

DECEMBER 2017

DELIVERED MONTHLY TO 2,000 HOUSEHOLDS

your **HOUNSFIELD** HEIGHTS **BRIAR** HILL — BEACON —

A QUIET CENTRAL RESIDENTIAL COMMUNITY WITH FRIENDLY NEIGHBOURS CONNECTED THROUGH ACTIVE PUBLIC SPACES



THE OFFICIAL HOUNSFIELD HEIGHTS-BRIAR HILL COMMUNITY NEWSLETTER | www.hh-bh.ca

Great News Publishing

| Call 403-263-3044 for advertising opportunities

| www.great-news.ca



THE RAMAGE GROUP



Greg Ramage, Lucas Ramage, Brent Mulligan



1737 2 Avenue NW

Rarely available 5 BEDROOM above grade with four "kid" rooms upstairs, 2 "Jack + Jill" ensuite bathrooms for each bedroom & the highest quality finish with selections by esteemed designer Douglas Cridland.



2008 4 Avenue NW

Arts and crafts style provides attractive curb appeal, with river-rock detailing and a charming front porch. Steps away from shops and the expanding retail section of West Hillhurst the river paths, community parks and schools.



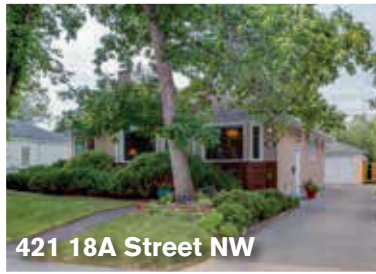
4507 16 Street SW

Paramount Projects presents this stylish modern home in the prime inner-city community of Altadore. A well-conceived floor plan delivered with exceptional finishing.



2715 1 Avenue NW

This arts & crafts inspired home is loaded with custom features and details. From the inviting front walk and perennial gardens through the cedar covered porch, you are welcomed by this bright and cheery home.



421 18A Street NW

Large bungalow on one of West Hillhurst's most desirable streets! Steps to the Hillhurst Community Centre, public transportation, 19 Street shops and Queen E School!



1240 20 Street NW

Prime Briar Hill location, stunning landscaping, brick walkways + patios, stone retaining walls, beautiful gardens, a private backyard oasis + oversized triple garage + workshop.

View stunning HD videos and photo galleries at www.RamageGroup.net

If you're thinking of selling and would like to see how we can create the very best marketing plan, that ultimately gets your home sold quickly and for the most money, contact our team, Greg Ramage, Lucas Ramage & Brent Mulligan.

www.RamageGroup.net 403-270-7007

#300 - 1130 Kensington Road NW

RE/MAX Real Estate (Central)
Each office independently owned and operated

TRANSFER YOUR PRESCRIPTIONS TO YOUR NEIGHBOURHOOD PHARMACY



Enjoy one-on-one services

D&M PHARMACY

- We accept all drug insurances
 - Free delivery
- Just Call Us!**



1505 19 St NW
587-353-0377
www.travelpharmacy.ca



Happy Holidays

SAVE \$10
ON ORDERS OVER \$50

Avalon Cleaners and Hi Neighbour Cleaners

- Garments are cleaned with environmentally-friendly products
- Shirts are hand-finished and buttons replaced, latest technology for shirt pressing and finishing just installed in the fall
- Same day service available if in before 10 am
- Convenient parking rear of building at Avalon
- Excellent customer service

Serving your community since 1984
Accepting BitCoin soon!

Avalon Cleaners 1105B Centre St. NW 403-230-0233 www.avaloncleaners.ca	Hi Neighbour Cleaners 309 -19th Street NW 403-283-4123
--	--

*Bring in this ad to redeem discount

evolution
olive oils • vinegars • tasting bar

Unique entertaining gifts for the Holidays

Taste the world of olive oil and balsamic vinegar.

Market Mall near the Moxie's Entrance
Canmore 710 Main Street
Banff 121 Banff Avenue
evolution.ca



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

Delivered monthly to 2,000 households and businesses for 2 years!

