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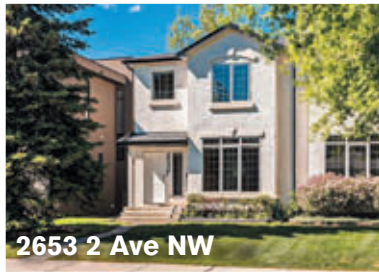
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Arts and crafts style provides attractive curb appeal, with river-rock detailing and a charming front porch. Steps away from shops and the expanding retail section of West Hillhurst the river paths, community parks and schools.



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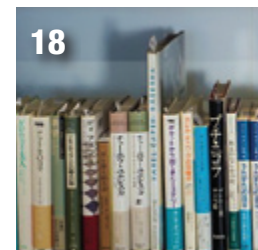
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HOUNSFIELD HEIGHTS/BRIAR HILL COMMUNITY ASSOCIATION

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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Editorial Submissions

beacon@hh-bh.ca

All editorial content must be submitted by the 5th of the month for the following month's publication.

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

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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	1-855-222-5542

PRESIDENT'S MESSAGE

On behalf of the Board I would like to take this opportunity to wish all members of our community a very happy and safe holiday season.

As we start a new year for the Hounsfield Heights Briar Hill Community Association board I want to extend a thank you to both the previous board members and the new for their service to our community. The Board is in great shape thanks to the efforts of these passionate volunteers and we are ready to carry on with some experienced veterans and some fresh faces to meet the needs of the community.

We had a record turnout at our 2017 Annual General Meeting and it was great to see people interested and engaged in the management of our community association. We have some challenging and exciting things address in our community such as secondary suites, North Hill Mall development, and the community centre expansion. Your attendance at the Board meetings, which are held at 7:00 p.m. on the second Thursday of each month September through June at the Community Hall at 1922 – 14 Avenue NW, is a great way to stay up to date on what is happening and to ensure your ideas and concerns are heard and incorporated into the management of the community association. To include an item on the agenda please contact admin@hh-bh.ca at least two weeks prior to the meeting. If you are unable to attend in person, please write me at president@hh-bh.ca.

I know I have a steep learning curve and big shoes to fill as I step into the role of President, but I am excited by the challenge. I would like to personally thank you for your ongoing support of the Board and its efforts and I look forward to a productive year ahead.

Jeff



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 two weeks in advance. **Next Meeting: January 11th, 2018.**

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.

Thank you

to all who took the time to complete the HH-BH community survey

We are currently reviewing the data and will share outcomes with you in future issues of The Beacon and on our website.



Hounsfield Heights – Briar Hill Community Association

BOARD OF DIRECTORS

COMMITTEE POSITION	NAME	EMAIL	PHONE
President	Allan, Jeff	president@hh-bh.ca	
Past President	Hunt, Laura	past.president@hh-bh.ca	
1st Vice President & Programs	Sandahl, Carol	vp@hh-bh.ca	
2nd Vice President & Facilities Director	Sammet, Gunter	2nd.vp@hh-bh.ca	
Treasurer	Winkler, Kathryn	treasurer@hh-bh.ca	
Secretary	Greco, Joanna	secretary@hh-bh.ca	
Land Use Director	Woods, Terry	land.use@hh-bh.ca	
Education Director	Vacant	education@hh-bh.ca	
Sears Plume Director	Diana Almeida	sears.plume@hh-bh.ca	
Communications Director	Falconi, Sandra	communications@hh-bh.ca	
Events Planning Director	Malchow, Margaret	events@hh-bh.ca	
T & Strategic Planning Director	Marsh, Jeff	it@hh-bh.ca	
Director-at-Large	Staniland, Kathleen	director.at.large@hh-bh.ca	

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.

BOARD PROFILE

Jeff Allan, President

Welcoming our new president!

Jeff Allan, newly elected president of the Hounsfield Heights-Briar Hill community association board of directors, is a returning member of the board and a man with a mission.

Born and raised in Victoria, British Columbia, a career opportunity led Jeff and his wife to Calgary in 1998. In 1999, after a year of living in Crescent Heights, they set out to purchase a home within the community. The path that led them to Briar Hill was not an intended one, but obviously destined.

“I took a wrong turn,” says Jeff when explaining how he and his wife ended up in Briar Hill. “We set out to find a house in Crescent Heights and suddenly I was driving through a beautiful community with mature trees, well-kept homes, wide streets, and big yards. We fell in love with Briar Hill so, within a very short period of time, we found a house, finalized the deal, secured early possession, and became residents.”

