention have remained steadfast, to provide incomparable customer service to Canadians in every major shopping centre across the country.

How We Will Get There

Sincerity. Commitment to quality. Responsiveness. Friendliness. Can-do attitude. The core values of Paris Jewellers are far more than just words written for public relations sake. These values truly reflect what Paris Jewellers believes. From our service centre to our sales floor, the Paris Jewellers team exemplifies these values, because they are aligned with their own.

Investing In Our People

As Paris Jewellers continues to grow and establish our place in the Canadian marketplace, it is imperative that

we invest in our people. Paris Jewellers committed to a multi-faceted initiative to provide our team with the best sales, operational, and product knowledge training programs in Canada. Today, Paris Jewellers is more motivated, more empowered and more trained than we ever have been. Our people, who truly believe in why we do what we do, are without a doubt our best investment.

Commitment To Quality

From our storefronts, to our goldsmiths. From purchasing to promotion. The team at Paris Jewellers has a rooted understanding of why commitment to quality on all levels is crucial. Why? Transparency. At Paris Jewellers, we know innately that understanding *why* is the difference between acquiescence and belief. The difference between *have to* and *want to*.

Commitment To You

At Paris Jewellers, celebrating each and every story with our customers is the best part of our day. Learning about a new baby, a 50th anniversary, celebrating an engagement or finding the perfect gift for your mother. Our commitment to you is to celebrate all of your stories, as they are the reasons we do what we do, with pleasure.



For Christmas Morning enjoy a Black Forest Ham Frittata with Gruyere, Kale and Roasted Red Peppers

Ingredients:

30 mL (2 tbsp)	olive oil
60 mL (1/4cup)	onions, chopped fine
1	garlic clove, finely minced
500 mL (2cups)	kale, chopped coarsely
7	eggs, beaten
250 mL (1cup)	black forest ham diced
85 mL (1/3cup)	roasted red peppers, cut into strips
125 mL (1/2cup)	gruyere cheese, shredded
30 mL (2 tbsp)	chives, chopped finely
5 mL (1/2 tsp)	salt
2 mL (1/2 tsp)	black pepper, ground

Directions:

Preheat oven to 180 C (350 F). Add olive oil to a 25cm (10 inch) non-stick pan and cook onions until they are translucent. Add garlic and kale. Stir and cook kale until wilted (2 to 3 minutes).

Beat eggs in a bowl and add the black forest ham, peppers, half the cheese, chives, salt and pepper. Mix well. Pour egg mix into the pan and stir mix until eggs begin to set. Cease stirring.

Top the frittata with the other half of the cheese and bake for 8 to 10 minutes until frittata is golden brown and firm to the touch. Cut into 6 wedges and serve hot.

For cold frittata, allow to cool before cutting into 12 wafer thin wedges or cut into 2.5 cm (1 inch) cubes and place on a toothpick.

Serves 6.



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To Each and All in this Great Community...

I wish to extend my sincere appreciation for all of the support this community has shown to me and to our family over the past many years. I am so very proud to now represent you as your Member of Parliament and to provide what support I can back to the community.

The first week of November will be one of orientation and formalization of roles in Ottawa as well as learning parameters of roles and responsibilities. While one has some idea of responsibility, the details and depth of roles will give substance to my performance on your behalf. During this week we will also have the major responsibility of selecting an Interim Leader for the Conservative Party of Canada.

Over the next few weeks I will also be working to confirm an office location and with a firm address, the phone and email contacts can be circulated for information. I am excited to be your representative, energized to do you proud and committed to the responsibility in front of me. I thank you for the privilege to serve.

Art of the world

American Gothic, 1930
By: **Grant Wood** was an American painter born four miles (6 km) east of Anamosa, Iowa. He is best known for his paintings depicting the rural American Midwest. American Gothic was inspired by the Dibble House in Iowa. Wood saw its Gothic architectural style and decided to paint the house along with the kind of people he imagined might live in it. The painting depicts a farmer and his daughter, both modeled by his dentist and his sister. Each element of the painting was done separately; the models sat separately and were never at the house.

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Merry Christmas and Happy New Year!

**hounsfield heights-briar hill
community kindergarten**

**REGISTRATION &
OPEN HOUSE NIGHT**

January 11, 2016
from 5:00 to 7:00 pm

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.hhbkindergarten.ca**



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Winter doldrums got you down? Hygge can help chase away the blues and make the season bright.

What on earth is hygge, you say? It's a Danish word, pronounced hYOOga, which translates roughly to 'coziness'. It sounds similar to the word hug, and I like to think of it as a 'hug to the soul'.

Danes fight the darkness of winter with hygge as their finest weapon, and the candlelight that goes along with it. It describes an attitude to life that explains why the Danes are the happiest people on earth.

Hygge isn't meant to be translated; it's meant to be felt. When I picture hygge, I think of candlelight and fire-light, friends and family and potlucks, snuggling under a blanket on a snowy day, a cat on my lap, a cup-of- hot chocolate and the smell of cinnamon and allspice. It means creating a warm atmosphere and enjoying the simple things in life with good people. There's nothing more hygge than sitting round a candlelit table discussing the big and small things in life.

