



# HOUNSFIELD HEIGHTS – BRIAR HILL BEACON

FEBRUARY 2010

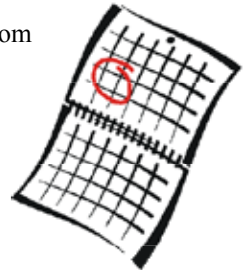


## Going for Gold!

The Olympic torch run wound its way past Briar Hill School early on the morning of January 19, attracting nearly 200 local residents, students, teachers and parents to cheer the torch runners. One of the torch bearers was radio personality Joanne from 'Don and Joanne' Lite 96 morning show, and the show was broadcast from the school lobby. Briar Hill students had the chance to buy Olympic mittens to wave as the runners and their entourage went by; proceeds of the mitten sale will help support a local athlete.

### - Calendar of Events - *Send us information about your annual or one-time event.*

- Community Board Meetings** Feb. 11, Mar. 11, Apr. 8 at 7 pm Community Boardroom
- West Hillhurst Playground Fundraiser** Peter Puffin and Whale Tales  
Feb. 7, 1 pm, West Hillhurst CA gym (see page 14)
- Outdoor Soccer Registration** Feb. 23, 7 - 8:30, Community Hall (see page 15)
- Playschool Open House** Feb. 24, 7 - 8:30 pm at Briar Hill School
- Queen Elizabeth High School Open House** Feb. 25, 6:30 - 8 pm
- Briar Hill School Used Book Sale** March 24 – 26, Briar Hill School gym (see details, page 13)
- Tot's Time Playgroup** Mondays, 9:30 – 11:30 am, Community Gym
- Family Drop-In Gym Time** Fridays, 6:30 – 8 pm, Community Gym
- Women's Soccer** Thursdays, 8 - 9 pm, Community Gym





## HH-BH Community Association Board

David Trudeau	President	403-592-1695
Norm Anderson	1 <sup>st</sup> Vice President	403-282-4471
Tejinder Paul Sidhu	2 <sup>nd</sup> Vice President	403-383-7029
Linda McKinnon	Secretary	403-999-7394
Vacant	Treasurer	
Mara Grunau	Education Director	403-283-9091
Phil Johnson	Director, Facilities	403-284-4977
Kellie Johnston	Director	403-475-3763
Emmanuel Malterre	Director	403-282-0813
Gunter Sammet	Director	403-210-2603
Carol Sandahl	Director, Programs	403-284-5851
Terry Woods	Director, Land Use	403-289-8825

*Board meetings are held at 7 pm on the 2<sup>nd</sup> Thursday of each month (except July and August) in the Community Hall meeting room. Residents are welcome and encouraged to attend. To include an item on the agenda please contact the Board at least one week prior to the meeting.*

### **Contact the HHBH Community Association at:**

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

**Phone:** 403-282-6634 (voice mail)

**Email:** hh-bh-communityassociation@hotmail.com

*(phone messages & emails are checked 1 – 2 times per week)*

**Beacon Submissions to:** Barbara Green, Editor

email: thebeacon2005@hotmail.com

Deadline for submissions for next issue: March 15, 2010

**Beacon Ads:** hhbhacct@telus.net

**Hall/Gym Bookings:** hhbhacct@telus.net or 403-282-6634

**Website:** <http://www.calgaryarea.com/nw/briarhill/briarhill.htm>

***Community Hall/Gym 1922 – 14 Avenue N.W.***

*Parking is west of the Louise Riley Library, accessed via the library driveway.*

*Hall/Gym is located NE of our parking lot, just across the soccer field.*

**The HHBH Gym and Boardroom schedule can now be viewed online at [www.hh-bh.ca](http://www.hh-bh.ca).**

## Olympic Torch Relay in Briar Hill



*Don from the "Don and Joanne" Lite 96 morning radio broadcast live from the lobby of Briar Hill School during the torch relay on January 19.*



*These lucky Briar Hill students had the chance to hold a torch used in the relay.*

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The Beacon thanks James Henderson and Trish Lovstrom for Olympic torch relay photos.

If you'd like to share photos of a community event, please email [thebeacon2005@hotmail.com](mailto:thebeacon2005@hotmail.com)

*Briar Hill Principal Lois Reid shows off the Olympic mittens which Briar Hill students were able to purchase before the relay as a fundraiser for local athletes, as one torch bearer describes her experience running with the torch.*



## Community Wiki launched

By Linda McKinnon

The Hounsfield Heights Briar Hill Community Association welcomes you to our new community Wiki, housed at our newly simplified CA website, [www.hh-bh.ca](http://www.hh-bh.ca).

This resource is for the residents and participants of HHHB programs to share and unite online. We hope that you will take advantage of this community-managed Wiki site to provide feedback, create your own local announcements and ask questions about the community. It does not cost anything and your imagination is the only limit.

Conscientiousness is your guiding principle. It's to serve the immediate area, not all of Calgary. So it's all about you.

Kids are encouraged to write, post and participate. The goal is to just have fun and be informal.

We can suggest that you start by providing feedback on what is most valuable to you and your family after reviewing the site. Let us know if there's anything we are missing or have overlooked.