Jeff recalls first walking into the 1952 bungalow he and his wife now share with their 14-year old daughter and seeing that beyond the swag lamps and gold shag carpet was a home with warmth and character. Purchased from the original owners who were retiring and downsizing, the house has since undergone several rounds of renovation and expansion but retains the feeling of a well-loved family home.

“This community has given so much to me and my family. Our daughter has grown up here, from kindergarten and elementary school, soccer, dance and all the local events such as our annual Summer Solstice,” says Jeff. “I am excited by the possibilities and challenges we face going into our 65th year as a community, and I want to participate, and increase others’ participation, in our future.”

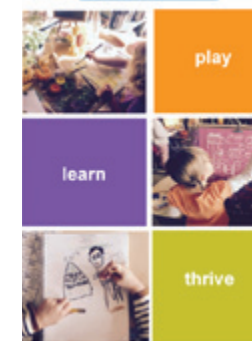
Jeff’s passions include music (he used to own a nightclub), yoga (his wife is a yoga teacher) and travel. He loves opportunities to immerse with his family into cultural adventures—their last vacation included being in

an open vehicle 10-feet from a lion and a plane crash in Africa, and an impromptu flight from Amsterdam to Venice as his daughter expressed her desire to visit before its potential disappearance into the ocean.

With a Master’s Degree in leadership, and long professional career in the oil and gas industry, Jeff has the skills and knowledge needed to lead the continued evolution of the HH-BH board from operational to strategic.

“My mission is to firm up community association operating policies and procedures, so we can then focus on increasing community participation and honour the amazing legacy of this small but vibrant community by uncovering and sharing its rich history. We also need to develop strategies to get community residents engaged in upcoming opportunities such as secondary suites, North Hill Mall development, community centre expansion.

Jeff encourages HH-BH residents to contact him with thoughts, ideas and concerns at president@hh-bh.ca.



Briar Hill School Kindergarten Open House

**Thursday,
January 18, 2018**

Briar Hill School
1233 21 St. NW
6:00-7:0pm

Come to our open house and learn about the engaging play-based, literacy-rich kindergarten program that we offer, where children learn and thrive.

cbe.ab.ca



Dr. Christine Lilje Dr. Lauren Vredenburg Dr. Jennifer Maguire

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News from the Friends of Nose Hill

by Anne Burke

Thank you to all those who attended our general meeting and enjoyed our guest speaker from the Calgary Wildlife Rehabilitation Society. She answered many questions about wildlife on Nose Hill. The winners of the photo contest were announced, and their photos have been published on our website at www.fonhs.org. Some prizes were from the Councillors for Wards 2, 4, and 7 respectively.

Nose Hill parking lots present a risk to wildlife, such as porcupines drawn to vehicles due to road salt. Please be mindful and check your car before and after parking near Nose Hill. Off-Leash dogs are "quilled" and require veterinary treatment; but the porcupine will, at the least, need to re-grow its quills, be seriously injured, or worse.

There is a lack of support for coyotes when managed as nuisance animals instead of an integral part of the eco life-cycle in nature. Without a balance in the food chain, prey animals abound, and, in general, there is already pressure from the loss of green space, in our development-focused urban environment.

There are concerns about the light pollution effect on humans and animals in the natural environment. Migratory birds that fly at night head directly into tall buildings, but when lights are turned off, such collisions decrease. This advice is from the Chair of the Light Abatement Committee of the Royal Astronomical Society of Canada.

An Urban Star Park is an area in which artificial lighting is strictly controlled and active measures are in place to educate and promote the reduction of light pollution to the public and nearby. Sky glow from beyond the borders may be visible to observers within the area, but the skies are still usable for astronomy.

The City replaced 80,000 lights throughout the city with new, energy-efficient LED bulbs, to focus the light straight down, which allows us to see the night sky and stars much more clearly. The change can be viewed from space since 2013, when Calgary enacted its "Bright Skies" bylaw.

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.



On behalf of
Calgary Community Standards & Waste
and Recycling Services

Thank you Hounsfield Heights Briar Hill Community Association

Congratulations on a successful Community Cleanup on September 16, 2017

The weights collected for this year:

Garbage: 10100 kg

Organics: 965 kg

Total: 11065 kg

Truck Loads Hauled: 3

Thank you to the Community Association and residents for your commitment to keep our communities healthy, safe and vibrant.

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- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

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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

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FREE SEMINAR. \$30 FOR WORKBOOK

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Experience Healing

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HAPPY NEW YEAR

Wishing you and your family happiness, prosperity, and health in the New Year ahead.