In Denmark, the high-season for hygge is Christmas, when Danes pull out all the stops. If you've strolled the streets of Copenhagen during the festive season, you know the magic they can do with lighting and mulled wine.

How can we bring this cozy feeling to each day? Bundle up for some Calgary hygge:

Stroll along the Calgary Zoo's snow-lined pathways with family and friends. Enjoy over 1.5 million lights and warm up at one of the roaring fire pits for a hot chocolate and conversation. Visit Calgary ZOOLIGHTS November 27 through to January 2: calgaryzoo.com

Lace up your skates and head down to your community skating rink, maintained by our beloved rink volunteers. Or visit one of the many skating spots throughout Calgary such as Bowness Park or the Prince's Island lagoon. There's hygge to be found while wearing skates!

Join Calgary's largest snowball fight! You can sign up at snowfight.wix.com/signup to participate in our second annual snowball hygge.

Toast marshmallows around the fire-pit at the top of the St. Patrick's Island toboggan hill, and stay for the outdoor holiday movie: evexperience.com

Fill a thermos of tea, grab a neighbour, and walk through your neighbourhood. Make a snow angel or two. Celebrate the outdoors. It can help you discover your own sense of hygge.

Life in Calgary offers many outdoor activities throughout the colder months. And since winter is too often a dreaded word in our English vocabulary, let's embrace hygge as a way to live happier lives all year long.

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News from the Friends of Nose Hill

by Anne Burke

We have received feedback on the number of trail closures on Nose Hill, especially disappointment that the closures are useless because people will simply go around them. At least there is some public awareness about the designated trail and pathway network to orient users while in the park. There is still the need for user education on the rationale behind the loss of trails and the long-term goals for reclamation.

The Nose Hill Natural Environment Management Plan provides for Calgary Parks Department to reclaim many of the previously disturbed areas in the park, as well as many of the park's informal routes. Attempts were made to close these routes and rehabilitate the surface, stabilize soil and bring the site back to a natural vegetated state.

However, success depends on not only closing trails but redirecting use to appropriate areas, in addition to educating users on park use and management goals.

The Nose Hill Trail and Pathway Plan called for a comprehensive and integrated approach to park and pathway planning in order to more effectively deal with trail closures:

- a designated trail and pathway system for the entire park
- well-marked and formally constructed trails and pathways
- a restoration strategy for closed informal trails

- designation of appropriate trails and pathways for all uses

The plan is to close and rehabilitate all informal routes not in the designated routing system. Informal routes were closed and identified by the use of appropriate obstacles and appropriate signage. Designated routes are defined through surfacing, trail markers, and orientation signs. The hope is reclamation of undesignated trails will provide great improvement to the ecological integrity of the park by decreasing vegetation losses, habitat fragmentation, and soil compaction.

Nose Hill Park is a major regional park serving all Calgarians. It represents a significant part of our region's history, Aboriginal heritage and use in the Calgary region; it will benefit greatly from the preservation and trail management initiatives funded through Canada's 150 Community Infrastructure Program. This involves construction and restoration of new and existing trails, installation of timber landscape stairs, and trail markers.

As Nose Hill is one of the largest contiguous natural environment parks in a major city, this will create a lasting legacy as Canada prepares to celebrate the 150th anniversary of Confederation in 2017.

Christmas Dinners to Go

*Enjoy your Christmas dinner
with family and friends*

Meals for 6 people

Roasted Turkey Breast \$55.00

Ham \$45.00

Roasted Turkey Breast and Ham \$60.00

**Includes roasted vegetables, stuffing,
mashed potatoes, gravy, cranberry sauce
and pumpkin pie.**

Additional person \$ 15.00

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**Please place orders by 4:00pm December
17th, 2015. Pick Up will be
December 21st -24th, 2015**

**Contact: Nitesh at 403-966-5722 or
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Conditions may apply.



1219 18 Street NW | \$1,195,000 | Hounsfield Heights/Briar Hill

Exquisite Briar Hill/Hounsfield Heights Bungalow, on a private 50x120 foot lot, with a stunning West facing yard and fantastic downtown views. Tremendously upgraded (2002), this beautiful 4 bedroom home exudes true craftsmanship, including stunning woodwork and trim around all windows, doors, and casings. The main level features a lovely family room with a wood burning fireplace, large dining area, and open kitchen with top-end appliances and views of the tranquil West yard. Separated from the main living space, you will find a large 4-piece bath and two large bedrooms, including the master suite. The semi-walkout lower level was excavated to allow for higher ceilings, in-floor heating, and loads of built-ins including a custom bar, and wood-burning fireplace. This level includes a bright recreational room which leads to the concealed front patio, two additional bedrooms and a 3-piece bath. This property is extensively landscaped, and located on a quiet tree-lined street. Only steps to an elementary school, community recreational centre, green space, and the restaurants and cafes of Kensington



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