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**MORE INFORMATION AVAILABLE
UNDER CALENDAR OF EVENTS**



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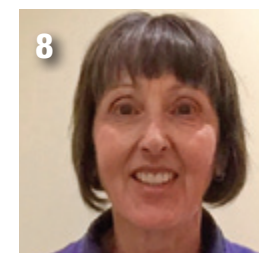
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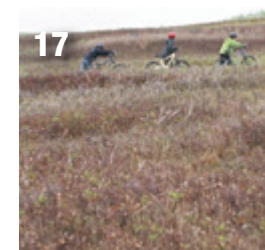
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HOUNSFIELD HEIGHTS/BRIAR HILL COMMUNITY ASSOCIATION

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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beacon@hh-bh.ca
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Great News Publishing and Hounsfield/Briar Hill Community Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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	811
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	403-514-6100
Poison Centre - Alberta	1-800-332-1414
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	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654

COMMUNITY PROGRAMS

Youth Badminton

Youth Badminton -Ages 12 – 17
 Information at www.hh-bh.ca
 Badminton@hh-bh.ca

HHBH Gym Drop-in Programs

Badminton: Tues – Fri - 9:00 am – 12:00 pm
 Pickleball: Tues – Wed - 1:00 pm – 3:30 pm
 Rates: \$4 per person, \$3 for seniors (55+)

Family Open Gym Night

FREE -Fridays 6:30 – 8 pm Community Gym

Adult Badminton Lessons

Want to keep fit and have fun playing this exciting sport with effortless power? Lessons will be held Fridays from 5:45-6:45 p.m. at HH-BH gym and start September 15, 22, 29 and run until Oct 6,13, 20.

This course is for recreational players who not only want to learn or improve their basic skills but also have a desire to become better players. This course is taught by an experienced adult instructor whose former experience includes: Badminton Alberta instructor; MRU Badminton instructor; and Alberta 55+ Winter Games Badminton Advisor.

Please contact Grace at: gymyuen@gmail.com for more information, and register early.

Firehall Badminton Club

Firehall Badminton Club is celebrating its 20th anniversary this September. We welcome adults of all levels to come and join us for some fun and friendly games. There is no charge of shuttle fee of \$6.00 from September 2017 to the end of August 2018.

Thanks to our founder, the late Muriel Anderson, for her vision in starting a small group of about five ladies in those formative years to the current group of about 15-20 players. Some even won gold, silver and bronze at the Calgary 55 Plus Provincial and national tournaments.

We play on Tuesdays, Wednesdays, Thursdays and Fridays from 9:00 a.m. - 12 noon. The visit fee is \$3.00 for Senior and \$4.00 for others. Shuttle fee is free until August and address is 1928 14 Ave NW. If you are interested in joining us, please contact Grace at gymyuen@gmail.com




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Hounsfield Heights – Briar Hill Community Association

BOARD OF DIRECTORS

COMMITTEE POSITION	NAME	EMAIL	PHONE
President	Laura Hunt	president@hh-bh.ca	
1st Vice President and Programs	Carol Sandahl	vp@hh-bh.ca	
2nd Vice President and Facilities	Gunter Sammet	2nd.vp@hh-bh.ca	
Treasurer	Sarah Zhu	treasurer@hh-bh.ca	
Secretary	Joanna Greco	secretary@hh-bh.ca	
Director - Strategic Planning and IT	Jeff Marsh	it@hh-bh.ca	
Director - Sears Plume	Rick Giammarino	Sears.plume@hh-bh.ca	
Director - Land Use	Terry Woods	land.use@hh-bh.ca	
Director - Event Planning	Vacant	events@hh-bh.ca	
Director - Communications	Sandra Falconi	Communications@hh-bh.ca	
Director - Education	Lyndsey Bristow	education@hh-bh.ca	
Director - at - Large	Kathleen Staniland	director.at.large@hh-bh.ca	
Executive Director	Guy Latour	executive.director@hh-bh.ca	403-282-6634
Administrative Assistant	Darcie Young	admin@hh-bh.ca	587-716-5333
Facility Manager	Chris Lee	bookings@hh-bh.ca	587-717-2665