Editorial Submissions

beacon@hh-bh.ca
 All editorial content must be submitted by the 5th of the month for the following month's publication.

Advertising Opportunities

403-263-3044 | sales@great-news.ca
 All advertisements must be submitted by the 1st of the month for the following month's publication.

Published by Great News Publishing

Serving Calgary communities for 28 years
 87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
 Calgary, AB
 T2C 2K2

Check out our website:
www.great-news.ca



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Hounsfield/Briar Hill Community Association.

The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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	
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	
Road Conditions – Calgary	511	
Weather Information		
Gamblers Anonymous	403-237-0654	

CONTENTS

7	PRESIDENT'S MESSAGE
8	MESSAGE FROM THE BOARD
8	COMMUNITY PROGRAMS
9	CALENDAR OF EVENTS
10	CHRISTMAS COOKIES FROM AROUND THE WORLD
13	FEDERATION OF CALGARY COMMUNITIES: GOING ON A CHRISTMAS HOLIDAY?
14	NEW FITNESS/ART CLASSES WINTER 2018
17	NEWS FROM THE FRIENDS OF NOSE HILL
18	ABOUT WINE





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 Marsha	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

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](https://twitter.com/hhbhca)

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

PRESIDENT'S MESSAGE

It is once again November and time for our AGM. Another busy year has gone by and our Community Association has been active, striving to achieve goals that support and enhance our community. I sincerely thank all of you who have generously given your time and talents to make our year a successful one.

I encourage you to read the directors' reports about their many accomplishments this past year. They will give you details about the projects and activities that your board has been involved with over the last 12 months. I would now like to highlight some of these accomplishments.

Better governance and administration:

Last February, our board held a special general meeting to address needed updates and revisions to our bylaws. A dry subject but integral to who we are and the rules by which we conduct our association's business.

To give practical and detailed structure to running our association, our board put together a Business Plan. This plan outlines our activities, priorities and projects and give guidance to those who are involved with them. We are also currently putting together a Policies and Procedures manual. This will give us protocols for a range of activities, from screening potential board members and employees to how gym staff are to deal with the public who uses our facility.

We have improved our governance of the community run play school. This started with a name change to reflect our Community Association's sponsorship - the play school is now the HH-BH Community Association Play School. Our audits have been done by the same auditor this year and you will see the play school's audit along with our community's in the auditor's report.

A community survey and membership drive are happening this month. Please take part and help us learn what is important to you so that our board can better focus and deliver on these issues.

Last March, we hired a full time Executive Director, Guy Latour, to help our board with administrative duties and projects such as the business plan. He gives technical support to our directors, for example, keeping our website up to date and sharing his experience with sports programming and building projects. He also manages our facility and staff. Guy has done a wonderful job so far with these tasks and has played an important role in our success this year.

With Guy's help, our gym revenue has increased due to bookings and increased numbers of programs such as pickle ball and fitness classes. We have completed a costly

roof repair with the help of a substantial grant, and finally, after many years of discussion, sound baffles have been installed in our gym.

Our Vice-President, Carol Sandahl, is doing an excellent job leading our facility expansion project and we are looking forward to having more space and versatility to allow us to offer a greater variety of programs to residents and to rent our building to outside groups. She would like to have you involved so please attend her meetings the third Wednesday of each month.

This past year has presented our community with some big potential development projects and our Community Association board has worked to enhance communication between residents and the city's municipal government so that our concerns and ideas will be heard. We hosted a workshop and open house to allow discussion and input on future changes at North Hill Mall last June, and are currently supporting a group of concerned residents' dialog with the city and a developer who is proposing a student residential tower in Banff Trail.

To commemorate the end of the community run kindergarten in 2016, we hosted a reunion party last November and purchased a set of early emergent reading books for the Briar Hill Elementary School kindergarten. Each book contains a name plate to remind its readers of this valuable community program.