### How Do I Do This?

It's all self-serve, as everything is nowadays. Register for a login and create new topics and/or post a comment to an existing topic. Use the calendar, be inventive. We don't really want to tell you what to do: we want you to create it for you. Created and designed by the community for the community.

Knowing that every community has a different personality and issues, we allow you to determine what it will look like a month or year from now. Maybe it will all be about the parks. We are more interested in what it could turn out to be rather than they way it looks today. Pictures welcome.

Request a specialized topic area from us, or do it yourself. Post a comment to an existing topic or suggest a new topic. For example:

- Volunteering
- Last-minute event notice
- Garage sales
- Items for sale
- Services
- Stories about local happenings and sporting events
- Lost pet
- A place kids can trade bikes

### Where can I Get Help?

Kids are fairly good at this, or you can email us from the contact form.

Speaking of which ... we're looking for an administrator/moderator. If you're interested, please contact me at 403-999-7394.

### Updates from Your Association

By Phil Johnson

#### Sears Gas Plume Update

Enmax has begun construction of the power line to the remediation facility in Lion's Park. It looks as though this project will take a few more years to complete.

#### Improvements to the community hall

During the holidays, the gym floor was refinished and carpet installed in the boardroom and coat room – come have a look!



## Your community needs you!

It takes a village to raise a child and it takes a community to build a community. In other words, your community association could use a little of your time and talent. Here are a few specific openings, but don't feel restricted by this list: if you have a great idea or just want to be part of planning the future of Hounsfield Heights/Briar Hill, please contact a board member or attend a board meeting – they're held the second Thursday of each month at the community hall (more specifics in the calendar on page 1).

**Moneybags** – the HHBH Community Association needs a treasurer to oversee investments and monthly/annual financial reporting (the actual records are prepared by the board assistant). If you're interested, please contact CA President David Trudeau (403-592-1695).

**Footwork** – we need people to deliver the Beacon, and we're prepared to pay you (a little) for your time and effort. The Beacon is delivered by hand to all mailboxes in our community once every two months – it's a great way to get some fresh air, get to know your neighbourhood and your neighbours better (and discover just how diverse our mailbox preferences are!). We'll consider adults, teenagers or younger kids supervised by adults. For more info, please contact Barbara Green (403-282-3057).

**Moderator** – HHBH CA is launching a community Wiki site (see story on previous page), and it needs an administrator/moderator. This position could be filled by a teenager who's looking for a project to put on his or her resume, or by an adult community member. Please contact Linda McKinnon for more info (403-999-7394).

**Artist** – The HHBH History Book needs a graphic artist/illustrator to make the text come alive. If you have the skills and interest, please contact Linda McKinnon for more info (403-999-7394).

## Traffic calming: share your concerns Deadline: Feb. 8

By Denny Kwan, Chair  
Traffic Calming Committee

The HHBH Community Association recently received a number of inquiries regarding various traffic issues in the Briar Hill/Hounsfield Heights area. Unfortunately in an inner-city neighbourhood such as ours, issues such as speeding vehicles, short-cutting traffic, pedestrian safety, etc., are not uncommon. The City of Calgary has developed a Traffic Calming Policy to assist in identifying the issues, evaluating the issues and possible solutions and implementing appropriate solutions. For your information, the policy can be found at [http://www.calgary.ca/DocGallery/BU/trans\\_planning/transportation\\_solutions/traffic\\_calming\\_policy.pdf](http://www.calgary.ca/DocGallery/BU/trans_planning/transportation_solutions/traffic_calming_policy.pdf).

As a part of the Traffic Calming Policy, the City of Calgary will undertake Community Traffic Studies. The studies are undertaken on a needs basis, determined by an evaluation process based on applications submitted by community associations and not on a first-come, first-served basis. In 2004, the HHBH Community Association submitted an application for a community traffic study; however, none has been completed to date.

In order to further the application, the Community Association would like to gather any community traffic issues to supplement and update the information provided to the City in 2004. If you have experienced any community traffic issues, please send us a detailed description of the location and nature of the issue by email or drop off a note at the community centre along with your name and contact information. Alternatively, there is a form attached to

*cont'd on page 7*



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## Barb Scratch: an inspiration in education

By Katherine Payne

I've been looking forward to interviewing Barbara Scratch, the kindergarten teacher working out of Briar Hill School, since I first heard about her seven years ago from another *High Profile* subject, Nancy Boa. Late last year, I had a chance to sit down with the teacher everyone in HHHB seems to know and love.



Barbara Scratch

And I do mean “sit down” – WAY down! I visited the kindergarten classroom for the interview and, folded over in a miniature chair with my knees four inches above the small table and way closer to my ears than I thought possible, I tried to recall what kindergarten was like.

I remember getting out of my Mom's old blue Ford and being told to head for the bright orange door at the side of a huge grey building. “Have fun and make some friends,” my Mom called out the car window as I slowly wandered up the walkway. And that's it. I can't remember a thing about it except that there were lots of ‘big kids’ in the hallway.