PROGRAM COORDINATORS		
Indoor Soccer	Eve Miller	indoor.soccer@hh-bh.ca
Outdoor Soccer	Judy Aldous	outdoor.soccer@hh-bh.ca
Youth Badminton	Theresa Cowan	badminton@hh-bh.ca

COMMUNITY RESOURCES		
Louise Riley Library	Allison Thomson	allison.thomson@calgarypubliclibrary.com 403-221-2047
Community Police Liaison	Cst. James Dore #3680	JDore@calgarypolice.ca 403-428-6344

CONTACT

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

Board Room / Gym - 1922 – 14 Avenue N.W.

Parking: west of the Louise Riley Library, accessed via the library drive-way. Hall/Gym is located NE of our parking lot, just across the soccer field.

Phone: 403-282-6634

Email: admin@hh-bh.ca

Beacon Submissions: beacon@hh-bh.ca

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

The HH-BH Gym and Boardroom schedule can be viewed at www.hh-bh.ca.

For the latest news, programs and events, please visit our Official HH-BH Community Association website at www.hh-bh.ca.



Like our Facebook Page - www.facebook.com/hhbhca



Follow us on Twitter @hhbhca

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

EVENTS CALENDAR OF EVENTS

- Community board meetings are held every second Thursday of the month at 7:00 p.m. in the HH-BH Community Centre boardroom. All community residents are invited! To be on the agenda, please contact admin at hh-bh.ca at least 2 weeks in advance. **Next Meeting: October 12, 2017.**
- The HH-BH Community Association's AGM will be held November 15 at 7:00 p.m. in our community centre board room. There will be positions on our board that need to be filled, including President, Secretary, Treasurer, Events and IT directors, so please consider supporting this great community by becoming a board member. More details can be found in Laura Hunt's

- profile, or by emailing president@hh-bh.ca
- Briar Hill School Halloween Hey Day party is scheduled for Friday, October 27, from 6:00 p.m. – 7:30 p.m. at Briar Hill School, 1233 – 21 Street N.W. All community families are welcome to attend! See ad in this issue of The Beacon for more information.
- The HH-BH community association facility enhancement planning continues and there is still an opportunity to help plan and create a space to meet the needs of our community. Meetings are held the third Wednesday of every month at the community boardroom, 7:00 – 9:00 p.m. For more information, contact Carol Sandahl: vp@hh-bh.ca
- A HH-BH community association membership drive will be held in fall 2017 (date not determined at time of printing). More information is included in this issue, and updates will be posted on the website as it becomes available.
- Space is still available at Hounsfield Heights-Briar Hill Playschool on Tuesdays and Thursdays. Register online at www.hhbhplayschool.com or send us an email to education@hh-bh.ca.

Hounsfield Height-Briar Hill Membership Drive

A Hounsfield Heights-Briar Hill community association membership drive will be held in early fall 2017 (exact date not yet determined). The purpose of the drive is to provide you with an opportunity to conveniently purchase or renew a membership right at your door, and to get your feedback on what we are doing right/what we could be doing better in our community.

A family membership is only \$20/year (\$10 for seniors), and entitles you to:

- register children in the HH-BH Community Playschool
- register children in indoor and outdoor youth soccer, badminton and other sports programs
- take part in adult badminton, pickleball and other recreation programs
- bring the whole family to the community hall for free Family Gym Nights on Fridays year-round
- vote at HH-BH Community Association Annual General Meetings (ours is coming up in November, by the way – we'd love to see you there!)