Finally, I would like to thank our board members for their work and for supporting me as President these last two years. I have been honoured to serve you and I thank you for your support in so many ways. I am now stepping down to attend to other family and volunteer obligations and interests and to allow opportunities for new leadership and ideas. But as of now, no one has stepped forward to fill this role along with some other board positions, so our board is in a state of flux.

Our board is run by volunteers and is only as strong as its members. Our Community Association is relevant and successful, and an important part of our neighbourhood. Please do your part to help this organization continue.

Also, please know that you are always welcome to attend our meetings or communicate with board members individually, and that we value your input and participation in our Community Association.

Yours sincerely,

Laura

MESSAGE FROM THE BOARD



Dear Hounsfield Heights-Briar Hill Residents,

As directors of your community association, we recently commissioned a survey and membership drive to increase resident involvement in our community. This survey will help us determine if you support our projects, such as the major addition planned for our community centre, and what programs should be offered to you.

As a relatively small, inner-city neighbourhood, we have a number of challenges that require your awareness, and in some cases action, to address. Our location makes us vulnerable to criminal activity (close to LRT and major routes, etc.) and to land redevelopment initiatives, such as North Hill mall redevelopment and secondary suites, that are a real threat to our choice to live in a primarily single-family community.

There are other challenges of course, and also opportunities. This is why we would like to hear from you, either through the survey (if you haven't already responded), on our Facebook page, or directly to your Board of Directors via email or phone (link to the survey and contact information is below).

It is important that you include your address when responding to the survey, so we can identify general areas where there are specific issues.

We are also in need of more volunteers to help lighten the load for the handful of people who work very hard to stay abreast and respond to anything that affects our community. We are especially looking for board volunteers, and there are vacant positions that need to be filled.

If you are able to contribute some of your time, you would be warmly welcomed.

Thank you.

HH-BH Community Association Board of Directors

Survey: <http://hh.questionpro.com/>

Facebook: www.facebook.com/hhbhca

Email: admin@hh-bh.ca • **HH-BH office:** 403-282-6634

COMMUNITY PROGRAMS



HHBH Gym Drop-In Programs

Badminton: Tues-Fri: 9:00 am – 12:00 PM

Pickleball: Tues, Wed, and Thurs from 1:00 pm – 3:30 pm

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

Family Open Gym Night

Free open gym for the community provided Friday nights when available. Please visit our website at www.hh-bh.ca/community-open-gym-free to confirm availability.

Adult Badminton Clinic

Don't miss this chance to learn this exciting sport! Program is offered Sundays November 5th, 12th and 19th from 7:30 p.m.-9:30 p.m. at Hounsfield Heights-Briar Hill Community Centre, 1928-14 Ave NW. This is a six-hour course and will cover all the basic skills for recreational and club players. Please contact Grace for more info or registration at gymyuen@gmail.com.



YOUR CITY OF CALGARY

Off-Leash Ambassador Program

Volunteer Recruitment

We are recruiting volunteers to participate in the Off-Leash Ambassador program.

The Off-Leash Ambassador program is an innovative approach with a volunteer-based, citizen-led initiative to promote responsible pet ownership in Calgary's 150 off-leash parks.

Volunteers in the program will:

- Promote responsible pet ownership, positive pet interactions and safety in off-leash areas through the provision of information and demonstrations
 - Answer questions regarding Calgary's bylaws in off-leash areas
 - Act as positive role models in off-leash parks in terms of adhering with Calgary's bylaws
 - Provide an avenue for citizens to express concerns and pass along concerns to City staff
 - Promote the work of Calgary Community Standards and the services available at the Animal Services Centre, such as animal adoption and licensing
- Ambassadors will receive training to familiarize themselves with bylaws, canine body language, as well as tactics to communicate with the public.

Visit us at: www.calgary.ca/offleashvolunteer.

Be a Snow Angel!

"Lucky and proud." – That's how a lot of people describe their feelings when they nominate a Snow Angel. Many are seniors without the strength to clear their walks. Others may be on the mend from surgery or an illness and their physical ability is limited. Sometimes it's a neighbour who is just having trouble coping with added responsibilities in his/her life.