But ask a Briar Hill student what they remember about kindergarten and you'll see a huge smile and the immediate answer, “You mean Mrs. Scratch? She was so nice ... she made everything fun.” They feel happy when they think back to their kindergarten days, and years later, still rush to say “Hi” when they pass her in the hall.

You can see why: she has sparkling eyes, a gentle voice, a recognizable laugh, and a kind spirit. You can feel it. She is insightful and inspiring, and those of us with kids who got their introduction to school in her classroom feel very lucky, because she makes a great first impression for the years of education to come.

Interestingly, when the kids recall and describe Mrs. Scratch, none of them mentions that she teaches her classes from a motorized scooter ... her impact as a person and



as a teacher leave a much more indelible impression than her disability.

“*You can do it.*” That's what her mother told her, and she says it's one of the most valuable messages she shares with her students. Perhaps from her own challenges as a young girl, Barbara is generous with our children in the face of hardship in her own life.

Barbara came down with polio at the age of 12 and was told she would never walk again. As a young girl who was looking forward to going to junior high dances in her home town of Estevan, Sask., Barbara says she never really believed she couldn't walk until the day she tried to stand up in front of a doctor to prove him wrong. She'd been lying in a Saskatoon hospital bed for nearly three months, homesick, thinking she'd get better ... but she didn't.

There was little physiotherapy or other treatments available. Barbara credits her “very giving family” for her positive outlook and success.

With her parent's persistence in seeking treatment and their support, Barbara was able to regain some mobility. When I ask her what the worst thing about being disabled is, she says she missed dancing. “I was looking forward to dancing and was never able to do it.”

With hard work, some really good friends and an admirable determination, Barbara literally pulled herself through high school – friends carried her books and crutches up the stairs as she pulled herself up, floor-to-floor, to get to her classes. Accessibility for the disabled was not yet a requirement or even a thought when she was growing up. She remembers her Dad carrying her everywhere.

After high school, she completed training to become a secretary. It was not her first choice, but it could be done close to home and she thought she'd be good at it. In 1970, she moved to the “suburbs” of Calgary (that was HH/BH in 1970) and put her training as a secretary to work in the oil patch.

*cont'd on page 7*

## High Profile: Barb Scratch cont'd from page 6

“Having fulfilling work is what makes all the difference ... even if you’re disabled, whatever your challenges ... meaningful work keeps you feeling good,” Barbara says. But typing letters, getting coffee and “oh, how I hated the filing!” she recalls: she needed something more challenging.

As a recently-divorced mother of two, she took full-time classes at the University of Calgary to earn her teaching credentials and complete a Level III designation in early childhood learning. She worked in the daycare at Briar Hill for several years and continued to do so while at university.

Incredibly, she completed her last semester at the University with only 30 per cent vision, as cataracts quickly grew over her lenses. Still in recovery from surgery, Barbara took a part-time position as a teaching assistant at Briar Hill. She was offered the full-time position later that year but chose to remain part-time because of the eye surgery and because her own kids were still very young. A year later, she accepted the teaching position she holds today. That was more than 20 years ago.

Today, she gets around the neighbourhood in an electric scooter, but does not have to use a wheelchair at home. Her own two boys are Briar Hill School graduates, all grown

up and one with children—not too surprisingly, Barbara says she enjoys being a granny. She says many things have changed over the years, but what remains the same are the kids. “They make a big difference for me ... it is very fulfilling ... and I really enjoy it.”

Barb now gets to see children she met at the beginning of her teaching career coming back to her with children of their own.

“I appreciate our community... it is very supportive of the programs at the school,” she observes with gratitude.

And each year, parents whose older child has just graduated from the kindergarten wait and hope that Mrs. Scratch will still be teaching when the younger one is ready to attend. But what’s on her bucket list if she ever does retire? “I’ve always wanted to go to Hawaii.”



*Mrs. Scratch on the go*

## Traffic calming cont'd from page 5

the end of the Traffic Calming Policy noted above if you would like to use that as the template (if you use this form you do not have to worry about the “Agreement” portion at the bottom of the form or the signature portion).

The Community Association will gather all of your input and the issues you raised and submit them to the City as a supplement to the 2004 application. We hope that this supplement will assist our application for a Community Traffic Study.

Furthermore, depending on the issues that are raised, there are certain Community Initiatives that we, as a community, can undertake (including speeding awareness and

advisory signs - see section 3.3 of the Traffic Calming Policy) to help to resolve the issues. Incidentally, undertaking such initiatives can assist our traffic study application because they show the community’s interest and support for seeing a study occur in our community.

If you have any questions, please do not hesitate to contact us through the CA by email (hh-bh-communityassociation@hotmail.com) or phone (403-282-5534), or directly to me by email (dellienye@shaw.ca), or phone (403-282-6634). All submissions must be received by Monday, Feb. 8, 2010.

## Community policing

Calgary Police Community Liaison Officer Eric Levesque attended the January HHBH Community Association meeting (see – a lot of cool stuff happens at board meetings. You should come.).