In addition, your membership helps support a wide range

of activities organized or supported by the community association, including:

- annual Stampede Breakfast • Summer Solstice Block Party
 - annual Community Clean-Up • family-friendly community events in the Fall, Winter and Spring, with entertainment such as the bouncy house, face painting, dunk tank, live music, dancing and FREE food and beverages
 - up-to-date news and event listings on our HH-BH website, Facebook and Twitter. Check it out at hh-bh.ca • the Beacon delivered to your door Monthly
 - ice maintenance, equipment and supplies for the outdoor rink at Green Park
 - a clean, well-kept and efficient community gym and meeting facility with friendly and helpful staff, employing youth from our community
 - organizing casino fundraisers to keep all this going
 - strategic, business and land-use planning for our community and liaising with the City of Calgary
- You can also purchase or renew your membership online by visiting our website: www.hh-bh.ca or by completing and mailing in the membership form in this newsletter.



Laura Hunt, current president of the Hounsfield Heights-Briar Hill community association, joined the board of directors in 2013, one year after moving into the neighbourhood.

Born in Windsor, Nova Scotia, Laura grew up in the beautiful Annapolis Valley,

the youngest of nine children. She attended the Ontario Veterinary College in Guelph, Ontario, and after graduating, made the decision to move to Calgary for work and love. Both Laura and her fiancé (now husband) Blake found work in Calgary, and she already had a brother and other friends and family here. Laura adopted Calgary as her new home, and though her Maritime accent is long gone, Laura regularly goes back to Nova Scotia to visit the family and friends she left behind.

Blake and Laura will be celebrating their 34th wedding anniversary this October. Their son, Erik, is 25 and attending law school. While Laura retired from veterinary medicine several years ago, she has kept very busy volunteering at the Drop In Centre library, the Calgary Public Library, and working in the collections of the Glenbow Museum. In addition, being a member of a book club helps her justify hours spent reading, and owning a dog keeps her fit through walking and hiking.

Travel is another favourite activity, and Laura believes that exploring a country is even better when cycling or hiking. "One of my most memorable trips was cycling through Provence and Sicily - and I am looking forward to exploring the streets of London, Paris, and Berlin on foot this fall," says Laura. "I'm often at the local gym with the hope that by staying fit, I can continue to stay active and travel for many years to come."

Laura and her family moved to Briar Hill five years ago. Prior to that they lived on an acreage in Bearspaw near the Bow River.

"As much as I loved the country, I disliked the distances to amenities and downtown Calgary, and the driving - especially in the winter!" says Laura. "I got a couple of excellent sales pitches from Carol, our community asso-

ciation's vice president, and other friends who live here so this is where we started looking for a new home."

The decision to move to HH-BH seems to have been a good one for Laura. "We have it all here! We're so close to everything and I barely drive my car anymore. The bonus - a micro-climate that allows us to grow so many wonderful flowers, fruits and vegetables, and the wonderful people in our neighbourhood."

Laura joined the HH-BH board of directors because she wanted to get to know her neighbours and be actively involved in making HH-BH a safer and more connected community. Recently, a woman Laura never met before approached her as she stood in line at a local store, and thanked her for helping create a positive outcome on a community issue. "That's part of what makes this work so rewarding - the feeling of making a difference," explains Laura.

One of Laura's favourite events is the annual Summer Solstice block party. "It's is an amazing sight - Green Park full of people and dozens of volunteers helping make it a success and giving us all a sense of community through the experience of having fun together." Another highlight of Laura's time on the board is the evolution of the community hall expansion, led by HH-BH vice-president Carol.

This November at the AGM, the HH-BH board of directors will have some very important positions that need to be filled: President, Secretary, Treasurer and Events Director.

"Please consider stepping into one of these positions," asks Laura. "While being a board member takes time and effort, these roles are supported by an excellent Executive Director and the other board members. It is a very rewarding way to make HH-BH a better place to live, and our group is vibrant, energetic and fun! We all respect each other and work well together - it's fun to accomplish projects and set goals with such a talented group."

As president, Laura has had the opportunity to further develop her skills as a leader and to promote dialogue amongst the other board members. "We have a tal-

~continued next page~

Hello neighbours;

The fall season is definitely in full swing now and we are firmly into our new routines. I hope that some of you have added an extra activity by attending one of the many new health and wellness programs that are now offered at our community centre. It's been exciting for our Community Association to get them organized and offered to you! Please check our website (hh-bh.ca) for a list of what is offered and if you've missed your chance to register for a program this fall, you will have another chance to attend new sessions after Christmas.

