



HOUNSFIELD HEIGHTS – BRIAR HILL BEACON

OCTOBER 2010

It's work-out time!



Grand Opening Celebration HHBH Adult Fitness Park

Sunday, September 26 - 2 pm

- Check out the equipment
- Visit with neighbours
- Enjoy refreshments

Story, page 3

Hounsfield Heights-Briar Hill Community Association

Annual General Meeting

Wednesday, Nov. 17, 2010 at 7 pm

More details on page 3 & 4.

- Calendar of Events -

*Send us information about your
annual or one-time event.*

- Grand Opening and Demo,
Adult Fitness Park**
Sept. 26, 2 pm, between HHHH Hall and
Louise Riley Library
- Community Board Meetings**
Oct. 14, Nov. 10, Dec. 9 at 7 pm,
Community Boardroom
- Community Association AGM**
Wed., Nov. 17, 7 pm, Community Hall
- Clothing Distribution Day**
Sat., Oct. 2, 9 am – noon
West Hillhurst Community Association
(drop-offs starting week of Sept. 27)
- Community Clean-Up**
Oct. 16, 9 am – 1:30 pm, meet in Louise
Riley Library parking lot
- CA Fundraising Casino**
Nov. 21 – 22; contact Carol
(284-5851) to volunteer
- Tots' Time Play Group**
Mondays, 9:30 – 11:30 am
Community Gym
- Family Open Gym Nights**
Fridays, 6:30 – 8 pm, Community Gym



HH-BH Community Association Board

| | | |
|---------------------|--------------------------------|----------|
| Vacant | President | |
| Norm Anderson | Acting President | 807-2134 |
| Tejinder Paul Sidhu | 2 nd Vice President | 383-7029 |
| Vacant | Secretary | |
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| Phil Johnson | Director, Facilities | 284-4977 |
| Kellie Johnston | Director | 475-3763 |
| Emmanuel Malterre | Director | 282-0813 |
| Gunter Sammet | Director | 210-2603 |
| Carol Sandahl | Director, Programs | 284-5851 |
| Terry Woods | Director, Land Use | 701-8856 |

Board meetings are held at 7 pm on the 2nd 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: 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: December 15, 2010

Beacon Ads: hhbhacct@telus.net

Hall/Gym Bookings: Andrea.Schmidt.09@gmail.com or 282-6634

Website: www.hh-bh.ca

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.

Official Notice **Community AGM**

The 2010 Annual General Meeting of the HHBH Community Association will be held on Wednesday, November 17, 7 pm at the HHBH Community Hall, 1922 – 14 Ave. NW. Entrance is on the west side of the gymnasium.

For parking, please enter the Louis Riley Library lot from 14th Ave. NW and proceed around to the lot on the west side of the library. The gym entrance is across the soccer field. Please do not use North Hill Mall parking.

All resident members are entitled to vote at the AGM. If you haven't renewed your membership since March, memberships will be available prior to the AGM at a cost of \$20 per household, \$10 for seniors.

The agenda will include usual business items such as presentation of financial statements, committee reports, discussion of issues facing HHBH, and election of the Board of Directors. This year there will be no proposed bylaw changes or other special resolutions.

There will be positions to be filled on the Board. Please consider volunteering to be on the Board. Call a current board member (contact info is on page 2) if you have questions about what is involved or if you know someone who might be a great addition to the Board. Even if you don't want to be on the Board, do come out for an evening with your neighbours.

***Come to the AGM –
there's a lot going on in HHBH.
And there'll be refreshments!***

Celebrate our new Adult Fitness Park

Have you been wondering about the apparatus installed this summer beside the community hall? Could it be minimalist metal sculpture, or devices for punishing wayward board members?

Nope – it's a new adult fitness park. The 11 stations are designed to provide public access to safe fitness equipment. It's the first of its kind in Calgary, says local resident Lorne Cowan, who first saw the equipment in a park in BC while on holiday last summer.