From all of us at Great News Publishing

YOUR CITY OF CALGARY



Compost Your Real Christmas Tree

Make it a green Christmas and compost your real tree this year. There are now two ways to compost your real tree: Use your green cart or drop your real tree off at one of our 12 drop-off locations between December 25 and January 31. If composting in your green cart, follow the same steps as you would for branches in your yard. All trees should be free of lights, ornaments, tinsel, tree stands and string, and should not be wrapped or bagged. Visit Calgary.ca/christmastree for more information.

Did you know?

All trees collected will be composted with the other food and yard waste collected from the Green Cart program. By composting your Christmas tree, you can keep waste out of our landfills and reduce harmful greenhouse gas emissions.

Hounsfeld Heights/Briar Hill

Youth Badminton

Canada's fastest growing sport

**For players aged 10-17 years
Wednesday's - Beginner & Intermediate levels**

Space available for 14 players
Winter Session: 2018
Starts Wednesday January 31, 2017 5:30 – 7:00 PM
10 lessons - 1:7 coach to student ratio

Cost: \$120.00 with HHBH community membership
\$140.00 for non-community members

Location: HH-BH Community Gym, 1922 14th Ave NW
(Next to North Hill Mall Safeway)

Register On-line at www.HH-BH.ca

(no refund after the 1st class)

For information contact: badminton@hh-bh.ca

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.

**HOUNSFELD 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:

- Land Use
- Green Space/Reforestation
- Fundraising
- Facilities/Ice Rink
- Communications/Newsletter
- Other
- Membership Drive
- Children's Programs
- Seniors' Programs
- Sports Programs
- Social Activities

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.

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, Alta Alella (AA), PRIVAT Rosé Reserva – Brut Nature (www.altaalella.wine/en/)

About the Region: Located in the agricultural section of the Serralada Natural Park of Catalonia, the Alella region was designated Spain's smallest D.O. in 1953 for its unique soil, slope and climate (a.k.a. terroir).

About the Maker: Founded in 1991 as a hobby vineyard by Josep Busquet and wife Cristina, the Busquets planted vines and laid-out an earth-friendly vision for their 25-hectare estate. Ten years later, in 2001, the family delivered its first wine production. A second generation of Busquets, daughters Mireia and Georgina manage the winery today.

About the Estate: Located 15km east of Barcelona and 2km from the Mediterranean, the estate is the closest winery to the city of Barcelona. AA sits on slopes of varied aspect, between 100 and 250 m.a.s.l. Here the sandy/acidic soils offer unique characteristics to the grapes growing above.

About the Blend: The blend of Xarel-lo, Parallada, Macabeo, and Chardonnay results in a wine that is naturally brut (dry).

About Tasting: An appealing rosé colour, the bubbles are fine and persistent. Light bodied and easy, fresh flavours of tart strawberry combine with notes of golden delicious apple. Acidic and cleansing, PRIVAT makes for an inexpensive and uncomplicated fun wine.

About Pairing: Aperitifs, New Year's Eve and holiday celebrations.

About Sustainability: EU certified organic.

About Availability: Check liquorconnect.com (call the listed store confirming availability too). CSPC #787907

About Price: \$23



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

Time to party or time to learn?

Recently I received a letter from Georgina Jolibois, the Member of Parliament for Desnethé—Missinippi—Churchill River, asking me to support her Private Member's Bill C-369.

Her Bill proposes that National Indigenous Peoples Day, held annually on June 21st, be declared a statutory holiday across Canada. Last year, the day was renamed National Indigenous Peoples Day to promote inclusion of all Indigenous communities.

She points out that, "it is a day for families and communities to gather, celebrate First Nations, Métis and Inuit contributions to Canada. It is also a day to reflect on the many challenges that Indigenous communities still face today. It is a day to honour residential school survivors, their families and their communities."

Over the years, there have been many calls to have Remembrance Day (November 11th) declared a statutory holiday, but none of these attempts have been adopted. The primary reason many people, including most veterans, oppose this change is because it would make the day more of a holiday rather than a day of learning, reflection and remembrance. I am inclined to oppose Bill C-369 for similar reasons.

All Canadians have much to learn from our history with Canada's indigenous communities. Recent efforts to foster reconciliation have highlighted the lack of knowledge most Canadians have about our shared history—the good, the bad and the ugly.

There could be no better place for our future generations to be on June 21st than in school learning about this history. The history of our indigenous people is full of things to celebrate, but it is also replete with tragic stories that deserve to be shared and learned from. Like Remembrance Day, on National Indigenous Peoples Day we have lots to learn about, reflect on and remember—and that is more likely to take place in a classroom than at home. What do you think?