A big event this month is our city's municipal election on October 16 (advance polls run October 4 - 11). I hope that you have been able to attend one of the several candidate debates in our Ward so that you can make an informed decision and cast your ballot wisely.

Speaking of elections, our Community Association's AGM is next month, November 15 at 7:00 PM in our community centre board room. Please give us your support, feedback and ideas on how to continue to make our community a special place to live. There will be positions on our board that need to be filled, including President, Secretary, Events and IT directors. As well, the crucial position of Treasurer will be vacant. Our association's registration as a Society depends on having a treasurer so this role must be filled. Help! Our board members are a talented and committed group of residents and along with our executive director, we are able to accomplish a lot. Please join us!

One of our projects has been the improvement of Lions Park. As many of you know, this lovely strip of greenspace that runs along the south side of 14th Ave has fallen on hard times the last few years due to transients, drug users and their dealers. In an effort to make this area less hospitable for them, several park benches and tables have been removed at the request of residents and our community police constable. Unfortunately, this has caused some inconvenience for legitimate park patrons but along with plans to trim some of the bushes and improve the lighting on the pathway, we hope that criminal activity will decline and we will eventually be able to rebuild the playground area and once again enjoy all of the park. I am grateful to the Calgary Police Ser-

vice and the City of Calgary Parks department for their input and help.

I hope you are enjoying the fall and that you have a very Happy and Healthy Thanksgiving. We live in a wonderful community and have so much to be thankful for.

Laura



COMMUNITY MEMBER PROFILE CONT'D

ented, committed, and cohesive group of people on the board who spend their limited free time working to make HH-BH a better place by planning programs and events, and by advocating on behalf of the residents in City matters and projects. These are people who really care and are willing to work to help their neighbours."

However, even the most competent and dedicated board can't do it without residents' input. "Our community association is important and relevant to the safety and well-being of residents, but to be effective, it's critical that residents support and engage with board members so we know what the important issues are, and what goals and services we should focus on."

While she is very modest about the accomplishments during her tenure, there is no doubt that Laura's devotion to HH-BH and its residents will have a positive and lasting impact. Though she will be stepping down as president in November, she has graciously agreed to remain on the board in the role of past president.

FITNESS

NEW Classes Fall 2017

We are very happy to announce some exciting new classes being held at the Hounsfield Heights-Briar Hill community centre this fall! Below is a brief description of the classes and name of instructor. For more detailed information and dates/times, please go to our website at hh-bh.ca or call 403-282-6634.

Spring Qigong

Description: Spring Forest Qigong (chee-gong) is a simple, effective method to help you heal physically and emotionally. The meditative movements combine breath, visualization and sound and are designed for any age or ability. Qigong activates the body's energy system and is known as one of the most powerful healing techniques in the world. Learn how to reduce stress and anxiety, eliminate pain, increase vitality and overall wellness. Children under the age of 16 must be accompanied by an adult.

Instructor: Jan Collins

High Fitness

Description: AEROBICS is Back! Bigger, Better, HIGHER! HIGH Fitness is a hardcore, fun fitness class that incorporates aerobic interval training with music you love and intense easy to follow fitness choreography. It combines FUN (pop songs of old and new that everyone knows and loves) with INTENSITY (interval,

plyometrics and cardio) with CONSISTENCY (each song has specific simple moves taught the same by all instructors). HIGH Fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks. Get Addicted to being fit!

Instructor: Maria

Seniors Yoga

Description: Get moving and bring balance to your life again. Explore yoga with other seniors. We will use a series of props such as chairs, blocks, bolsters and straps to help your body ease into poses that will improve activity levels, create and build strength, and bring a new level of balance to your mind and body. We will work to increase mobility and the range of motion within the joints and spine, giving back to the body that has served you so well throughout life.