"I tried it out and I thought it was great," he said. "These units would be ideal to help seniors in our community keep fit, as well as adults of all ages."

Cowan and Norma Dougall took the initiative to develop a proposal for the fitness equipment for the Community Association board last December, and the whole installation was completed this August. Now, it's ready for you.

Each unit is free-standing and designed to be used by people 16 years of age and older. A central panel explains the proper use of each piece of equipment, and units are built to remain outdoors in all seasons.

The equipment was sourced from the BC company Fitness Outdoors; for more information about it, please visit their website at <http://www.fitnessoutdoors.ca/>.

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Why go to your Community AGM?

Let's face it, Wednesday night rolls around and the first thing on your mind is not usually, "I think I'll go review last year's financial statements at the community's annual general meeting."

But while nobody needs anyone "shoulding" on them, attending your community association AGM really is a Very Good Idea. Here's why:

- o This is a great community, which means great people. A bunch of them will be there.
- o Great communities don't just happen – they need your ideas, energy and participation. Attending an AGM is a great way to get your feet wet, if you haven't already.
- o We elect a whole new board of directors each year. You get to vote.
- o There will be significant change on the board this year because several members are not returning (including former CA President David Trudeau and Membership, Communications and History Book Director Linda McKinnon).
- o We do review last year's audited financial statements. Ever wonder what we do with the money raised from casinos, hall rentals and program fees? This is how to find out, and a chance to ask questions.
- o If you have concerns, it's a good time to raise them.
- o We'd love to have more volunteers, but no one is conscripted. And the door's not locked.
- o There's wine and cheese!

In June this year, more people turned out to a meeting on a single issue (traffic calming) in our community than attended the 2009 AGM. We were thrilled that so many were willing to come out and show their concern, and we'd love to see all those folks and whole lot more of their neighbours at this year's AGM.

**HHBH CA AGM
Wed., Nov. 17, 7 pm
HHBH Community Hall**

Reward offered for return of stolen traffic sign

Whoa!

That's an expression that often means, "Slow down," but can often be used to express dismay and get attention. We want to do all three about a case of petty theft that has thwarted the attempt of some good folks in our community to increase safety around Briar Hill School.

"Our son and daughter-in-law, Chelsea and Lucas Ramage, have bought two of these Slow Down traffic signs and put them out at the corner of 12 Ave. and 21 St. because of the increase in speeding in Briar Hill," says long-time HHBH resident Maureen Ramage. "But both signs have been stolen. We are all very concerned about the speeders in our district, and would be willing to pay a \$25 reward for return of a sign."

If you have any information about the whereabouts of the sign, please call 850-2561 or put the sign back on the corner of 12 Ave. and 21 St.

The Ramages aren't the only ones concerned about speeding, especially about some of the bigger contractor vehicles now common in our neighbourhood. This was among the concerns raised by residents at a traffic calming meeting at a HHBH Community Association board meeting in June. For follow-up on that meeting, please see story on page 5. One result was installation of an electronic sign that displayed the speed of passing vehicles over the summer in an attempt to increase awareness of the need to slow down and drive with caution around the school.

Also, please note the reminders from Calgary Police in the story on page 7, that school zone speed reductions are in effect a half-hour earlier in the mornings.





Volunteer for our Casino

CA Program Director Carol Sandahl is looking for volunteers to work at this year's casino, which provides funding for community programs and infrastructure. It's a great way to support your community, get to know your neighbours, and Carol says there's a great buffet at the casino, too!

This year's casino is scheduled for Sunday, Nov. 21 and Monday, Nov. 22, with shifts throughout the day and evening.

It's worth doing – this year, the CA Board has used casino funds to replace carpeting in the board room, resurface the gym floor, provide needed furniture and supplies for our local playschool and kindergarten, purchase and install a new adult fitness park beside the gym and install water service at Green Park so that we can continue to flood the park to create a rink in winter (the fire hydrant can no longer be used for this purpose).

For more information about the upcoming casino, please contact Carol at 284-5851.