When you pick up your shovel to clear your walk this winter, take a few extra minutes to help a neighbour too. You'll make it easier for everyone to travel your neighbourhood and build a sense of community at the same time. For more information, visit calgary.ca/SnowAngels.



CALENDAR OF EVENTS

December 2017

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 two weeks in advance. **Next Meeting: December 14, 2017.**

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

Thank you to all who participated in the recent HH-BH survey and membership drive. Once the survey results have been compiled, they will be shared in an upcoming edition of The Beacon and via e-Beacon, and a link will be posted to our website at www.hh-bh.ca.

HH-BH Health and Wellness classes continue into 2018. Sign up now to start your new year with a commitment to yourself, and in support of your community association! More information is included in this issue or at www.hh-bh.ca.





Christmas Cookies

from Around the World

In this month's issue of The Beacon, we are sharing a few Christmas recipes from around the world instead of the monthly resident profile feature, which will return in January 2018.

A wonderful Christmas tradition practiced around the world is the baking of cookies. Every country has its specialties, and here are few Christmas cookie recipes to add to your collection.

Italian Christmas Cookies

48 servings

Cookies

- 2 ½ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 ¼ cups granulated sugar
- ½ cup butter, softened
- 1/3 cup whole milk ricotta cheese (from 15-oz container)
- 2 teaspoons grated lemon peel
- 2 eggs
- 1 teaspoon vanilla

Frosting

- 2 ¼ cups powdered sugar
- 3 to 4 tablespoons lemon juice
- red and green sprinkles, as desired

Steps

1. Heat oven to 350°F. In small bowl, stir flour, baking powder and salt.

2. In large bowl, beat granulated sugar, softened butter, ricotta cheese and lemon peel with electric mixer on medium speed about 1 minute or until fluffy; scrape side of bowl. Beat in eggs, one at a time, just until smooth. Stir in vanilla. On low speed, beat flour mixture into sugar mixture until well blended. Cover and refrigerate 30 minutes.
3. Using floured fingers, shape dough into 54 (1-inch) balls; place 2 inches apart on ungreased cookie sheets. Bake 9 to 11 minutes or until set but not brown. Cool 2 minutes; remove from cookie sheets to cooling rack. Cool completely, about 15 minutes.
4. In small bowl, beat powdered sugar and 3 tablespoons lemon juice with spoon until smooth and spreadable. If frosting is too stiff to spread, add additional lemon juice, 1 teaspoon at a time. Using knife, spread 1/2 teaspoon frosting on each cooled cookie; immediately top with matching red or green sprinkles. Let stand about 30 minutes or until frosting is set. Store covered in airtight container at room temperature.

Source: <https://www.bettycrocker.com/recipes/italian-christmas-cookies/6eda4f09-cbe5-4e9c-9a61-aeb5b31c7426>

Russian Tea Cakes

48 servings

Ingredients

- 1 cup butter or margarine, softened
- ½ cup powdered sugar

- 1 teaspoon vanilla
- 2 ¼ cups all-purpose flour
- ¾ cup finely chopped nuts
- ¼ teaspoon salt
- Powdered sugar

Steps

1. Heat oven to 400°F.
2. Mix butter, 1/2 cup powdered sugar and the vanilla in large bowl. Stir in flour, nuts and salt until dough holds together.
3. Shape dough into 1-inch balls. Place about 1 inch apart on ungreased cookie sheet.
4. Bake 10 to 12 minutes or until set but not brown. Remove from cookie sheet. Cool slightly on wire rack.
5. Roll warm cookies in powdered sugar; cool on wire rack. Roll in powdered sugar again.