Here are a few highlights from his comments:

- o He's been working with the owners of the Banff Trail Motel about security concerns related to hotel residents and has found them cooperative. The result is a substantial reduction in the number of calls police made to the motel in the last year.
- o HHBH is not experiencing a "rash" of break-ins. However, one way to reduce theft and vandalism in our neighbourhood is to report any unfamiliar loiterers in streets, alleys and especially the school playground (call 911 or, if it's not urgent, contact Cst. Levesque directly at the numbers listed below).
- o A good way to reduce the attractiveness of our alleys to transients is not to put deposit items in recycling bins, and to add a sign on top of the bin that states, NO REFUNDABLES. Refundables can be donated to Cubs or VRRRI. While some bottle-pickers pose no threat to residents, Cst. Levesque said the majority do have criminal records. If you want to help people who are down on their luck, consider donating to agencies who can provide more than the price of a bottle return – CUPS, Mustard Seed and other local organizations supported by the United Way provide not only food and short-term accommodation, but also life-skills and employment counseling.
- o Cst. Levesque values information that helps him understand community concerns. He can be reached at the District 3 office (403-567-6300) or on his cell phone (403-880-9773).



*Constable Eric Levesque  
Community Liaison Officer  
Calgary Police Service  
District 3*

## Got pictures for our 1,000 (or more) words?

*By Linda McKinnon*

WE HAVE THE WORDS! We are seeking an illustrator/artist to create the cover art and 18 small images for our HHBH History EBook. This is an opportunity to exercise your creativity – you will have full creative license. The book is currently sitting in HTML on a web site and can be viewed at [www.hh-bh.ca](http://www.hh-bh.ca).

You will be credited for cover art and internal illustrations, and the opportunity exists (if you desire) to rework your illustrations into a small exhibition in conjunction with the book launch, and to sell limited edition prints. Once the book has been published, we will also seek media coverage regarding the collaboration of author and illustrator.

If you are interested, please email [hh-bh-communityassociation@hotmail.com](mailto:hh-bh-communityassociation@hotmail.com) with samples of your ideas plus a list of the types of books you like to read.

## Get community news online

Did you know you can receive the Beacon and other community notices by email? If you're interested, just send your email address to: [hbbhacct@telus.net](mailto:hbbhacct@telus.net).



## Protection of Calgary's Heritage

*A Message from Druh Farrell  
Alderman, Ward 7*

Once considered dismissive of our historic resources, the City of Calgary has made huge strides in the protection of Calgary's heritage over the past year with a 47% increase in heritage designations.

The ten sites designated in 2009 include some excellent examples of adaptive re-use with buildings like the Simmons Factory Warehouse (1912), the Nellie McClung House (1907), and the Customs House (1916). The Simmons Factory Warehouse produced beds for the Canadian military in World War II and is now headquarters for the East Village redevelopment. Nellie McClung is best known for garnering the right for women to serve in the Canadian Senate and her house now provides character office space. The Customs

House, significant for its role as the federal government's customs office in Calgary from 1916 to 1979, is home to a leading architectural firm and Cantos Music Foundation.

In addition to the significant increase in municipal designations, with 550 historic sites on its evaluated heritage inventory, Calgary is now considered a national leader in heritage landscapes. The recent restoration of Reader Rock Garden, Central Memorial Park, and the Vacant Lots Garden Club community garden in Bridgeland is garnering the interest of heritage groups across the country.

Calgary's future historic treasures are continually being created. A date of 25 years prior to the present date can be used to determine a site's eligibility for inclusion on the City

of Calgary's Inventory of Evaluated Historic Resources. Proposed sites undergo a thorough evaluation with a system that came into effect in June 2008. The role of community members has been critical in identifying these sites, adding value and meaning to the process.

For more information on the evaluation process and community heritage initiatives at The City of Calgary please visit: [www.calgary.ca/heritage](http://www.calgary.ca/heritage).



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# memberships

Your annual membership is good from April 1 through the following March 31 and entitles you and your family to participate in a variety of different community programs and activities. The cost is only \$20 annually per family/ household or \$10 for seniors, including GST. Simply fill out this form and mail it in.

## HOUNSFIELD HEIGHTS – BRIAR HILL COMMUNITY ASSOCIATION MEMBERSHIP APPLICATION 2009-10

**Family Name(s):** \_\_\_\_\_

**First Name - Adults:**      **1.** \_\_\_\_\_      **2.** \_\_\_\_\_

**First Name - Children:** \_\_\_\_\_  
(please provide ages) \_\_\_\_\_

**Address:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

Would you prefer to receive the newsletter 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 March 31, 2010*

Annual membership (including GST) is :

- \$20 per household
- \$10 for seniors

**Paid By:**    cash     cheque

**Send cheques payable to Hounsfield 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.*

The Hounsfield Heights-Briar Hill gym and board room schedule can now be viewed online at [www.hh-bh.ca](http://www.hh-bh.ca). We are planning on adding improvements to the site over the coming months.

## Inner City Bus Service Review

Info gathered from Calgary Transit website, [http://www.calgarytransit.com/html/inner\\_city.html](http://www.calgarytransit.com/html/inner_city.html)

### Background:

Calgary Transit is reviewing several bus routes that serve communities close to the Downtown. The review focused on routes that:

- provided a duplication of service
- are carrying less than the required minimum ridership during all or some operating time periods
- have routings that require out of the way, slow or indirect travel

The review has identified a number of recommended service and route changes that would reallocate resources to some areas to provide more frequent and direct service and to eliminate unproductive, under-utilized or redundant transit service in others.