Instructor: Marie O'Donnell

Kids Yoga/After School

Description: Lets increase self-esteem, and decrease stress in the lives of your little ones... because, let's be honest, it's tough being a kid these days. Yoga helps youth in becoming comfortable in their own

bodies, and in learning lifelong techniques to calm their minds. This class combines yoga asana (poses), pranayama (breathing exercises) and mindfulness meditation that are age appropriate and will help to bring balance and positivity to start the week off right.

Instructor: Marie O'Donnell

Intro to Yoga- Hatha/ Foundational

Description: This is a foundational class where you will learn a series of yoga poses (asanas), and their Sanskrit names in a safe and friendly environment with others who likely have little or no experience with yoga. This beginner's class uses a combination of simple postures, combining movement with breath. We will work on flexibility, strength and balance, and incorporate pranayama (breathing exercises), and simple meditations. We will move slowly and mindfully, opening up the mind and the body. No experience necessary... we're starting at the beginning.

Instructor: Marie O'Donnell

Yoga for Well-Being

Description: Connect with a deeper sense of your being. This 10-week program offers gentle yoga poses and movement with breath awareness practices and the mindfulness-based meditation of iRest® yoga nidra. iRest yoga nidra is a guided meditation of deep relaxation and inquiry. Widely gaining scientific attention, the practice is profoundly simple and deeply transformative.

Instructor: Claudia Frick Istvanffy

Hypercreative Art

Description: For the past two years Janice and Carol have been conducting art workshops in the Calgary

area. Janice Mather, a local Calgary artist, teacher and entrepreneur, has a degree in psychology and art, and uses this background to help share with others her love for and strong belief in the positive power of art in our lives. She continues to support local artists and is active in the Calgary art scene.

Carol Marasco has a full accounting and business background, and a long-time passion for arts and crafts. She looks forward to sharing her creativity.

There will be three workshops held – Rustic Farmhouse Charm; Honor, Heroes, Sacrifice, Memory, Land of the Free; and Rudolph With Your Nose So Bright.

Awareness Through Movement

Description: Would you like to find a new way of reaching your fitness goals? Does pain and stiffness hold you back from enjoying daily activities? While habits, stress, repetition, pain, neurological challenges and injury limit our choices, The Feldenkrais Method® can help each one of us to improve the way we feel and function. Learn to improve your "movement intelligence" by joining this series of Awareness Through Movement® classes.

In these "user friendly" classes, you'll begin with minimal movements that engage your attention and nervous system. Whether your movement is limited, or whether you'd like to improve performance in sports, music, yoga or running - you can benefit from learning more biomechanically efficient movement patterns.

Instructor: Jennifer Herzog



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Join us and meet new people in a relaxed non-structured environment. We have a child friendly designated area with lots of new toys, an indoor play structure and a snack/craft area. Kids can play, make crafts, paint, use play dough or have a snack while parents relax and chat with neighbours.

During the year we hold a number of parties and events, which are all run by our parent volunteers. Face painting, bouncy castles, crafts and a visit from Santa are some of the activities the kids can enjoy at our parties.

We meet in the Lower Hall from 9:00 - 11:00 am and the program runs Monday to Friday. Visit the MPCA website (mpca.ca), look for playgroup (under Our Community) and register to join us!"



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Letter to the editor
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Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. I'm amazed at how well this worked!

Thanks for all your help,
Sincerely,
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Owner of Buds and Blooms

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- Brent Alexander Campaign
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- BrentAlexanderWard7
- 587.432.6777

MEMBERSHIPS

Your annual membership is good through July 31, 2017 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.

HOUNSFIELD HEIGHTS – BRIAR HILL COMMUNITY ASSOCIATION	
MEMBERSHIP APPLICATION 2016-17	
Family Name(s): _____	
First Name - Adults:	1. _____ 2. _____
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: <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, 2017</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>	



Calgary Confederation
Len Webber, MP
 2020 10 St NW, T2M3M2
 403-220-0888
 len.webber@parl.gc.ca

Not All Corporations Are Big

My office has been inundated with hundreds of letters from Calgarians upset with the proposed changes for private corporations. Canada's tax system should be fair and equitable for all. However, I am concerned that the Liberals' proposed tax changes will make it harder for Canadians to get many critical goods and services.