Source: <https://www.bettycrocker.com/recipes/russian-tea-cakes/3af8664b-6c3e-4022-b686-cd961521e59b>

Polish Kolacky Cookies

Makes 36 cookies

Ingredients

- 6 ounces (about ¾ cup) cream cheese, at room temperature
- 1 cup (2 sticks) unsalted butter, at room temperature
- 1 tablespoon granulated sugar
- 2 1/2 cups all-purpose flour
- About ¾ cup prepared poppy-seed, apricot, or prune filling or thick jam of choice
- Sifted confectioners' sugar for dusting

Preparation

1. In a large bowl, with an electric mixer, beat together the cream cheese, butter, and sugar on medium speed until light, about 2 minutes. On low speed, gradually beat in the flour just until mixed. The dough will be soft and sticky.
2. Divide the dough in half. Pat each half into a thick disk and wrap separately in plastic wrap. Refrigerate until firm enough to handle, at least 1 hour or up to 1 day.
3. Preheat the oven to 350°F. Lightly grease or spray cookie sheets.
4. Dust a pastry cloth or board with flour or confectioners' sugar. Remove 1 dough disk from the refrigerator and place it on the pastry cloth. Keep the remaining dough disk refrigerated. Roll out the dough into a square or rectangle 1/8 inch thick. Cut into 2 1/2-inch squares.
5. Place 1 teaspoon of the filling in the center of each square. Pull 2 opposite corners of the square into the middle, and pinch the edges together to seal. Place the cookies on the prepared cookie sheets, spacing them about 1 1/2 inches apart. Repeat with the remaining dough and filling.
6. Bake in the center of the oven until lightly golden, 12 to 15 minutes. Let cool on the cookie sheets for 1 to 2 minutes, then transfer to wire racks. Dust the tops with sifted confectioners' sugar while still warm, then let cool completely.

Source: <https://www.epicurious.com/recipes/food/views/kolacky-362410>

MEMBERSHIPS

Your annual membership is good through July 31, 2018 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 2017-18

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, 2018

Annual membership (including GST) is :

- \$20 per household
 \$10 for seniors

Paid by: cash cheque

Send cheques payable to **Hounsfeld 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.



Going on a Christmas Holiday?

The Christmas Holidays can be a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock. Below are a few tips to help reduce your risk:

- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the sidewalk and steps are cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TVs on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more resources, check out the Federation of Calgary Communities website at calgarycommunities.com under the Building Safe Communities menu tab.

Insert yourself in front of the competition!

Get increased visibility for your clinic with our inserts.

Contact us for more information.

403-263-3044
sales@great-news.ca



Naughty or Nice?

In Iceland, in the thirteen days leading up to Christmas, children leave their shoes by the windows for the thirteen Yuletide Lads to put gifts in. However, if you've been a naughty child, Lads will leave you rotten potatoes for Christmas.

Make a difference in the life of a family...

Are you looking for a way to give back to your community?
Our Home-Start program is looking for volunteers!



What does a Home-Start volunteer do?

- Visits a family's home once per week
- Provides support, friendship and encouragement
- Gets the family involved with the local community
- Shares their own experiences of parenting and family life

Interested in getting involved?

For more info, or to learn about upcoming training sessions, contact Home-Start or visit www.boysandgirlsclubsofcalgary.ca

East Calgary: 403.660.6809 West Calgary: 403.660.1136



FITNESS

ART

NEW Classes Winter 2018

HH-BH Health and Wellness Classes - Winter 2018

Visit HH-BH.ca for full class details and descriptions.

Spring Forest Qigong

Session: January 4th – February 8th – 6 weeks

Day: Thursday

Time: 10:00 am - 11:00 am

Location: HHBH Board Room

Fees:

Non-Members: \$60.00

HHBH Member: \$48.00

Drop in: \$10.00 per class

High Fitness

Session: January 8 to March 19 – 10 weeks

Day: Monday's

Time: 9:45-10:45

Location: HHBH Gymnasium

Fees:

Non-Members: \$100.00

HHBH Member: \$80.00

Drop in: \$10.00

Seniors Yoga

Session: January 12 to February 16 - 6 weeks

Day: Fridays

Time: 3:00-4:00

Location: HHBH Board Room

Fees:

