

# HOUNSFIELD HEIGHTS - BRIAR HILL BEACO

**APRII 2012** 

### We want to hear from you! **HHBH Community Consultative Process**

By: The HHBH CA Strategic Planning Committee: Mara Grunau, Kellie Johnston, Emmanuel Malterre, Gunter Sammet & Kevin Taylor

Do you know what's going on in your community? How do you prefer to receive information about community events? Do you have an opinion on what makes HHBH a great place to live? What community initiatives are of interest to you?

The Strategic Planning Committee, a committee of the HHBH Community Association, is coming to see you! Beginning Friday, April 27th and running until Sunday May 6th, members of the HHBH Community Association Board will be going door-to-door with a Community Survey. The survey asks residents to share why they live in our community, what community programs they support, what future community initiatives they are interested in and what community concerns they may have. The purpose of the survey is to: meet the residents, inform residents about the HHBH Community Association and gather first-hand information from residents to help the HHBH Community Association (CA) Board set long term goals and direction.

The survey is Step #1 in our Community Consultation Process. The Strategic Planning Committee, together with Frank Johnston, a consultant with Volunteer Calgary, is leading the HHBH CA Board and the entire community in a consultative process to develop mission and vision statements along with long-term goals.

Here is an overview of the process:

Date	Event
Fri. April 27 - Sun. May 6	HHBH CA Board members visit all homes in HHBH with survey
Sat. June 2	Sharing survey results: come on out and see the results; engage in facilitated discussion; give more input
Late June	HHBH CA Board planning session; consolidation of data
HHBH AGM: Wed. November 21	Reporting back to the community regarding mission, vision and overall direction

# Calendar

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

### Community Board Meetings

Second Thursday of the month

7 pm

Community Boardroom - all welcome! To be on the agenda, please contact Caroline or Norm at least 2 weeks in advance Next two:

May 10, June 7

### **▼** Tot's Time Play Group

Mondays 9:30 – 11:30 am Community Gym

### **X** Family Open Gym Night

Fridays 6:30 - 8 pmCommunity Gym

### Summer Solstice **Block Party** Saturday, June 16

The survey is short and can be completed in person or online. If you prefer, access it online Friday, April 27th until Sunday, May 6th at: http://www.surveymonkey.com/s/RGGTKST

We look forward to meeting you - we want to hear what you have to say!



### **HHBH Community Association Board** President Norm Anderson 403-807-2134 1st Vice-President Carol Sandahl 403-284-5851 2nd Vice-President Robby Sidhu 403-605-9120 587-896-7248 Treasurer Whittier Skaug Secretary Mara Grunau 403-283-9091 403-226-4800 Director, Education Sonya Ventura Director. Sears Plume **Emmanuel Malterre** 403-282-0813 Director, Facilities **Gunter Sammet** 403-210-2603 Director, Strategic Planning Kellie Johnston 403-475-3763 Director, Event Planning Teiinder Paul Sidhu 403-383-7029 Director, Communications 403-863-4445 Kevin Taylor Director, Beacon Editor Lisa Mueller 403-289-1148 Director, Land Use 403-701-8856 Terry Woods Kindergarten Secretary/Treasurer Kitty Jones 403-282-5235

Board meetings are held at 7 pm on the second 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 two weeks 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: admin@hh-bh.ca

(phone messages and emails are checked 1-2 times per week)

Beacon Submissions to: Caroline Pankewich, Administrative Assistant

email: thebeacon2005@hotmail.com

Deadline for submissions for next issue: May 15, 2012

Beacon Ads: admin@hh-bh.ca

Boardroom/Gym Bookings: bookings@hh-bh.ca or 282-6634

Website: www.hh-bh.ca

### Boardroom/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 be viewed online at www.hh-bh.ca.

## **Calgarians to Celebrate Their Historic** Homes this Year Join the House Party of the Century!

Is your home 100 years old or thereabouts, built in 1915 or earlier? It's time to celebrate your home's place in Calgary's history, and your role in looking after it and ensuring its future.

Century Homes Calgary is a citywide celebration commemorating homes and communities constructed during our first building boom a century ago.