### Routes Reviewed:

- Route 9 – Varsity / Bridgeland
- Route 31 – Downtown Shuttle
- Route 403/433 – Inner City Loop
- Route 405 – Hillhurst
- Route 407 – Greenwood / Lions Park
- Route 411 – Rosedale / East Calgary
- Route 419 – Foothills / Parkhill
- Route 449 – North Hill / Macewan

### Proposed Service Changes:

A number of changes to these routes are recommended that involve:

- rerouting of existing routes
- cancellation of routes
- changing how route segments are connected
- schedule changes - revised service frequency and operating time periods

The following service changes are recommended:

#### Group 1- North Inner City

- Route 405 – shorten and revise routing in West Hillhurst to provide two-way service to local destinations, Sunnyside and Brentwood CTrain stations
- Route 407 – terminate at Brentwood Station. The east

portion to be covered by revised Route 405 and other local routes.

#### Group 2 – Inner City Central

- Route 9 – split Route 9 into an east half and a west half (419). The proposed new Route 9 - Bridgeland would connect Bridgeland to downtown and shopping. The west half service would be replaced by a revised Route 419. Routes 37, 43, 137 and 143 will continue to provide service in the area where Route 9 would be removed near Market Mall.
- Route 31 – will be shorter and have fewer segments and turns.
- Route 411 – recommend elimination and replace with a new route in the south portion. In the north section service is provided by Routes 2, 19, 119 and 404.
- Route 419 – unchanged along the south section between Mission, the downtown, Foothills Hospital, Children’s Hospital, University and Brentwood CTrain stations. The north portion of this route would be revised to serve the west portion of current Route 9. Service along 40 Av NW will be replaced by an extension of Routes 43/143.
- Route 403/433 – recommend that both routes be eliminated. Service will be provided by a new route to serve Inglewood, Ramsay, Manchester and provide a connection for these areas to Erlton Station and Route 302 and 305 service along 9 Av SE.

#### Group 3 – North Central

- Route 449 – recommend elimination due to low ridership and duplication (area is also served by Routes 46, 89 & 414).

### Next Steps:

- Consult with affected community associations
- Customer communication on affected routes – on-board handouts
- Hold public open houses
- Implementation - June 2010

**Feedback / Inquiries:** Send email to [CTCustomerFeedback@calgary.ca](mailto:CTCustomerFeedback@calgary.ca) with the subject “Inner City Bus Review” or phone (403) 262-1000.

## Sledding Safety

Sledding is a fun and exciting activity that thousands of children and adults enjoy every winter. It is one of several great outdoor pastimes that make this snowy time of year more enjoyable. But while sledding is a lot of fun, it is not without its risks.

Alberta Health Services, Emergency Medical Services would like to remind everyone most sledding injuries can be prevented. Injuries may result from collisions with stationary objects such as trees and rocks or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Educate your family how to stay safe and follow these simple safety tips for a fun day on the toboggan hill.



### Equipment

- Make sure your sled is in good condition. Don't use sleds with broken parts, sharp edges, or splits in the material.
- If your sled won't stop, or if you are out of control, roll off your sled onto the snow. You can always retrieve your sled afterward.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

### Plan Ahead

- Be conscious of clothing that contains drawstrings, or loose clothing, such as scarves, which may present a choking hazard if they become caught or snagged.
- Dress warmly in layers and anticipate weather changes. Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold. Ensure frostbite hasn't affected any exposed skin, frequently the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the cheek bones.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41C max.) until re-warmed.

### Hazards

- Avoid hills that are too steep, or too icy—you might lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Don't sled on hills that end with a road or busy parking lot at the bottom.
- Never go down a hill head first or backward.
- Avoid sledding at night if the hill is not well lit.
- Consider using sleds that you can easily control. Inner tubes, crazy carpets, and flying saucers cannot be steered!



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Briar Hill School's  
**15th "RECYCLE A FRIEND" USED BOOK SALE**

The 15th Used Book Sale at Briar Hill School is set for March 24 - 26!

The annual "Recycle a Friend" book sale has become a huge and much-anticipated event for students, teachers, families and community members, and there are lots of good reasons why:

- o The book sale promotes both literacy and environmentalism by recycling great books so others can enjoy them.
- o After the chaos and clutter of Christmas (see—alliteration! Reading builds word power!), this is a great time of year to go through bookshelves and clear some space.
- o We get to introduce our favourite paper "friends" to school and community members, creating connection through shared reading experiences.
- o The Book Sale has become a part of the school culture. Volunteers who help out enjoy the social aspect of the sale, and it has also helped to build our volunteer community within the school.
- o Once there's space on those bookshelves, you can pick up some new book buddies!
- o It raises money for Briar Hill School Library (often as much as \$5,000).

The Book Sale also promotes our school to many people outside of our neighbourhood as book shoppers from all over Calgary attend this sale!