Traffic calming follow-up

Dozens of local residents expressed concerns about traffic in Hounsfield Heights/Briar Hill at a meeting in June, and HHBH CA Traffic Calming Director Denny Kwan has gathered those concerns into a new submission to the city requesting a formal traffic study for our neighbourhood.

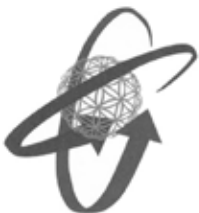
However, the best way to get a study in our neighbourhood (there's a lot of competition) is to demonstrate need, so Kwan is encouraging residents to continue documenting their concerns and submitting them to the city, either through the CA or individually.

As a result, Kwan has obtained copies of the Community Traffic Issue Reporting Forms the city requires and made them available both for pick-up and drop-off at the Louise Riley Library and at Briar Hill School.

"This form should be used to report any traffic issues that you or your neighbours see are a concern for you and the community," Kwan says. "We will record the issues that have already been raised at the meeting and in emails/voice-mails I've received, but if you or your neighbours feel that the issue should be raised again, feel free to fill one out in your own words."

He says the completed forms will be reviewed and signed by the Community Association and sent off to the City.

If you have any questions, please contact Kwan at dellienye@shaw.ca or contact the HHBH CA (email and phone contact info on page 2).



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2010 Stampede Breakfast in Green Park

Remember summer? Yeah, there was that one really nice day in July ... fortunately, it coincided with this year's HHBH Community Stampede Breakfast.



Many thanks to CA Program Director Carol Sandahl, who made it possible for dozens of us to get together on a beautiful day, share some pancakes and catch up with neighbours. The pancakes were great, and the balloon animals and face-painting were spectacular, too.

Live healthier and greener

By Jen Silverthorn

In today's world, individuals have so much desire to live a greener, healthier and sustainable lifestyle. We often make changes here and there and hope we've focused our efforts by making smart consumer choices, doing green renovations, eating organic local food or using alternative transportation to name a few.

To help us on our own journey, we recently took advantage of Green Calgary's Healthy Home program. During their healthy home consultation, they gave us a lot of free goodies (including a rain barrel) and looked at several environmental aspects of our home from waste, chemical use, energy consumption, water consumption to consumer behaviour.

While we consider ourselves a rather green family, we still learned a lot and made a lot of easy changes in just the first week. The tips from the program staff have already saved us money that we have been able to put into other sustainable projects. The Healthy Home program is awesome, but the funding won't continue forever. More info on this free program is available at <http://www.greencalgary.org/your-home-and-community>.

Or, if you'd like info from a neighbour, folks from the community are welcome to contact me if they'd like to find out more about it — call 282-3554 or email jen.silverthorn@shaw.ca.



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Community policing

School safety message for back to school

The Calgary Police Service wants motorists to slow down in school zones – earlier. As of Aug. 1, 2010, the school zones times have changed in the City of Calgary. The start time used to be 8 am – 5 pm. Now the start time for school zones in Calgary are 7:30 am - 5 pm. Yes, the start time is a half an-hour earlier. This is to accommodate earlier start times in schools.

The speed limit for school zones is 30 kph and the fines can range from \$57 up to \$351 depending on how fast you speed. Also, passing is not allowed in school or playground zones—at all! No matter if you change lanes or not, you cannot pass another vehicle. This could net you a \$172 fine.

The Calgary Police would like motorists to just slow down around school zones, especially when children are walking to and from school and parents are dropping off and picking up children. Please just pay a little more attention.

When children are walking to and from school, there are a few safety tips they can abide by:

- always walk on the sidewalks when possible.
- look both ways before crossing the street and make sure the vehicle sees you and comes to a stop.
- look in all directions before crossing and cross at a corner or crosswalk ... not in the middle of the street.
- if you have school patrols, use them and they will ensure you

cross safely (especially elementary school children).