Owners and residents are invited to share details and stories about their house, particularly during Historic Calgary Week in the summer of 2012

Throughout the year, participants will receive information on how to research their home's history, including workshops. There will be opportunities to share stories on a website and to network with other residents and admirers of Century Homes.

Materials will be provided to help you and your neighbours celebrate your home's "birthday". Sign up your own home, or if you want to be more involved we are looking for community coordinators and have other volunteer jobs too. There is lots of information online at www.centuryhomes.org. You can also phone the Federation of Calgary Communities at (403) 244-4111 and ask about Century Homes.

### Not sure if you live in a "Century Home"? Want to learn more about your home?

Find out how to determine your house's age and explore its past at a free workshop

"Research the History of Your House"

Saturday, May 12, from 10:30 to 11:30 a.m.

Local History Room of the Calgary Public Library (Central).

Register online at calgarypubliclibrary.com or by calling 403-260-2620

### Calling all community green thumbs

We are looking for a volunteer gardener or gardeners to help us beautiful the green space on the south side/front side of the library. This small plot of greenspace is part of a busy street front and would do well with some sprucing up!

Contact the community association at admin@hh-bh.ca for more information and if you have a few hours to offer





Hounsfield Heights/ Brian 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

## Space available for fall

### in this issue

### community news

Message from Druh Farrell6
Report from Michelle Rempel7
WHCA Fall Fundraiser

community programs		
Adult badminton	13	
News from the Library	11	
Youth badminton	12	
contact us	2	
memberships9		



### **Creative Aging Calgary Symposium**

We know that you and/or your organization is interested in promoting healthy positive aging. Older adults' active engagement in the arts and learning promotes physical health, supports a sense of well-being, enriches quality of life, and decreases the risk factors for declining health and need for care. The 3rd Creative Aging Calgary Symposium promotes vibrant and positive aging by exploring innovative programs, best practices and illustrating quality arts-based experiences for older adults. This special event is being held at Mount Royal University, Calgary, on April 26, 2012 from 8 am to 4 pm.

We invite you and/or staff from your organization to attend this event. Enclosed is a poster outlining the scope of presentations. The benefits of participation include:

- Exposure to local and global keynote artisan speakers
- Enhanced understanding of the health and well-being benefits associated with arts and creative expression in later life
- · Access to resources related to creative aging
- · Networking opportunities

Registration for Creative Aging Calgary Society (CACS) members is \$125; non-members is \$135; or consider registering a complement of your staff or friends - a group of 10 qualify for a discount registration fee of only \$1,000 (savings of \$250). In addition, we are thrilled to provide a limited number of fulltime student and 65+ senior registrations at a reduced price of \$65, thanks to a generous grant from the Calgary 2012 and the Cultural Capital of Canada Program! For more information or to register, visit www.creativeagingcalgary.ca . Payment is by cheque or credit card.



# Clean out your closets and clean up your community!

Several Calgary community associations hold Community Clean-up events each year to help their residents clean out their homes. In addition to having electronics recycling and paper shredders onsite, a few have invited The Women In Need Society (WINS) to be present as well.

WINS is a local charity who operates four, donation-driven thrift stores in Calgary in support of our programs and services to help women and their families move ahead from poverty to self-sufficiency — Free Goods Referral, Family Resource Centres and Thrift Stores, and our WINS Employment Program.

At your Community Clean-up we could have our WINS trucks onsite to pick up donations of gently used clothing, housewares, and furniture for our stores. We could also have volunteers on-hand to answer any questions and to help your residents move items out of their vehicles and into our trucks. This is a great opportunity to support the clean efforts of your residents and also help keep good quality items out of the landfill. It's also a great opportunity to help a local charity.

HHBH Community has held an annual clean up event for a number of years. If you would like more information or would like to schedule WINS into your community event, please feel free to contact Robyn Jackson, Fund Development & Community Relations Manager at (403)255-5102 x 233, or by email at rjackson@womeninneed.net.

Please contact the community association to get the dates for our planned cleanup event, and to find out how to best collaborate with other interested community members.