Non-Members: \$75.00

Member: \$65.00

Drop in: \$15.00

Kids Yoga/After school

Session: January 12 to February 16 - 6 weeks

Day: Fridays

Time: 4:15 – 5:15

Location: HHBH Board Room

Fees:

Non-Members: \$75.00

Member: \$65.00

Drop in: \$15.00

Intro to Yoga- Hatha/ Foundational

Session: January 12 to February 16 - 6 weeks

Day: Fridays

Time: 5:30 – 6:30

Location: HHBH Board Room

Fees:

Non-Members: \$75.00

Member: \$65.00

Drop in: \$15.00

Yoga for Well-Being

Session: January 19 to March 23 – 10 weeks

Day: Fridays

Time: 10:00 -11:30 AM

Location: HHBH Board Room

Fees:

Non-Members: \$200.00

HHBH Member: \$160.00

Drop in: \$20.00

Max.: 8

Yoga for Well-Being with Claudia Frick Istvanffy Cultivate a deeper sense of well-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.

Through a gentle, meditative approach, Claudia teaches hatha yoga for adults of all ages with bodies of varying abilities. Classes are geared towards calming the mind and finding ease in the body with a focus on developing an internal awareness of movement and breath. As a certified yoga therapist, Claudia pays special attention to the needs of individuals and invites students to make the practice their own, adapting poses to meet their own capacity.

Hypercreative Art

No experience preferred ! easy step by step instructions led by the girls at hypercreativeART Reindeer and all supplies included!

January 18 -

Paint a soft Snowy Night with us!

February 8 –

Valentines for your sweetie, hand paint two custom Wine Glasses

March 8 -

Get spring going by painting a vibrant flower display.

Session: November 16th, January 18, February 8, March 8

Day: Thursdays

Time: 1:30-3:30 PM

Location: HHBH Board Room

Fees:

Non-Members \$35.00 per session

HHBH Member: 10% discount

Seniors: 20% discount

Drop in: None

Awareness Through Movement

Session: January 10 to February 14 and February 21 to March 28th

Day: Wednesdays

Time: 9:30 am – 10:30 am

Location:

Fees:

Session: 6 weeks: Non-Members \$132

12 weeks: Non-Members \$240

Member: 6 weeks: Members: \$105

12 weeks: Members: \$192

Drop in: \$25.00

Gain Ease, Balance, Resilience and Confidence this Winter: Improve your movement intelligence in these user-friendly Feldenkrais classes. www.movingmatters.ca



GREAT NEWS PUBLISHING **28** YEARS

FYI - Great News Publishing Chooses to Forge Ahead During All Economic Downturns.

If You Feel the Same Let's Talk. 403-263-3044



**Councillor, Ward 7
Druh Farrell**
 ✉ ward07@calgary.ca
 📧 druhfarrell.ca
 📱 @DruhFarrell 📷 Druh Farrell



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

Happy Holidays from Ward 7!

On October 23rd, a new City Council was sworn in to represent Calgarians. It is an honour to serve the residents of Ward 7, and I look forward to delivering on a shared vision for a more sustainable, progressive, and resilient Calgary.

On Election Day, Ward 7 boundaries changed. We say goodbye to departing communities and wish them the best of luck in Ward 4. Ward 7 welcomes Montgomery, University Heights, University District, University of Calgary, Tuxedo Park, and Winston Heights/Mountview. I am excited to work together to enrich all of our neighbourhoods.

It is also that time of year when we gather 'round the kitchen table to spend time with friends and family. We reflect on good fortune and happy times, as well as look forward to an even better 2018.

Sadly, not all of our neighbours will be as fortunate this holiday season. Whether due to the recession, loneliness, poor health, or other challenges, many Calgarians could use a kind word and a helping hand. Here are just a few of the ways we can help:

- Call 211 (www.ab.211.ca) to access social programs and services.
- Make a donation to a non-profit. For information on charities and their finances, visit www.cra-arc.gc.ca/charitiesandgiving/.
- Volunteer! From visiting seniors' centres to reading to children, you can make a difference. Call 211 to connect to volunteer opportunities.
- Start a conversation about poverty. To learn more about poverty in Calgary, visit www.enoughforall.ca.
- Learn what it feels like to live in poverty at www.makethemonth.ca; *Make the Month* is a simulation that shows how Canadians living in poverty face choices that make or break their monthly budgets.
- Watch for people in your neighbourhood who could use help shovelling snow and lend them a hand. You can recognize a neighbour's good deeds at www.calgary.ca/snowangels.