- use the point, pause and proceed method.
- if you ride a bicycle to school, wear a helmet.
- when crossing the street, get off your bike and walk it across (don't ride it in a crosswalk).
- always walk across the street, don't run.

For drivers:

- be aware of schools, school zones and times they are in effect.
- reduce your speed in schools zones, even if you are not sure if school is in.
- be ready to stop at any time, children do not always notice on-coming traffic.
- try to make eye contact with the children crossing.
- please be patient and wait until children have crossed completely before proceeding.
- and stop when directed by a school patrol (their stop signs pointed out



*Constable Eric Levesque
Community Liaison Officer
Calgary Police Service
District 3, 567-6300*

do mean stop).

- even if you are not sure, it is better to slow down, take your time and watch for the children because you never know where they may dart out and better to avoid any mishaps if possible.

Let's all slow down, pay a little more attention and make safe decisions while driving in our school and playground zones.



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Making a Difference: One child at a time

By Tanya Power

I woke up this morning to the smell of bacon and eggs coming through my open bedroom window. I got out of bed, brushed my teeth and put yesterday's clothes back on. I went downstairs and my mom gave me a hug and said, "Good morning." I grabbed my backpack and put my art homework in it, put my running shoes on, and headed out the door.

As I walked the three blocks to school I could see Sam in the distance getting out of his van in front of our school. Sam is one of my best buddies! He was heading towards the playground and I walked a bit faster so we would have a few minutes to play before the bell rang. As I got closer I could hear Sam's mom yelling, "Sammy, you forgot your lunch!" Sam stopped in his tracks, turned towards his mom and ran back to the van to get his lunch from her. I met up with Sam and we ran off to the playground together.

Lunchtime came. We were super hungry today because we had run hard and played dodgeball all recess. Sam pulled out his lunch, which he had almost forgotten, and started to eat. I had no lunch to bring. My mom tries really hard to get food for us, but says right now the best I can do is make us dinner.

As I shuffled my feet to the back of the classroom, I was overjoyed to find, like I do everyday, that Mr. Adams had put a lunch in my backpack. I am not entirely sure where this food comes from, but it is the best food I have ever had and makes me feel so good.

Surprisingly, this is the story for well over 2500 kids in Calgary everyday. Brown Bagging for Calgary's Kids www.brownbaggingit.org has been very active at feeding most of these kids for the last 20 years.

How, you might ask. We have been privileged to be part of a community that cares and gives. Calgarians have stepped forward and have found ways to contribute and

make child hunger their problem. There are kids that give portions of their allowance, companies that volunteer and find creative ways to fundraise, families that give of their time and money instead of exchanging their own gifts, and people who are simply making one or more extra lunches a day.

What are your resources? Do you have time, good leadership skills, creative ideas, space, finances, and a love of lunch making, or more? It isn't supernatural magic; it's a natural action that will help these kids to see their potential. It only takes the caring action of a few people to impact the life of a child.

To discuss possibilities, and help do something for the kids in your neighbourhood, please contact me Tanya Power, at 264-7979 or tanya@brownbaggingit.org.



**Hounsfield Heights/
Briar Hill
Parent-Child
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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: 403-210-5126
www.hhbhplayschool.ca



**hounsfield heights-briar hill
community kindergarten**

The HHBH CA supports the Briar Hill Community Kindergarten, located in Briar Hill School as an ancillary group.

If you have a kindergarten-age child or know of someone who does, please encourage them to check ours out at <http://www.hbhkindergarten.ca>.

Community Clean-Up Day



Date: Saturday, October 16, 2010

Time: 9 am to 1:30 pm

Place: Parking Lot - West of Louise Riley Library at the corner of 19 St. and 14 Ave. NW (enter the library parking lot, then follow the drive around the north side of the library)

Community Clean Up is a great opportunity to:

Dispose of large items: The City of Calgary Waste & Recycling Services sponsors a unique community program by providing two packer trucks. Residents can bring unwanted household goods and yard waste (things that might otherwise fill your basement, yard, street or alley) to the pick-up site.