### Plans Underway for Exciting WHCA Fall Fundraiser!

by Jo Larson

Planning has begun for what will surely be a major highlight of our community's social calendar!

The Community Engagement & Social Committee at WHCA is pleased and excited to host a new event at our community centre this Fall. The 1st Annual West Hillhurst "Taste of the Neighbourhood" to be held on Saturday, September 22nd, 2012, will be a chance for community residents and friends to gather for an evening of delectable food, wine and beer samplings from some of the fantastic restaurants, unique specialty shops and thriving businesses in & around our neighbourhood.

This stylish, adults-only cocktail party event will be held in a large tent on the grounds of the West Hillhurst Community Association, which is centrally located among several vibrant neighbouring communities. Imagine yourself and your friends coming together for a great evening of fun, only a short distance from home!

Local restaurants and specialty shops from Kensington, North Hill and our own 19th Street will be invited to showcase some of their most popular and favourite menu items for you to sample. Merchants of beer, wine & liquor will offer tastings of your favourite beverages, or perhaps something new and delightful to try. Area businesses will also have a chance to participate by becoming event sponsors, or by generously donating to our Silent Auction that will no doubt include some amazing gifts and experiences.

Following the "Taste" portion of the night will be a lively gathering inside the community centre, where a live DJ will spin your favourite tunes and the licensed party will continue into the night. Be sure to book your babysitter soon!

All proceeds raised from the "Taste of the Neighbourhood" event will go to the West Hillhurst Community Association's much needed Revitalization Fund. Here is a chance for everyone who enjoys this wonderful social & recreation centre to indulge in a great social event that will benefit the community centre for many years to come.

The "Taste" Organizing Committee has been hard at work in the planning and preparation for this event and

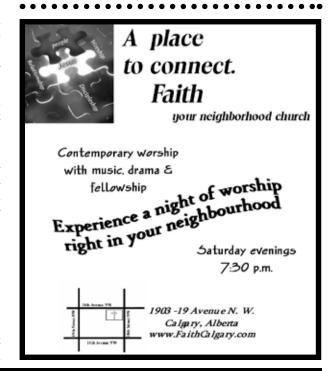
there's still a chance to get on board! Do you love to plan exciting events for a great cause? Your help is much needed and will be gratefully appreciated. Contact Jo at volunteers@westhillhurst.com to be a part of a fabulous team. Keep watching our website links for updates and ticket information at www.westhillhurst.com/taste.

We can't wait to see you at "Taste of the Neighbourhood"!

### 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:

admin@hh-bh.ca





### A Message from Alderman Druh Farrell



I am pleased to report that significant progress is being made on the issue of cost of growth, particularly growth in new communities. As Calgary's population is forecasted to double by 2076, with half of this growth targeted for new

development on the city's edges, the discussion around who pays for the necessary services has become urgent.

Residents in the new communities will require city services such as police and fire, transportation and transit, water servicing, recreation, and libraries. The amount needed to service this growth is \$10 billion over the next 10 years.

City Council now recognizes how important it is that growth should pay for itself, rather than rely on support from existing taxpayers and ratepayers. Cities across North America are grappling with similar challenges and many are looking at Calgary's proposed model with interest.

The City is designing a groundbreaking framework that seeks to achieve walkable neighbourhoods with easy access to transit and amenities, while ensuring a logical and equitable approach to funding the necessary city services. Given that a new community can take up to 45 years to start paying for itself, it is critical that we adopt a more sustainable model.

On April 11, the new Framework for Growth and Change will be discussed at the Standing Policy Committee on Planning and Urban Development. You can present at the meeting, or email your letters in advance to cityclerk@calgary.ca. Check DruhFarrell.ca for more information.

### **Movies In The Park**

Audio Cine Films Inc. is the exclusive CANADIAN rights representative for numerous studios and producers – including Walt Disney Pictures, Pixar Animated Films, Columbia Pictures, Tri-Star Pictures, Touchstone Pictures, Hollywood Pictures, Summit Entertainment, Sony Entertainment, Universal Studios, MGM Studios and E1 Entertainment, among others. We provide movies and licenses that allow municipal organisations to present commercially available films within a public context without infringing copyrights. Note that all film presentations occurring in municipal facilities (i.e. pools, daycares, and community centres) or in public (i.e. recreation centers or parks) must absolutely be licensed with a rights representative such as ACF, even if films are shown freely or obtained from personal collections or purchased.