DOLLARS & SENSE

Retirement and Your Home

by Servus Credit Union

Over the past decade, residential real estate prices have more than doubled in some areas. For retirees and pre-retirees, this brings both opportunities and challenges. While your home is an important part of your retirement plan, it can't take the place of a diversified investment portfolio.

Lack of liquidity

One of the biggest drawbacks to real estate is lack of liquidity. In other words, if you want to sell your home, it could take weeks or even months to find a buyer. With mutual funds or stocks, you can often sell the same day.

Fluctuating values

Real estate values are not the same across the country or the province and can be affected by a range of local factors. The Calgary market, for example, was red hot when oil prices were high, but when the price of oil dropped, home values declined as well. Unforeseen events like these could have an impact on your home's value right when you need it most.

A diversified plan is the answer

A well-thought-out plan helps give you the flexibility you need to make the decisions that are right for you. A financial advisor can help you make the most of your home equity and maintain an investment portfolio that reflects your need for security, income and growth.



IANUARIUS

January (Ianuarius in Latin) is from the Latin word for door, *ianua*, as January was considered the door to the year. Although the god Janus is conventionally thought to be the origin of the month's name, almanacs of ancient Roman farmers indicate that the patron deity of the month was actually the goddess Juno, not Janus.

STRENGTH TRAINING FOR ENDURANCE ATHLETES – BOW CYCLE & SPORTS, FEB. 1

Strength training has become an accepted training modality for cyclists and endurance athletes to complement their training programs. The intent of this seminar is to provide an overview of what the research says specific to cyclists and endurance athletes and provide some considerations and guidelines for incorporating strength training into one's training plan. More info: bowcycle.com.



ALICE'S ADVENTURES IN WONDERLAND – MAMDANI OPERA CENTRE, FEB. 22

The hit family opera from the UK comes to Canada. Ignoring everything she was told about Stranger Danger, Alice follows a talking rabbit into Wonderland and ends up on a zany adventure. All the classic characters come to life in a fun-filled musical journey. Performed in London annually, Cowtown Opera is delighted to bring you the Canadian premiere.



EXPAND HERITAGE PARK PHOTOGRAPHIC WORKSHOP – HERITAGE PARK, FEB. 25

Come join two of Alberta's most dedicated and passionate heritage photographers for a rare opportunity to EXPAND your photography at Heritage Park during a time that it is normally closed to the public. As one of a small group of photographers, you will have complete access to photograph the wonderful heritage buildings in the park. This is your opportunity to create unique photos of these buildings in a winter setting. More info: expandphoto.com.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Harm Reduction Saved My Life: Overdose & Safe-works Update – Sheldon M. Chumir Health Centre, Feb. 5

Join Safeworks staff to review the principles of harm reduction and how to practice them in any setting. Learn about overdose prevention, recognition, and response, how to obtain a Naloxone Kit, and how to register as a Take Home Naloxone kit dispensing site. Professional perspectives will be shared, as well as the personal impact of addiction, drug use and harm reduction. Public event. More info: albertahealthservices.ca.

Alberta Student Energy Conference – University of Calgary, Feb. 8 & 9

The Alberta Student Energy Conference (ASEC) is a two-day learning and networking opportunity for students and industry professionals from all over Canada to come and share the future of Canada's energy. Hear from leading professionals in the energy industry about trending topics from engineering, business, geoscience, computer science, and more through a variety of different workshops and sessions. More info: asec.ca.

52nd Annual World of Wheels – BMO Centre, Feb. 23, 24, 25

America's love affair with the automobile is legendary. In fact, for over fifty-seven years, custom car shows have paid tribute to the innovative workmanship that continuously re-invents and improves the vehicles of yesterday and today. This show will feature awards, vendors, special days for students and seniors, guest appearances and, of course, lots of cars! More info: autorama.com.

Constellations – Martha Cohen Theatre, Feb. 27 – Mar. 17

An international hit on Broadway and in London's West End, Constellations is a spellbinding love story about an unlikely romance between Roland, a beekeeper, and Marianne, a physicist. After a chance encounter at a barbeque brings them together the possibility of a spark seems unlikely, but what happens next defies the limits of our understanding of time and space. More info: atplive.com.



Councillor, Ward 7
Druh Farrell
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@DruhFarrell Druh Farrell

Three months since the southeast became the final quadrant to receive Green Carts, Calgarians are now composting city-wide. I am proud of our city for taking this key step toward waste diversion. Over the past 50 years, 40 million tonnes of garbage were thrown into landfills. By converting our food and yard waste to valuable compostable material, we are working toward a more sustainable future. The City of Calgary is reporting that Green Cart is already exceeding expectations.