Recycle: We will also have electronic recycling and scrap metal recycling.

Exchange: There will be a 'Give and Take' section where you can leave or take anything that may still be of some use. (We can only take items in the 'Give and Take' until 1:00 – please, no dealers this is a community service only).

Clean: Our green spaces – there will be teams of volunteers tidying up as many local green spaces as we can get to. We're on the look-out for a Green Space Clean-Up Coordinator, so if you could help organize this aspect, please contact Brenda Domeij at 289-4050.

Contribute: To our community by volunteering to help organize, man booths or clean up.

What to leave at home (Items not accepted):

Tires * Household Chemicals * Car Batteries * Propane Tanks *
 Large-scale Furniture * Paint * Fridges * Freezers
 Microwaves * Liquids

If you have questions or would like to help, contact:

**For Hounsfield Heights/Briar Hill Residents -
 Brenda Domeij at 289-4050**

**For Banff Trail Residents -
 John Kirkland at 651-2822**

Clothing Distribution Day: Drop off Clothes Week of Sept. 27

By Jan Persky

I attended this event last year, and there were those there who traveled by transit from across the city to have the opportunity to get clothing. Please donate to this worthy event.

FREE Clothing Distribution Day:

Saturday, October 2

9 am to noon

First come, first served.

Limited to 1 garbage-sized bag per family.

Interested in donating? Starting the week of Sept. 27, you can drop off items at Hillhurst Sunnyside Community Association, 5 Ave. at 14 St. NW. Possible donations include:

- o Clothing of all sizes, gently used toys and household items also available.
- o Gently-used children's, women's, and men's clothing and accessories (especially winter items).
- o Small household items.

Please do NOT drop donations off before the week of September 27, 2010, as storage space is limited.



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 2010-11

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, 2011

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. We are planning on adding improvements to the site over the coming months.

Calgary – A Hotbed for Voting and Volunteering?

Did you know ...

- 33% of Calgarians voted in the 2007 civic election, up from 20% in 2004
- 53% of Calgarians reported a strong sense of community in 2008, down from 61% in 2007
- 52% of Albertans volunteered an average of 172 hours in 2007, up from 48% in 2004

Be part of a Vital Conversation: Add your voice to our dynamic community discussion on what's working, and what's not... based on quality of life issues raised in the 2009 Calgary's VitalSigns Report at http://www.thecalgaryfoundation.org/vitalsigns_about.htm.

Join us Friday, September 24th:

Crowfoot Library - 8665 Nose Hill Drive NW
6 - 8 pm (light refreshments to follow)
Doors open at 5:30 pm

RSVP: (free to attend, registration required)
rsvp2@thecalgaryfoundation.org or 802-7305

For more information on Vital Conversations, please visit:
www.thecalgaryfoundation.org

Don't lose it, Label it!

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<http://www.hhbh.mabel.ca>

2010 Indoor Soccer

Welcome to our new coordinator, Eve Ackroyd, who stepped forward to replace Kitty Jones. Many, many thanks to Kitty, who is transitioning out of the position after keeping the ball rolling in our community for many years.



As of registration night, the numbers were as follows:

| | |
|-----------|----------------|
| U8 | 22 (Two teams) |
| U10 | 12 |
| U12 girls | 12 |
| U12 boys | 15 |
| U14 girls | 14 |
| U14 boys | 10 |

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: hhbhacct@telus.net.

Canzonet

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For children ages 3-8

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children learn musicianship skills.

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Order today and be automatically entered to win a **\$500** shopping spree from **CrossIron Mills!**

Plus ... the first 500 orders will include 2 tickets to the Calgary Home & Interior Design Show in September! A \$28 value!!

