

DECEMBER 2020

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

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

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2020/21 Registration Open Now
Visit hhbhcaplayschool.com
to learn more and to register online

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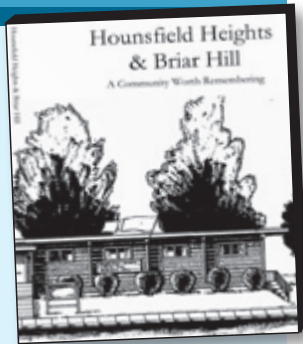


Paul Valentine
Valentine Group Owner

www.valentinegroup.ca

Hounsfield Heights- Briar Hill History Book

A beautiful book about our neighborhood is available to purchase for \$40.00 from the admin office at the gym. Please contact admin@hh-bh.ca to make arrangements. You can also call 403-282-6634.



The book contains photos and stories written by the families that first moved into the area in the early-'50s. Their stories of building homes, starting the school, and establishing this vibrant community are worth the read.

A big thank-you to Mary Stapleton and her group of volunteers for taking on the task of putting this together.

Drop-In Badminton and Pickleball

To ensure the continued health and safety of our community and staff members, beginning October 1, 2020, Hounsfield Heights-Briar Hill will no longer be accepting cash as a form of payment, and we are introducing a contactless payment system for our drop-in programs.

Our prices will remain the same and you can purchase the Adult 10-visit pass for \$50.00, Seniors (55+) 10-visit pass for \$40.00, and Youth 10-visit pass for \$40.00.

Please call the office at 403-282-6634 to arrange pick-up of your pass.

We can also accept credit card and cheque payments in the office Monday to Friday 8:30 am to 4:00 pm.

Thank you for your understanding.

Seniors Fitness Classes

Hounsfield Heights Community
Association Gymnasium
1922—14th Avenue NW

Monday afternoons
1:00 pm—1:45 pm

A fun & relaxed class to enjoy:

- Core Strengthening
- Pilates
- Yoga
- Dance

Free program for community members
Call 403-282-6634 to register

Santa knows how important it is to stay fit and remember to take your vitamins - especially Vitamin C & D

Good
bye,
2020!

With 2021 approaching, it may be the perfect time to participate in a tradition that is celebrated in some parts of Columbia, Cuba, and Puerto Rico called Mr. Old Year. Families stuff a life-sized male doll (Mr. Old Year) with items they want to leave behind, and dress the doll in clothes from each family member. At midnight, Mr. Old Year is set on fire, paving the way for more happiness in the new year. After the craziness of 2020, this isn't sounding like a bad idea!

PRESIDENT'S MESSAGE

Merry Christmas and Happy New Year! Cheer is around the corner for the HH-BH community, and the Board of Directors hope you're all well, safe, and bundled in for a long winter. COVID-19 continues to be persistent, and will continue to require social distancing, sheltering-in-place, and protecting yourself, and others, through regular hand sanitizing and wearing effective face covering. While honouring the public health orders and civic directives, our Community Centre remains open and regularly sanitized, a safe and clean place to engage in your favourite activities (e.g. badminton, pickleball, basketball, etc.).

Through the past month, we held our 2020/2021 Annual General Meeting (AGM) and have on-boarded our new Board Members. Thank you for participating in this virtual and in-person demonstration of community democracy and representation. We hope that we can return to full program offerings by Spring 2021, and that our Community Playschool is available for full pre-school enrollment.

Winter brings in months of cold temperatures, snow, and outdoor activities. It is also a season of great community volunteer spirit and support, including help with setting up outdoor ice skating at Green Park. Given that outdoor activities will be a particular focus this winter, we encourage people in the community to volunteer to keep the ice surface clean, while the Community Association continues to fund regular visits from the mini-Zamboni. We look forward to seeing the community spirit through the snow angels, who help clear sidewalks for their neighbours. It is also the season to show community care by helping those sheltered in place, by offering to pick up groceries for them, visiting the post office or drug store, or getting that perfect Christmas tree to lighten up their spirits. If you have kids and grandkids, be sure to give them a call and wish them well.

Happy holidays from the Board and Administration of the HH-BH Community Association and Playschool.

That's Strange!

Penguins were first discovered in 1520 during Magellan's circumnavigation. A crew member named Antonio Pigafetta then referred to the birds as "strange geese." The penguins that were found during the circumnavigation in the Falkland Islands are now referred to as Magellanic penguins.



COMMUNITY PROGRAMS

Open Community Gym

Hounsfield Heights – Briar Hill Community Association is happy to offer free open gym time to our community on Friday evenings when we have no rentals.

Please follow the link below or call 403-282-6634 to confirm dates & times for this month!

<http://www.hh-bh.ca/community-open-gym-free/>

HHBH Badminton Program 2019-2020

Hounsfield Heights Briar Hill Community Association is excited about our new partnership with Badminton Alberta to provide badminton programs in our community. <http://www.hh-bh.ca/badminton/>

Drop-in Programs

Badminton - Tuesday to Friday

9:00 am to 12:00 pm

(3 courts)

Pickleball - Tuesday to Friday - 1:00 pm to 3:30 pm

(3 courts) <http://www.hh-bh.ca/drop-in-gym/>

YOUR CITY OF CALGARY

5 Ideas for How to Clean Your Recyclables

Recyclables need to be empty, clean, and dry so they can be sorted properly at the recycling facility, prevent other recyclables from getting wet and dirty, and ensure they will be turned into new products.