**As in the past few years, this year we are going to focus on children's material. All children's material that is received will be sorted and priced and available during the sale. We will accept adult fiction and non-fiction, but we will sort and price these books if time and manpower permits.**

How Can You Support the "Recycle a Friend" Used Book Sale?

1. **We are accepting** fiction and non-fiction books for all ages and interests. We also accept board books, comics, children's magazines, posters, cassettes, videos, CDs, and, DVDs.
2. **We do not accept** general interest magazines, computer manuals, textbooks, encyclopedias, puzzles and games.
3. Bring your donations to the school from Monday, March 8 to Friday, March 19. Please **do not bring books to the school before March 8** as we have no storage space.
4. Spread the word, we need shoppers as well as books! Tell family, friends, neighbours and co-workers about the "Recycle a Friend" Used Book Sale. We are one of Calgary's larger used book sales with a tremendous variety of well-priced (a.k.a. cheap) books.

**Sale Dates**

<b>Wednesday, March 24</b>	<b>9:00 am - 7:00 pm</b>
<b>Thursday, March 25</b>	<b>9:00 am - 8:00 pm</b>
<b>Friday, March 26</b>	<b>9:00 am - noon</b>

2010 Book Sale Coordinators -  
 Dianne Gilchrist, Marsha Fehr, Shelley Harrop-Grant, Kathryn Winkler



**Hounsfield Heights/  
Briar Hill  
Parent-Child  
Cooperative Playschool**

A place for 3 to 5 year olds to play, grow and learn

We are located in  
Briar Hill School, Rm. 13  
1233 - 21 St. NW

Phone: 210-5126  
www.hhbhplayschool.ca

### Open House

Wednesday, February 24 from 7 - 8:30 pm

- **Pre-registration**

Thursday, February 25 from 7 - 8:30 pm

- **General registration**

Thursday, March 4 from 7 - 8 pm

Registration ongoing through the year

## Andrew Brash

### My Journeys to Everest

**Wednesday, February 6 - 7:30 pm**

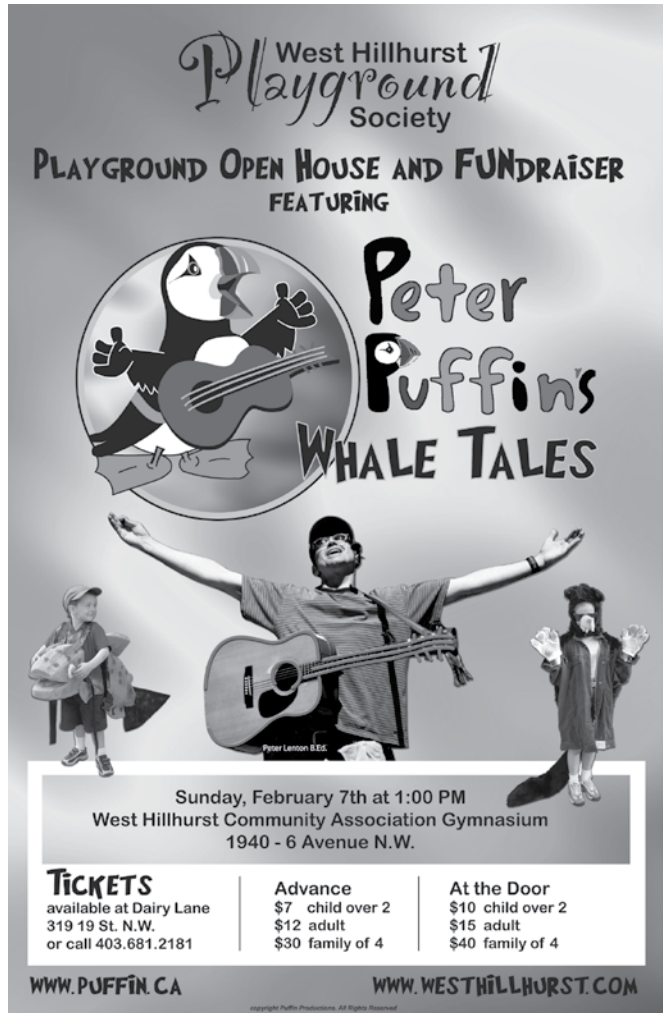
**John Dutton Theatre - Central Library**

Andrew is a Canadian climber and teacher based in Calgary. In 2006, 200 metres from the summit of Mount Everest, he discovered a climber in need. Organizing a rescue meant giving up the summit, and a lifelong dream.

His story is inspiring and should not be missed.

Tickets \$15 - all proceeds to Ecole St. Pius X School

For more info & tickets,  
email: [ecolestpius@gmail.com](mailto:ecolestpius@gmail.com)  
or contact Kim Ursell - 284 4204



West Hillhurst  
*Playground*  
Society

**PLAYGROUND OPEN HOUSE AND FUNDRAISER**  
FEATURING

**Peter Puffins  
WHALE TALES**

Sunday, February 7th at 1:00 PM  
West Hillhurst Community Association Gymnasium  
1940 - 6 Avenue N.W.