Private corporations are a popular tax arrangement for business owners, such as farmers, doctors, lawyers, engineers and other independent professionals. They limit their and their family's liability from the financial risks they undertake in their professions. They also help facilitate a savings method for those who do not have formal group pension plans. This legitimate tax structure has been in place for many decades and has proven to work well.

By incorporating, a person is able to create a separate legal entity to operate under and have their revenue, expenses and assets treated separately from their income. This makes sense as the money you pay to your dentist, for example, is not entirely their income. It is revenue that pays for staff, business expenses, insurance, rent, etc. Only after those expenses are paid does your dentist draw a salary from the corporation which is taxed the same as you and I. If they leave profit in the corporation, they do not pay tax on it now, but will pay tax on it later when they draw the income (likely in retirement).

Some are facing a three-fold increase in their tax rates and this drastic increase could drive many professionals out of their professions and many out of Canada.

I am concerned any changes will make it harder to find a family doctor and increase wait times; make local meats and produce more expensive; and discourage young Canadians from starting their own business. We know government spending is at an all-time high, but hitting key parts of our community and our economy with dramatic tax hikes is not the answer.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? 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.

K AND K MAID SERVICES: Residential and commercial cleaning, moving in and out cleaning. Available weekly, biweekly, monthly and one time. Excellent references. Insured and bonded. For a free on site consultation, please call Katy at 403-891-8447 or email kkcleaningcalgary@gmail.com.

THE GUTTER DOCTOR! We install, fix and clean eaves-troughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. 2017 Consumer's Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

TLC CLEANING: Over 18 years' experience in the business! TLC Cleaning is a small and personalized cleaning company. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references, environmentally friendly options too. Let us put a little TLC into your home! Free estimates; please call Carol at 403-614-8522.

SCHOOL SHOUT-OUTS

Briar Hill School Council invites all ghosts and goblins to attend our

HALLOWEEN HEY DAY PARTY

Scheduled for Friday, October 27

From 6:00 p.m. – 7:30 p.m.

At Briar Hill School
(1233 – 21 Street N.W.)

We welcome all community families to attend! The event is both a fundraiser for our School Council and a great community builder.

Come play some carnival type games, visit the Haunted House and even get your fortune told!

Coupons may be purchased at the school the evening of the event. Please no full-face masks. Have questions about the Halloween Hey Day? Please contact Joy-Lynne Marchant at zolk@shaw.ca.



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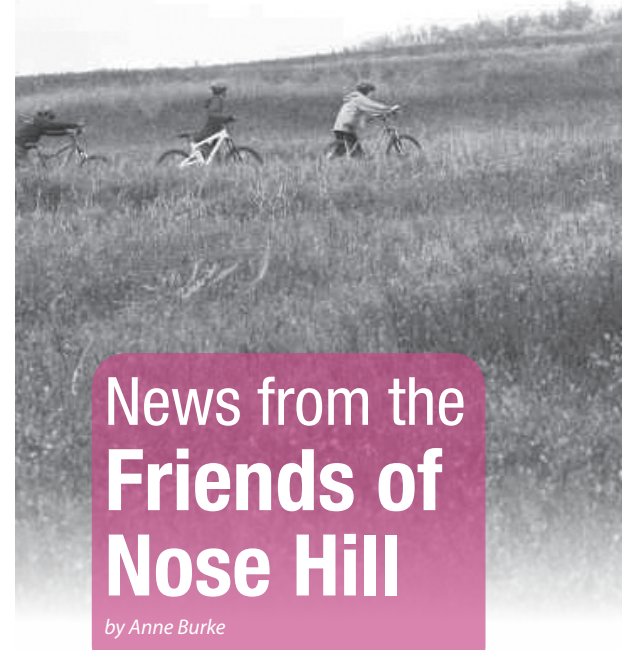


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Space is still available in our Tues/Thurs afternoon class.