1. If you wash dishes by hand, use the dirty dishwasher to clean off food residue from your containers.
2. Take a used paper towel or napkin leftover from dinner to wipe food residue from the container, then compost the food-soiled paper.
3. After emptying your liquid laundry detergent, remove the lid and add the whole container into the laundry to clean both your clothes and the container out.
4. For containers with small openings, use a bottle brush or straw cleaner to scrape out the last bits.
5. Use a spatula to scrape out hard-to-clean containers such as peanut butter, or store near-empty containers upside down to get the last amounts out to use.

Find more ideas at calgary.ca/recycle.

Have You Started Your 9:00 pm Routine?



Vehicle theft and car prowling prevention:

- Garage openers should not be left in vehicles, or should be disengaged, as thieves can use them to gain entry into a home.
- Avoid parking in unlit areas at night.
- Lock your doors and close all windows at all times, even while you are in your yard.
- Hide your valuables out of sight, or better yet, take them with you.
- Don't keep extra keys in your vehicle.
- If you park your vehicle in a parkade, be sure that you do not let anyone else in who doesn't belong when you are entering and exiting.
- Report any suspicious activity or behaviour, such as someone trying door handles on parked vehicles.

Home and garage break-in prevention:

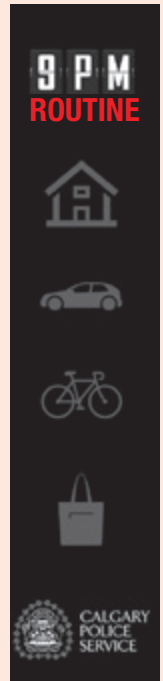
- Offenders will often break into a residence as a way to steal a vehicle parked outside the residence. When you're at home, store your vehicle keys away from the entrance to your house.
- Consider installing home and vehicle alarm systems and vehicle anti-theft devices.
- Ensure that all doors and windows are secured at all times, even when you're home. Culprits need mere moments to commit a theft or break in. If you do open any windows or doors, make sure you only open them for rooms that someone is present in.
- Report any suspicious people or activity in your community by calling 403-266-1234 or 9-1-1 if there is a crime in progress.

By creating a routine before going to bed, you can help protect and ensure the security of you and your neighbour's vehicles and residential building complexes. CPS is helping to spread the word to neighbours, building and property managers and board members.

Follow the Calgary Police Service on Facebook and Twitter for reminders to complete the 9:00 pm Routine and for more crime prevention tips.

Facebook: www.facebook.com/CalgaryPolice

Twitter: @CalgaryPolice



Frosty and the 2,035 Other Snowmen

There seems to be a Guinness World Record for almost everything and the most snowmen built in one hour is no exception. On February 28, 2015, participants in Akabira, Hokkaido, Japan built 2,036 snowmen in 60-minutes. It then took a Guinness World Record adjudicator and four witnesses roughly two hours to measure and count the snowmen.

Experience Vibrant Seniors Living

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- 24 hour LPN and HCA on site and On-Call RN
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- Daily rate starting at \$150 per day*

* Additional fees may apply for extra services



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Hounsfield Heights – Briar Hill Community Association

BOARD OF DIRECTORS

COMMITTEE POSITION	NAME	EMAIL	PHONE
President	Wong, Terry	president@hh-bh.ca	
Past President	Allan, Jeff	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	VACANT	secretary@hh-bh.ca	
Land Use Director	Marsh, Jeff (Interim)	land.use@hh-bh.ca	
Education Director	VACANT	education@hh-bh.ca	
Sears Plume Director	VACANT	sears.plume@hh-bh.ca	
Communications Director	VACANT	communications@hh-bh.ca	
Community Safety Director	LeGrandeur, Michelle	community.safety@hh-bh.ca	
Community Safety Director	Scratch, Jason	community.safety@hh-bh.ca	
Events Planning Director	VACANT	events@hh-bh.ca	
IT Director	Kin Wong	it@hh-bh.ca	
Strategic Planning Director	Jeff Marsh	strategic.planning@hh-bh.ca	
Executive Director	Val Noonan	executive.director@hh-bh.ca	403-282-6634
Seniors' Program Director	Patricia Leahy		

PROGRAM COORDINATORS			
Indoor Soccer	Darcy Cumming	indoor.soccer@hh-bh.ca	
Outdoor Soccer	Jen Clee	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

Board listing will be updated in January Beacon to reflect directors elected in November's AGM.

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 driveway. 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.

MEMBERSHIPS

Your annual membership is good through July 31, 2021 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 2020-21

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 2021

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.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

HOUNSFIELD HEIGHTS | BRIAR HILL MORTGAGE

BROKER: Your mortgage may be costing you thousands more than you need to pay! As a local mortgage professional, I have helped your neighbours navigate their purchase, refinance, and renewal options. Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Verico Avenue Financial Real Estate Solutions.