Order on-line at

www.CalgaryBlockParent.ca

Or call 403.269.6460



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)

For players aged 12 – 14 yrs (intermediate level)

Space available for 12 players per level

Fall Session:

Mondays: 5:30 – 7:00 pm
(ages 9 to 12; beginner)

Wednesdays: 5:30 – 7:00 pm
(ages 12 to 14; intermediate)

Starts Monday, September 27 and Wednesday September 29, 2010
10 lessons

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 September 14, 2010



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

For information call: Lorne Cowan
Phone: 289-0921
Email: lorne2@telus.net

Program provides help around the house for seniors

The City Links Employment Preparation Program of the city's Seniors Services Division is currently accepting new clients for light housekeeping, yard maintenance and snow removal services.

Eligibility Criteria:

- Be 65+ years of age
- Have household income below current Low Income Cut-Off rate (LICO) e.g. one person (\$22,229), two persons (\$27,674), three persons (\$34,022), four persons (\$41,307)
- Own, co-own or rent property at or above the lowest subsidized housing rate
- Own no other property
- Live in the residence
- Have no other able-bodied person living in the home who could provide services
- Have no other community support available to help, and not reside in a community where a Family & Community Support Services home maintenance program is available
- Current waiting period is one to three months depending upon service(s) needed
- Clients are requested to provide cleaning products for housekeeping and garbage bags for yard work services

For more information, call the City Links main switchboard at 974-3112.

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 hbbhacct@telus.net

Buy magazines to raise funds for Briar Hill School

You can support literacy in two ways by buying your magazine subscriptions through this Briar Hill School fundraiser. It's an easy way to help out – you'll get the same magazines at the same prices, but renewing or placing subscriptions through the school means some of the money will stay in the community. Subscription forms are available at the school's front office, by emailing depaiva@telusplanet.net or calling 289-1148.

Thanks for supporting our community school!

Hounsfield Heights/Briar Hill (HH/BH)

TOT'S TIME PLAYGROUP

Come check us out!!

When: Mondays, 9:30 - 11:30 am
Begins September 13th

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

It's time to get ready for Halloween Hey Day

Now that's SCARY!!!

Our annual community celebration of all things creepy and creative for children under 12 and their families,

will be held on Friday, October 29

at Briar Hill School from 6 - 7:30 pm



So it's time to:

- o Think about **costumes**. Costumes aren't compulsory, but certainly encouraged for adults as well as children. However, no full-face masks for adults and BH School alumni, please.
- o Let us know if you have any **great ideas** for Hallowe'en features or events. This year we plan to feature perennial favourites including:
 - o Haunted House
 - o Fortune Teller
 - o All those cool games in the gym
 - o Photo booth
 - o Cookie decorating
 - o Witches' Brew cafe
- o Consider **volunteering**. We need DOZENS of volunteers to:
 - o Greet people at the door
 - o Sell game and food tokens
 - o Run games
 - o Sell popcorn
 - o Set up and decorate

And much, much more!

If you'd like to learn more or offer to help, contact one of this year's coordinators:

Marsha "SCARE" Fehr (mfehr@telusplanet.net)

Kathy "CRUSH" Bush (bartbush@hotmail.com)

Ghost-writer Barbara Green (mirages@telus.net)

Halloween Hey Day is always a howling success, a great community-builder that also raises money for our school council. Everyone is welcome and admission is free (coupons for games and treats can be purchased at the door). This is a family event. Please note all children must be accompanied by a parent/guardian.



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.

HHBH Seniors: **Plug in here for** **electrical help**

Licensed Master Electrician will do any minor electrical repairs for local senior citizens free of charge.

Please call Tejinder Paul Sidhu 383-7029,
Monday to Friday, 9 am to 5 pm.

At *your* Library

Fall programs at the library

Eco-Friendly Art for Kids - Liliana's Ecorations shows you how to express your creativity and artistic skills by creating animal and flower-shaped eco-friendly art. This program is generously sponsored by the Alberta Beverage Container Recycling Corporation. Ages 6 to 12. Saturday, Oct. 23, 1 - 3 pm.