See hhbhcaplayschool.com for more details!



News from the Friends of Nose Hill

by Anne Burke

Over the past few years, a number of projects were done in Nose Hill Park as part of the implementation of the Nose Hill Trail and Pathway Plan. The controversial plan was approved by Council in July 2005 and construction began in 2006, with asphalt paving. Project plans are on the city website and there is a map with an update on our website.

Construction activities continue and focus on the following work:

- Building primary (gravel) trails, timber landscape stairs for problem grades, and stabilized tread (dirt - single track) trails.
- Other options are to re-vegetate trails naturally, ploughing a trail to a shallow depth, and reseeding. The length will be decided in the field, depending on the sightlines, and to the satisfaction of the City Project Manager.

One of our members said: "I hope all is in order but I was alarmed to see a backhoe parked above Charleswood and John Laurie, south of the gully from Brisebois Drive. I hope there is no plan to pave or gravel that path along the ridge crest. We have so many paved and manicured paths already on the Hill."

Here is an answer from the Zone 3 Parks Superintendent to the Ward 4 Councillor. "The backhoe is being

used to construct the formal gravel trail that is on the attached construction drawings in a little square. It will be a designated trail replacing a worn desire line trail. The construction of the stairway and designated trails have gone as planned this year and look great."

Just a reminder: Nose Hill Park is a natural environment park, so please respect wildlife and plants. Do not pick the flowers or they will not be there for future park users and stakeholders.

In 2012, Council approved the *CalgaryEATS!* plan developing a field guide of wild urban edible plants in the area. Since many members of the public are already foraging in our green spaces, this project provides the opportunity to increase public education around wild harvest, while promoting safety, sustainability, and environmental protection.

This field guide will have information on urban food foraging, such as how to identify urban edibles, places where foraging can be practiced (details still to be worked out), how to prepare wild edibles, and avoid non-palatable or poisonous look-alike species.

SNEEZE AND BE MERRY!

In a number of cultures around the world, the response to a sneeze is typically to wish God would bless the sneezer, or to wish the sneezer health and long life. And the usual responses are to say thank-you or to excuse oneself for the sneeze.

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About Wine

by Nik Rasula

About Wine features wines not typically on one's shopping radar. Special wines – made from grapes or blends, regions or countries - that may not be common or well known.

About a wine, or winemaker, with a story to tell; of place, process or style; featuring artisanal producers making unique, reasonably priced (under \$50 retail) wines, combined with careful earth stewardship.

2016, Pietradolce, Etna Rosso (100% Nerello Mascalese)

ABOUT THE MAKER: Founded in 1972 by Venarondo Faro, the Pietradolce Winery is now run by sons Michele and Mario. The boys are renowned in viticulture circles for their vine-nursery acumen, hands-off winemaking style and the reverence for which they hold "our volcano."

ABOUT THE VINEYARD: Located in northeastern Sicily, Italy, the Faro's Nerello Mascalese vineyard occupies five hectares, 600 metres up the northeastern slope of Mt. Etna. An active volcano, Etna is a revered stakeholder in the growing process; supplying lavic nutrients and the large diurnal temperature swings that add fragrance, richness and depth to the wine.

ABOUT THE GRAPE: Native to the island, there are but 3,000 hectares of Nerello Mascalese vines in all of Sicily. Having adapted over the centuries, this vine thrives in the arid, rocky terrain of the region.

ABOUT SUSTAINABILITY: Sustainable winemaking.

The Faro brothers combine traditional grape growing with modern fermentation techniques, paying homage to worlds both old and new.

ABOUT THE WINE: Bright garnet in-glass, red-berry aromas mix with notes of minerals and balsa wood. Refreshingly acidic, light-bodied cranberry and sour cherry flavours combine to carry the long and clean palate.

ABOUT PAIRING: Pair with Pecorino cheese, seared fish or roasted/fried fowl.

ABOUT AVAILABILITY: Check liquorconnect.com (call the listed store too) confirming availability.

CSPC #762733

ABOUT PRICE: \$28



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