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.

SNOW REMOVAL, CHRISTMAS LIGHTS & LANDSCAPING: Snow removal starting at \$130. Christmas light installation, window cleaning, or gutter cleaning, \$99. Pressure washing starting at \$99. Conditions apply. BBB member. 4.2 Google star rating. Call 403-265-4769. YardBustersLandscaping.com.

THE GUTTER AND SNOW DOCTOR! Eavestrough cleaning, repairs, and replacements. Fascia, soffit, cladding, roofs, siding, and snow removal. For over 17 years and 40,000 projects, we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Top award winner. www.gutterdoctor.ca, 403-714-0711.

YOUR CITY OF CALGARY

Collection Day Changes



Winter Green Cart Schedule Starts in November

The seasons are changing and so is your green cart collection. Starting in November, your green cart will be picked up once every other week. Weekly green cart collection will resume in the spring.

Holiday Collection Schedule Changes

There is no bin pick up on Christmas Day or New Year's Day for single-family homes.

If your blue, green, or black cart collection normally falls on one of these days, your collection day will be three days later on Monday:

- Christmas Day (Friday, December 25, 2020) pick up will move to Monday, December 28, 2020.
- New Year's Day (Friday, January 1, 2021) pick up will move to Monday, January 4, 2021.
- Regular Friday collection will resume on January 8, 2021.

Visit calgary.ca/collection to check your schedule and sign up for reminders, or download the Calgary Garbage Day app.

Join us every Monday 2:00 pm - 3:30 pm for our Seniors Art Classes

A relaxed and fun way to learn basics of:

- Pencil line drawing
- Color Pencil drawing
- Water colors
- Acrylic Painting

Hounsfeld Heights-Briar Hill Community Association
1422 - 14 Avenue NW
403-282-6634 to register

Free program for community members and all materials are provided



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



Councillor, Ward 7
Druh Farrell
 ward07@calgary.ca
 druhfarrell.ca
 @DruhFarrell Druh Farrell

New COVID Benefits

COVID-19 has had a devastating effect on our economy, but all levels of government are offering a variety of assistance programs to offer help to those who need it the most.

There are three new benefits now available for Canadians: the Canada Recovery Benefit, the Canada Recovery Sickness Benefit, and the Canada Recovery Caregiving Benefit.

The Canada Recovery Benefit (CRB) is available for Canadians who aren't eligible for Employment Insurance and have lost work due to COVID-19. If you are eligible for the CRB, you can receive \$1,000 (\$900 after taxes withheld) for a 2-week period.

The Canada Recovery Sickness Benefit (CRSB) gives income support to employed and self-employed individuals who are unable to work because they are sick or need to self-isolate due to COVID-19, or have an underlying health condition that puts them at greater risk of getting COVID-19. If you are eligible for the CRSB, you can receive \$500 (\$450 after taxes withheld) for a 1-week period.

The Canada Recovery Caregiving Benefit (CRCB) gives income support to employed and self-employed individuals who are unable to work because they must care for their child under 12 years old or a family member who needs supervised care. This applies if their school, regular program, or facility is closed or unavailable to them due to COVID-19, or because they are sick, self-isolating, or at risk of serious health complications due to COVID-19. If you are eligible for the CRCB, your household can receive \$500 (\$450 after taxes withheld) for each 1-week period

A special COVID-19 Benefits Finder tool allows you to determine what benefits you may be entitled to by answering a few easy questions which will generate a report of benefits, who is eligible and how to apply. To find out which benefits may be available to you, please visit www.lenwebbermp.ca/covid-benefits.

Do you love winter, or dread it? From a child's perspective, winter is magical. It's a time of year where you bundle up in a toque, scarf, and warm coat to venture outside for a day of tobogganing, skating, skiing, or a walk among the beautiful, snow-covered trees. In the evenings, you sit around a fire sipping on a warm beverage. With the right mindset, winter becomes a special time to embrace the simple joys in life.

We learned to embrace the outdoors during this pandemic. We sat on patios, went for walks, and enjoyed our own backyards. The City responded to COVID quickly and made changes to public spaces to allow for pop-up patios, and shared space on roads to stroll or bike.

I know that people are worried about the winter ahead. Now is the time for us to change our conversation around winter and find cheap and cheerful ways to gather outside safely and experience the small things that bring us light and joy. After all, Calgary is a winter city.

Cities like New York and Quebec City "get" winter! People in these cities take every opportunity to be outside. They know that outdoor dining is still possible with heated lamps, and BYOB (Bring Your Own Blanket). Winter markets light up communities and support small businesses. Public parks host cross country skiing and other winter activities.

While many Calgarians are planning their own winter backyard space, we're looking at fun opportunities for those who live in multifamily dwellings. Stay tuned for more details over the next weeks. Please remember to clean your sidewalks to help us all enjoy our neighbourhoods safely.

There is nothing "normal" about this 2020 winter. If you haven't loved winter in years past, there is an opportunity to try something new this year.

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