We supply all kinds of short and long term licenses covering commercially available movies, as well as pre-release VHS/DVD movies exclusively available from us months or weeks before retail stores. If your organisation already has a leisure movie program or is thinking about it, please give us a call a 1-800-289-8887, send us an email at info@acf-film.com or visit our web site at www. acf-film.com . We have access to 1000s of films, and we ship to ALL parts of Canada!

Please contact the community association if you or your group would be interested in setting up a 'movie in the park' night' in one of our local greenspaces for community members to attend. Our email is admin@hh-bh.ca.





### **Report to Constituents from Michelle Rempel**

### MP Calgary Centre-North Parliamentary Secretary to the Minister of the Environment



Following the Christmas break from the House of Commons, I had the pleasure spending time with constituents, and numerous community groups in the riding.

I continue to visit schools in the riding meeting with students who are currently studying civics within their curriculum.

In order to fully understand how policies are affecting residents on

the local level, I held my second Community Association Presidents meeting in January. The meeting discussed issues important to the communities in my riding and also served as a pre-budget consultation to gain feedback ahead of the 2012 federal budget.

I had the pleasure of touring the applied research lab at SAIT with Federal Environment Minister Peter Kent. The tour gave us the opportunity to see the benefits of funding through NSERC [Natural Sciences and Engineering Research Council] grants.

During the February break week, I held a round table with local business stakeholders in the riding, with the focus on federal funding for research development. Our Government is committed to ensuring that private small and medium enterprise companies can continue to be successful and roundtables such as these are important to understanding the needs and concerns of stakeholders.

### Ottawa

During this Parliamentary session our government has successfully passed legislation putting an end to the long gun registry, ensuring marketing freedom for grain farmers and amending electoral boundaries to provide fair representation to Canadians. Currently, our government is working on many important issues, including the upcoming budget.

### **Environment Committee**

The Environment Committee continued its statutory review of the Canadian Environmental Assessment Act. Our

Government will continue to enforce strong environmental and safety standards right across this country. Our Government's top priority remains jobs and economic growth.

## www.michellerempel.ca

403-216-7777 105-1318 Centre Street NE, Calgary, AB T2E2R7



Indo-Jazz • Zumba
Lyrical • African • Modern
Ballroom • Club Styles • Highland
Pilates • Tap • Drumming • Boys Only
Flamenco • Bellydance • Irish • Jazz
Hiphop • Breakdance • L&B Cardio • Yoga
Ballet • Musical Theatre • Flex & Tone

Adults/Teens/Kids (3+)/Boys Classes www.freehousedance.com

All levels • Co-ed • Syllabus Training/Exams Performance Division Morning Classes

403-282-0

## Canzonet

Kodály Music Explorers Program

For children ages 3-8

Through Songs, Rhymes and Singing games children learn musicianship skills.

Sing for fun. Sing for life!

Helen Beach Singing songs with children since 1989. 403-289-2894

www.cantatemusicschool.com



## J. BYRON LOEWEN

**Barrister and Solicitor** 

Phone: (403) 298-0378 Fax: (403) 263-6840

Email: ByronL@milesdavison.com



# REAL ESTATE & MORTGAGES EMPLOYMENT LAW WILLS & ESTATES FAMILY LAW PERSONAL INJURY CORPORATE LAW

MILES DAVISON LLP Barristers and Solicitors

1600, 205 – 5th Avenue SW Calgary, Alberta T2P 2V7

### The Friends of Fish Creek Events April and May 2012

### **Speaker Series**

7:00 – 8:00 pm – Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park (Access via 130th Ave. and 37th St. St. SW)

Free for Friends Members and only \$5.00 for non-members

Thursday, April 26, 2012 - Follow the Yellowfish Road Presented by Lynn Robb - Director of Conservation Education, Trout Unlimited Canada

Come to this fun and interactive water education program that explores our role in maintaining strong and healthy freshwater ecosystems and their coldwater resources. Through the use of costumes, props and a watershed model, we are reminded that we are all connected by water. Learn about the needs of fish and other aquatic life, the importance of our watersheds and how human action can impact water quality. Trout Unlimited Canada's mission is "To Conserve, Protect and Restore Canada's Freshwater Ecosystems and Their Coldwater Resources for Current and Future Generations."