Some highlights include:

- Residents composted approximately 29 million kilograms of food and yard waste since the start of the program in mid-July.
- In the first six weeks of city-wide Green Cart service, Calgarians reduced their black cart garbage by an average of 53 per cent compared to the same period last year.
- More than 99 per cent of the material received at the composting facility is the correct material—compostable food, yard, and pet waste.

Council set a target of 70 per cent waste diversion for 2025. The City continues to work on city-wide projects to help meet this target. In the meantime, there are more steps we can take in our everyday lives to make an impact.

The amount of single-use plastics we use in food and household purchases is staggering. In the United States alone, it is estimated that 500 million plastic straws are used every day. Sometimes, pushing for change starts with a simple question. With consumer demand driving supply, a request to your local grocer to stock compostable single-use supplies, like cutlery and pet waste bags, will encourage environmentally-friendly products to be more widely available. Some local food businesses have already taken proactive steps by switching out styrofoam containers to compostable containers. The power we hold in our purchasing options can create a market for positive change.

Thank you for taking on the challenge for a better and more sustainable Calgary.

To sign up for updates on key community and Ward 7 issues, please visit www.DruhFarrell.ca. To learn more about the Green Cart program, visit calgary.ca/greencart.

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

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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.

MEDITATION ART JOURNALING CLASSES: the Zen of drawing, painting, and printmaking. Explore various media and methods that inspire, stimulate, and develop art-making abilities. Naested Studio at 1124-15th Str. NW. 7 Saturdays (10:00 - 12:00) or 7 Sundays (1:00 - 3:00), starting January 13. Fee \$295.00. Contact Irene at inaested@gmail.com.

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.





Discover Your Next Great Read

Our annual reading guide is now available, and it's full of book recommendations for everyone. Inside, you'll find a wide variety of Librarian-approved selections for babies, toddlers, preschoolers, kids, teens, and adults. Download a copy of *Great Reads 2018* today at calgarylibrary.ca or pick up the guide at your local library.

There's a New Way to Watch Free Movies

Calling all movie buffs! Access more than 30,000 films for free with Kanopy, a new resource in our E-Library. All you need to use the on-demand video streaming service is your free library card. Kanopy's collection includes award-winning documentaries, rare and hard-to-find titles, Canadian cinema selections, and an array of foreign language films.

Make a Difference in Someone's Life

Looking for a New Year's resolution? Resolve to volunteer at the Library. We are always looking for skilled volunteers to join our team. Available opportunities include sharing early literacy practices with families, helping students discover the magic of reading or a passion for math, supporting teens learning coding skills, and providing career coaching or one-on-one computer help to patrons. Apply online at calgarylibrary.ca/volunteer or pick up an application at your library.

Play at Our New Early Learning Centres

Over the past four months, we've opened Calgary Foundation Early Learning Centres at four libraries! Discover a bird's eye view at Crowfoot Library, be a builder and create at Signal Hill Library, take a journey up, up, and away at Saddletowne Library, and explore energy and motion at Forest Lawn Library. Learn more at calgarylibrary.ca/early-learning-centres.

Storm Ponds – Stay Safe and Stay Off the Ice

Storm ponds are important City infrastructure that help to improve the water quality in our rivers, and protect homes and businesses in our communities. When stormwater (rain, snowmelt and excess water from irrigation) flow down the streets and sidewalks, it picks up dirt and pollutants such as pet waste, fertilizers and pesticides from lawns, garbage, oil, chemicals, and salt from driveways and the road. This water then enters a storm drain on your street and underground pipes direct this water to a nearby storm pond.

Storm ponds protect our rivers by slowing the flow of stormwater and allowing time for sediment and pollutants to settle to the bottom, before cleaner water flows back to rivers and streams through more underground pipes. Storm ponds also increase the stormwater holding capacity in Calgary, storing rainfall and excess surface run-off from our streets.

Due to rapidly changing water levels and poor water quality in the ponds, these features are not meant for recreation. For health and safety reasons, people and their pets should stay out of the water, and off of frozen ice surfaces. Salt from roads and sidewalks intended to melt ice in the winter, make ice surfaces on a storm pond very unstable. Outdoor ice rinks are located in many communities across Calgary, and are a safe place to skate and play.

Visit calgary.ca/stormpond for more information.



Beethoven's Ninth



Beethoven's Ninth Symphony was first introduced to Japan by the German prisoners-of-war they kept during World War I, and became popular during World War II. Now because of its influence on the culture, the symphony is strongly associated with New Year's and is frequently played across the country during that time.

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