CyberSeniors Connect - Learn from youth volunteers in this self-paced program about Facebook, blogs, YouTube, and Microsoft Office. Basic computer skills required. Ages 50+. Saturday, Nov. 6, 10 am - 10 pm.

Calgary Teens: Write Now! - Hear from great local writers! Get ideas about different kinds of writing and publishing. Lunch and prizes provided. Call 260-2657 for details. Ages 13 to 17. Saturday, Nov. 20, 11 am - 2:30 pm.

Fire and Ice - Help Eggbert get back to his home, create a Mad Science burp potion, bath and shower using dry ice, and then end it all off with a HUGE fog. Presented by Mad Science and generously sponsored by the Alberta Beverage Container Recycling Corporation. Ages 5 to 12. Monday, Nov. 22, 4 - 5 pm.

No registration required for the following programs — just drop in!

Calgary: A New Illustrated History with Harry Sanders - Over a century of photographs capture the life and times of the city and its people in this new book. Ages 50+. Monday, Nov. 1, 2 - 3:30 pm.

Teen Open Mic Night - Express yourself in our teens-only performance space! Bring your guitar, poetry, writing, jokes — whatever. Come watch, perform, or both. Ages 13 to 17. Tuesday, Nov. 16, 7 - 8 pm.

City of Destiny: A Revisionist History of Early Calgary - Local historian and maverick John Gilpin presents a startling view of Calgary's early development, uncovered in his research on Calgary Parks. Ages 50+. Monday, Nov. 29, 2 - 3:30 pm.

Register in person, by calling 260-2620 or online at www.calgarypubliclibrary.com



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Louise Riley Library

1904 – 14 Avenue NW

Hours

Monday - Thursday from
10 am – 9 pm

Friday & Saturday from
10 am – 5 pm

Sunday from
12:00 pm – 5 pm

Programs are FREE with your library card.

Reserve your spot for these great programs asap!



Emergency
Medical
Services

Halloween Safety

Alberta Health Services EMS would like to remind parents and trick-or-treaters of some basic Halloween safety tips as October 31 approaches. As a member of the UNICEF *Partners for Safety*, ambulances, along with police, fire, transit and Shaw Cable vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks or well-lit corners only. It is safest to work your way up one side of the street and then cross once to the other side.
- Stay away from houses that are not well lit and do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups of three or more.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose brightly colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods or wands, should be soft and flexible with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair vision or breathing.
- Be sure costumes are loose enough to be worn over warm clothing – but not so baggy or long they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

www.albertahealthservices.ca

JIM PILLING for Alderman in Ward 7

Enough is Enough - Let Me Be Your Voice



I am directly involved with the Triwood Community Association and have lived in Ward 7 for over 40 years. I fully understand the wants and needs of residents like myself for better representation in City Hall. Some issues include:

- **Improve Infrastructure Planning**
- **Community Commitment**
- **Accountability at All Levels**
- **Improve Efficiency of Essential Services**
- **Transportation and the Environment**

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The After Hours Advantage: Primary Care Network Walk-in Clinic

By Laura Lushington

You're sick and can't get in to see your doctor. Waiting in emergency or a walk-in clinic for hours doesn't sound like an appealing option.

The Calgary Foothills Primary Care Network's After Hours Clinic is an urgent care centre available to patients living in northwest Calgary and Cochrane. "What we do is provide medical service to individuals who need to be seen within 24 hours," says Nowel Parsons, clinic manager at After Hours.

You can access the clinic by phoning HealthLink at 943-LINK (5465) where a nurse will assess your symptoms and recommend appropriate care. Your family doctor can also refer you when they have no appointments available.

"If [patients] weren't seen here they would be in a walk-in or they would be in emergency," says Parsons, who explains that busy emergency rooms don't need to see patients with strep throat or minor injuries. "That's a service we can provide."

The After Hours Clinic is open weekdays from 6 pm to 9 pm. and on weekends and stat holidays from 10 am to 3 pm.