From the Ward 7 family to yours, we hope all Calgarians can enjoy a happy and compassionate holiday season.

I wish to take this opportunity to acknowledge and thank each and every one for your support. This past year seems to have gone by so quickly. It has been busy and full, with each of us in our own way having faced challenge, opportunity and change. It is by your actions and contributions that I am continually reminded of our collective strength in sustaining a sense of stability and "can do" philosophy. This is evidenced in the support and good work of people across our community, coupled with the achievements of our younger generations. I am inspired by the wisdom and inquiry of those 'young and old' who have visited my office or sent emails of concern or inquiry. Responding to hundreds of emails and meeting with numerous constituents have kept me apprised of your priority areas requiring attention. I appreciate your thoughtful comments and commitment to bring issues forward.

And now, December is upon us. This is such a special time of year—a month when millions of homes all around the world are decorated with Christmas trees, lights and candles. This is Christmas. It is a time of when we remember others, when we make extra effort to contact all those special people who quietly support us in so many different ways throughout our life. It is a time to slow down...to fill some of our days with fun, family, friends and festivity.

For me, this festival celebrates the birth of Jesus Christ. Over the years, Christmas has become a time of gift giving and rejoicing in peace. We have taken many customs from different places around the world and mixed them together to form our modern celebration of Christmas. But one tradition remains universal—the tradition of sharing and love, in fellowship and togetherness. It is in spreading the warmth in our hearts to touch the lives of others with joy and good cheer that the true meaning of Christmas unfolds.

I hope we can pause to consider our blessings often forgotten or taken for granted...take some time to think about and plan for a future that encourages opportunity, is sustainable and values family and community...where we can share ideas, listen, learn and preserve a quality of life we all hold dear.

I am truly honoured to represent you in the House of Commons. I will continue to work to the best of my abilities to be sure your voice is heard in government.

My family and I join in extending our very best wishes to you this holiday season. May the wonderful blessing of Christmas be with you throughout the coming year.

News from the Friends of Nose Hill

by Anne Burke

Join us on Wednesday November 15 at Triwood Community Centre Lounge at 7 p.m. for our annual members meeting. Details on www.fonhs.org.

The Supreme Court of Canada played a role in the creation of Nose Hill Park. Planned public purchase of land for a park can be a legitimate reason for refusing to grant a building permit or for a refusal of an application for rezoning.

In 1973, Calgary passed a resolution restricting urban development on 4100 acres in the Nose Hill area and requiring investigation by the City of "all available means" to acquire the land. In 1976, the City reduced the size of the proposed Nose Hill Park by deleting the western parcel of 1500 acres. The Municipal Plan in 1979 said there will be a plan for Nose Hill Park. Then the City passed an area structure plan called Crowchild III which refers to the "proposed Nose Hill Park".

The City adopted the Nose Hill Master Plan by Parks and Recreation to outline the types of recreational activity desirable in the park. This plan put forward 3 alternative park concepts which were evaluated and with recommendations. As a policy document, it was incorporated in the Municipal Plan in June 1980. (There was a Master Plan Review in 1993). With approval of its plan for Nose Hill Park, the City authorized the purchase of land in the park.

The Court determined that: when a municipality makes a firm decision to create a park and demonstrates this in a land-use bylaw, this does not mean that the municipality must create the park immediately.

Under the 1963 law, land could not be zoned as parkland unless the municipality owned the land at the time. Once the decision was made, it had to acquire the land within 6 months. Otherwise, the bylaw was no longer in force.