TICKETS	Advance	At the Door
available at Dairy Lane 319 19 St. N.W. or call 403.681.2181	\$7 child over 2 \$12 adult \$30 family of 4	\$10 child over 2 \$15 adult \$40 family of 4

WWW.PUFFIN.CA      WWW.WESTHILLHURST.COM

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QUEEN ELIZABETH HIGH SCHOOL  
512 - 18 Street NW

## OPEN HOUSE

FEBRUARY 25, 2010  
6:30 PM - 8 PM

Students and Parents are invited to attend an open house, to learn more about our school and the program choices available.

The 2010 Soccer Season is here!



Registration Night for community soccer ages U5 to U16 boys and girls will be held on **Tuesday, February 23** at the HHBH Community Centre (Fire Hall) from 7 to 8:30 pm.

Please bring two cheques; one for your HHBH membership and a second for the soccer program. More details on the spring soccer program, as well as registration and membership forms can be obtained from the community website:

<http://www.calgaryarea.com/nw/briarhill/communitynews/soccerinfo.htm>

We are looking forward to a great season. Practices are scheduled to begin the first week of April, weather permitting, and games toward the end of April.

**Volunteers Make This Soccer Program Happen!**

The community soccer program needs volunteers: coaches, assistant coaches, equipment managers, field maintenance, registration, wind-up picnic organizers, and tournament organizers.

Please consider volunteering in some way when you register your children.

If you have any questions please contact Terry Killackey at [tkillackey@mistralenergy.ca](mailto:tkillackey@mistralenergy.ca)

**Tons of Fun and Great Exercise!**  
**HHBH Women's Indoor Soccer**

**Thursdays 8 to 9 pm**  
**Winter session January 7 through March 25**

**At HHBH gym (please park west of Louise Riley Library)**

**Fee \$40 for HHBH CA members \* or \$60 including membership**  
**Cash or cheque payable to HHBH CA**  
**Or \$5/evening drop-in**  
**(plus \$20 if need a membership)**

**Just show up, or contact Margaret Smith for more info**  
**MLSmith4646@shaw.ca**  
**403-289-7490**

**Meet your neighbours!**  
**No experience necessary.**

**\* 2009-10 HHBH CA memberships valid through March 31/10**



**Advertise in the Beacon**



Advertisements are subject to space availability. Rates are:

\$30 per issue	1/8 page
\$40 per issue	1/4 page
\$60 per issue	1/2 page

Prospective advertisers should contact [hhbhacct@telus.net](mailto:hhbhacct@telus.net)

## Park'N'Play at Green Park

For those keen parents already planning summer camps and trips, please note that this year's city-run Park N' Play program will be held at Green Park July 5 – 9.



Park N' Play is a day camp program for 6- to 12-year-olds, including fun and interactive games and activities from 10 am – 3:30 pm daily. The program is free to participating families – your community association pays the city's fee to hold it in our neighbourhood.

The leadership/participant ratio is 1/15, and activities include recyclable crafts, games and singing. There's often one pool day during the week.

## Family Drop-in GYM TIME

**Free**

HHBH Community Association Members Only

**Fridays**

**6:30 - 8:00 pm**

Bring your neighbours. Play badminton/  
volleyball/ basketball.

Gym staff will set up equipment.

We have a limited number of racquets.

We will use the cross courts, so we can  
play more than one sport if you wish.



## Hounsfield Heights / Briar Hill (HH/BH)

# TOT'S TIME PLAYGROUP



We are an informal, caregiver-supervised playgroup providing a venue for physically active social interaction among preschoolers and their caregivers in the community. Our morning consists of free play in the gym, organized games and snack time.

**Come check us out!!**

**When:** Mondays, 9:30 - 11:30 am

**Where:** HH/BH Gymnasium  
1922-14 Avenue NW

- North of Louise Riley Library and Program Centre
- Entrance is on SW corner of gym; parking is west of library

**Cost:** \$20 per family  
(Sept. - May)  
plus community membership

Alternating families provide snack for all children.

For more information, contact Dawn at  
dawnehardy@hotmail.com



Hounsfield Heights/Briar Hill

# Youth Badminton

Get in on one of Canada's fastest-growing sports – competitive badminton!

For players aged 9 – 12 yrs (beginner level) and 12 - 14 yrs (intermediate level)



Space available for 12 players per level

Winter Session:  
Thursdays, 6:10 – 7 pm (beginners)  
7 - 7:50 pm (intermediate)

Cost: \$80.00 with HHBH community membership  
\$100.00 for non-community members

Location: HHBH Community Gym  
1922 14th Ave NW  
(Next to North Hill Mall)

Registration:  
Ongoing, starting Dec 16, 2009



- 1:6 Coach to student ratio
- Coaches are Level 1 & 2 qualified by Badminton Alberta

For information call:  
**Lorne Cowan**  
Phone: 403-289-0921  
Email: [Lorne2@telus.net](mailto:Lorne2@telus.net)

## Youth badminton tournament

Huge thanks to Lorne Cowan and youth badminton coaches Theresa, Max and Zoe for encouraging kids in the program to participate in a tournament at the Talisman Centre in December. They did great, and the competitive environment really brought out their best.

Great work, kids – and keep your eye on the birdie!