Calgary Foothills Primary Care Network is an arrangement between a group of family physicians and Alberta Health Services - Calgary to provide primary care services to patients living in northwest Calgary and Cochrane. For more information on the programs offered through the PCN, visit www.cfpcn.ca.

Reading and talking make all the difference to your child's success



**Calgary
Reads**

You know being a parent is the most important job in the world. But just how important are the 2000 days of parenting before that baby of yours hits kindergarten? Turns out, each of those 2000 days may be a lot more important than you realize.

More and more research is showing that 85 per cent of an individual's 'brain wiring' happens between ages zero and five. This brain wiring is the foundation for reading and future academic success. This doesn't mean the majority of actual learning and knowledge happens before age five. It does mean that without excellent

wiring kids are in jeopardy regarding maximum academic success, mental and physical health, and ultimately, economic self-sufficiency.

Just who makes sure that wiring is in place? You, as a parent! You can ensure your kids have the 5000-word vocabulary necessary for kindergarten success.

Luckily, there's an easy, no-cost way to support your child's long-term success. These simple actions can have a profound impact on your child's success and happiness:

- Read to your child as often and as much as you can – at least several times a day. Read anything and everything out loud - books, cereal boxes, street signs, grocery lists, etc. Make time to sit down with books. Cuddle up and add reading to your regular daily activities. Young children love repetition – reading the familiar over and over is okay.
- Talk to and with your child non-stop. Talk in the car or on the bus about what's happening around you. Talk about the oranges at the grocery store. Talk about what the adventures of the day are going to be, what to wear, what to take as a snack, even the weather, the clouds and the birds in the sky. You may feel a bit foolish talking so much, but those 2000 days pass quickly.

Children who participate regularly in all kinds of language interactions – speaking, reading, singing, rhyming – develop strong language brain wiring and large vocabularies. These kids start school on a solid foundation and are most likely to succeed.

This message is brought to you by Calgary Reads, a local non-profit that helps struggling grade one and two readers gain reading skills and confidence.

Be a Homework Hero

The Boys and Girls Clubs of Calgary is inviting volunteers to be a Homework Hero and share their love of knowledge with children and youth in the community. Homework Hero is an after-school program that provides students in grades three to 12 with access to academic tutoring at both Community Clubs and group homes facilities. Volunteers can engage youth and excite their imaginations with math, social studies, language arts and several other interesting subjects.

“Volunteerism profoundly impacts communities. This is an opportunity for people to provide mentorship to children and youth, grow and expand their skills, and network with a diverse group of people,” says Volunteer Specialist Nicky Blackshaw. “The goal for Homework Heroes is to enhance the value of education for children and youth, and to enable them to feel good about learning while confronting the barriers that create academic challenges for them.”

For more information about becoming a Homework Hero and on how you can volunteer at the Boys and Girls Clubs of Calgary, visit www.boysand-girlsclubsofcalgary.ca.

Introducing Triple Meg at West Hillhurst

Triple Meg is coming to West Hillhurst to provide the following Soccer Programs:

- **After School Soccer** - Emphasizing the development of soccer skills while having fun. Keep your child active, right after school.

- **Evening Futsal** - Weekly Indoor Futsal: organized skill development, conditioning, and team play through scrimmages. An effective method of developing ball control and soccer sense.

- **Weekly Preschool Sessions** (at your location) — Triple Meg is offering a high-energy, fun, age-appropriate introduction to soccer for preschoolers. Triple Meg's focus is: soccer skills and character development while leaving

a lasting impression.

Please visit www.triplemeg.com for more information.

Learn Qigong...

Learn to balance your energy with the simple practice of Spring Forest Qigong. With balanced energy comes optimized health, peak performance, and inner peace and happiness. Fall introductory classes will start at West Hillhurst on Tuesday, Sept. 14 – Oct. 5 at 1 pm and on Wednesday, Sept. 22 – Oct. 13 at 8 pm. Please see program details on www.westhillhurst.com or contact Munira at mjiwa@coreinc.ca for more information.

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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.



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