In 1984, the Court observed that the law has gradually moved away from the rights of the property owner as paramount to planning flexibility and public interest as more important. Alberta decided that, if the rights of individuals and the public conflict, then to the extent necessary, the "greater public interest" must prevail. Ottawa agreed. In other words, *there is nothing inherently wrong with a development freeze*. The Appeal was dismissed with costs.

BUSINESS CLASSIFIEDS

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

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Hounsfeld Heights / Briar Hill area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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.

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.

HOVES OF THUNDER

In Dutch, Santa's reindeer Donner and Blitzen are named Donder and Bliksem, which means thunder and lightning respectively.



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. Highlighting artisanal producers making unique, reasonably priced (under \$50 retail) wines, all-the-while offering careful earth stewardship.

2014, Celler de Capçenes, Mas Donis Old Vines (www.cellercapcanes.com)

About the Region: Located 140 kilometres southwest of Barcelona, the village of Capçenes is 30 kilometres inland of the Mediterranean. Here it forms the heart of the region of Montsant, vineyard territory dating back centuries.

About the Maker: Founded in 1933 to offer scale to the smaller producers of the area, Celler de Capçenes originated as a low-end bulk-wine cooperative. It re-invented itself in 1995 after recognizing quality wine production was key to its success. From humble beginnings it now produces world-class wines.

About the Land: A combination of clay, llicorella slate, limestone, and sand make up the earth of the Montsant region. Each benefit unique attributes to the 50-year-old bush-vines of the region.

About the Blend: A blend in the style of France's southern Rhône Valley, the 2014 Mas Donis is a combination of Grenache (70%), Syrah (25%), and Merlot (5%). It offers a luscious alternative to the signature Spanish reds made from the Tempranillo grape.

About Sustainability: Sustainable farming practices from smaller, family-owned vineyards.

About the Wine: A lovely medium purple in-glass, distinct allspice aromas combine with notes of black cherry. On the palate, a concentrated attack of plum, spice, and liquorice impress and finishes clean and long.

About Pairing: Barbequed dry-rubbed back ribs or Fall evenings.

About Availability: Check liquorconnect.com (call the listed store too) confirming availability.

CSPC #784606

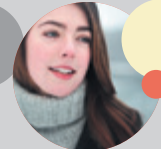
About Price: \$25

Hoffman
INSTITUTE

Do you want to take your life to the next level?

Are you open to seeing life with a new perspective?

Do you want to improve your relationships and heal existing ones?



"I consider this Process to be the most effective program for healing the wounds of childhood. The Process changed my life. I consider it essential for anyone on a healing path"

-Joan Borysenko Ph.D. & Best Selling Author

The Hoffman Process is ranked as one of the top transformational programs in the world and is designed to bring about positive, permanent shifts in the quality of your life - in just seven days.

When you are ready to shift your life, give us a call at **1-800-741-3449** and visit us at hoffmaninstitute.ca for more information.

RBC Dominion Securities Inc.

QUESTIONING YOUR INVESTMENTS?

Get a professional second opinion on your portfolio

MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES



MICHAEL MARTIN, MBA, CFA, CFP

Investment Advisor
403-266-9655
michael.t.martin@rbc.com

If market volatility is making you second-guess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

- Is your portfolio still on the right track?
- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

www.martinwealth.ca



RBC Wealth Management
Dominion Securities

There's Wealth in Our Approach.™



CARDINAL

BY TREVOR RAMAGE

Re/Max Real Estate Central



📞 403.850.2560

*“Wishing you a season of gladness, a season of cheer
and to top it all off, a wonderful new year”*



2608 2 Avenue NW

\$1,669,900 • C4142798

Classic architecture with modern touches and enduring quality throughout.



531 34A Street NW

List Price \$879,900

Light & bright interiors define this home's charm and welcome a new family.



2838 6 Avenue NW

List Price \$919,900

A beautifully crafted home SOLD to not just buyers, but valued clients.



2009 1 Avenue NW

List Price \$739,900

The perfect match of modern elegance with a splendid taste of design for a wonderful client

CARDINALBYRAMAGE.COM