## Public Drop-in Badminton



HHBH Gym  
Tuesday-Friday  
9 am – Noon

Drop-in fee  
\$4.00/person

(No membership required)

CANTATE  
Music School



Kodály Music Explorers Program

Children 3 - 8 years

Song, Singing Games  
and Movement

A fun, playful approach that  
nurtures the whole child

call one of our  
nationally acclaimed instructors

Helen Beach  
Catherine Glaser-Climie  
Connie Weryshko

243.3990

[www.cantatemusicschool.com](http://www.cantatemusicschool.com)

## Home energy efficiency

How much do you spend on energy in your home each year? Take simple actions to save almost \$600 a year.

### Improve your home's insulation

Improving your home's insulation can save you up to \$167 each year. Tax rebates are also available, but you must act quickly to take advantage of them.

Consider your current attic and basement insulation – R50 is recommended for your attic and R20 for basement walls (“R” is the measure of insulation). Check with a home insulating and heating supplier to clarify what this means for you and to ensure proper installation.

But there's more to your home's insulation than the insulation itself. Adding weather stripping to your doors and windows and wrapping pipes and duct work will save you even more.

### Turn off electronics

Save energy and money by powering down your electronics and turning off your computer when not in use. But powering them down means more than simply turning them off.

Many electronics, like your television, stereo and game consoles, draw energy even when they're off to receive signals from remote controls or to operate clocks, timers and touch pads. This energy is called “phantom power” and consumes up to 10 per cent of a home's total electricity.

To cut phantom power, unplug electronics when not in use or use power bars with built in timers to automatically turn entire systems off and on according to your schedule. This can save you \$44 each year.

### But you can save even more

Take other actions, too, like switching to energy-efficient light bulbs and unplugging your old second fridge (older than 1995), to increase your savings to almost \$600 per year.

If every household in Calgary took these simple actions, we would reduce the energy we use and the greenhouse gases we produce that make up our carbon footprint. It would be the equivalent of taking 365,000 cars off our roads.

For more details on measuring your ecological footprint and to calculate your savings, visit [calgary.ca/footprint](http://calgary.ca/footprint).

Save money, save energy and protect our environment.



## February Is Heart Month

Do you know the signs of a heart attack and what to do if someone experiences these symptoms? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

### What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

*cont'd on page 19*

## Heart Month

cont`d from page 18

### Know the signs of a heart attack

*(Any or all of these signs and symptoms may occur)*

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

### Reduce your risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.



## Here Comes the Snow & Ice!

Scrape, scrape, scrape...these are the sounds of Calgarians shovelling their sidewalks and ensuring the safety of their neighbours. These citizens realize that when sidewalks are snow and ice covered, it causes many Calgarians to be housebound. It's important to be knowledgeable about your responsibilities regarding snow and ice and to respect the safety of others by complying with The City of Calgary Street Bylaw 20M88.

The bylaw states that property owners must remove snow and ice down to the bare concrete from all sidewalks adjacent to their property within 24 hours from when the snow stops falling. Furthermore, snow removed from your property cannot be placed on roads or boulevards. Failure to comply with The City of Calgary bylaws can result in fines or corrective action at the property owner's expense.

When it comes to rental properties, the property owner is responsible for removing all snow and ice from sidewalks, regardless of whether or not they live at the residence. Communication and working together between landlords and tenants ensures that sidewalks are kept cleared.

If you have icy spots that are challenging to clear, we recommend that homeowners purchase commercial ice-melting products or take a container to the nearest fire hall to pick up a sand and salt mixture. Failure to remove snow and ice may result in the City removing it at the owner's expense.

Taking the time to clear the snow and keeping extension cords from crossing the sidewalks help to combat the icy surfaces and ensure everyone's safety including mail carriers, meter readers and delivery people.

Some of Calgary's older adults need extra help in the winter keeping their sidewalks shovelled, ice-free and safe from slips and falls. You can be a Snow Angel and adopt an older adult's sidewalk this winter and keep it clear. Helping out keeps you active and fit and it just feels good.

If you, your neighbours or other members of your community would like to develop a more organized snow clearing program for your area, call Anna Ross of the Seniors Services Division of Community and Neighbourhood Services at 403-974-3131. Do you have a Snow Angel? Contact 3-1-1 and The City of Calgary will acknowledge your Snow Angel.

For more information on The City of Calgary bylaws or to view the Street Bylaw visit [calgary.ca/bylaws](http://calgary.ca/bylaws) or call 3-1-1.

**Animal & Bylaw Services**  
Partnering with Calgarians  
[www.calgary.ca/animalservices](http://www.calgary.ca/animalservices)





Briar Hill is the community that we call home. It follows naturally that where we live, work and play is where we provide our services to friends and neighbors. This is the community where we were raised and have chosen to raise our families.

Being that this is an area in the city we love, it is also fitting that we love to sell this community. As much as we sell homes, it is also true that we sell communities. And while we align the needs of our clients with properties, it is common for us to find ourselves promoting the part of this city we call home.



*Get the Ramage Advantage!* **GREG TREVOR LUCAS** **The Ramage Group** 

**The Ramage Group.com**  
**403-270-7007**



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*Real Estate Agent*

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