Thursday, May 24, 2012 - Canaries in the Creek Presented by Brian Meagher - Provincial Biologist, Trout Unlimited Canada

Learn how land-use decisions along waterways and riparian ecosystem management can benefit local waterways and the aquatic community

Registration Required. Please contact the Friends of Fish Creek.

403-238-3841 or chris@friendsoffishcreek.org or visit www.friendsoffishcreek.org



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 2012-13				
Family Name(s):				
First Name - Adults: 1. First Name - Children:		2.		
(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:		Membership #		
☐ Land Use	$\square$ Membership Drive	Valid through March 31, 2013		
☐ Green Space/Reforestation	☐ Children's Programs	Annual membership (including GST) is :		
☐ Fundraising	☐ Seniors' Programs	☐ \$20 per household		
☐ Facilities/Ice Rink	☐ Sports Programs	☐ \$10 for seniors		
☐ Communications/Newsletter	☐ Social Activities			
☐ Other		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 be viewed online at <a href="https://www.hh-bh.ca">www.hh-bh.ca</a>. We are planning on adding improvements to the site over the coming months.



# TO ALL KEEN GARDENERS!

June 8-10 Community Garden Bed build at the WHCA (West Hillhurst Community Association) There will be 29 garden plots.

June 9 will be Stream of Dreams (your children can learn about storm drains, run off and responsible water use then paint wooden fish for the fish mural on the fence. April 20 is a Seed Starter class taught by Janet Melrose of the Horticulture society.



June 21 Bottle drive to raise funds for the garden build at WHCA.

For more details go to www.westhillhurst.com. Go to the home page and you will find a link for the Green Committee Garden build.

# HEQITA & pain management



Dr. Zahirra Kara & Dr. Jennifer Easton Chiropractors

High quality, patient centred care is our commitment to you.

403.282.5590 www.fullmotionhealth.com info@fullmotionhealth.com



Conveniently located **INSIDE** the North Hill Centre. Happily serving families in the surrounding communities for close to 10 years.

(direct billing available to Blue Cross and Great West Life plan members for chiropractic care)

### **Our Services:**

Chiropractic
Active Release Therapy
Graston Technique
Registered Massage Therapy
Custom Foot Orthotics
Nutritional Counselling
Laser / Phototherapy
Customized Exercise Therapy
Prenatal & Pediatric Chiropractic

### **Treatment For:**

Back & Neck Pain
Sciatica
Headaches
Whiplash
Tendonitis / Arthritis
Carpal Tunnel Syndrome
Plantar Fascitis
Sprains/Strains
General Wellness Care

### **Bike Blow Out**

It's time to start thinking spring!

Two Wheel View is interested in putting together a "Bike Blow Out" in each of the four quadrants of the city this spring. At these one day events, community members of all ages would be able to get their bikes fixed and ready to ride, donate their old bicycles to the organization and learn more about riding in Calgary. With the collaboration of various community partners, the possibilities for activities and ways to engage the community at these Bike Blow Outs are endless. We have a lot of volunteers who are eager to tune up their mechanical skills by giving back to the community!

We are currently looking for communities and partners to help us organize these events and get people out to them. This is where you come in! If you are interested in working together to get the communities you work in a Bike Blow Out, please contact Laura Istead at (403) 880-3111 or admin@twowheelview.org as soon as you can to start the discussion!

www.twowheelview.org Like Us on our Two Wheel View Facebook Page!





### Louise Riley Library 1904 14 Ave NW

Monday to Thursday 10:00 a.m. – 9 p.m. Friday and Saturday 10:00 a.m. – 5:00 p.m. Sundays 12:00 p.m. – 5:00 p.m. www.calgarypubliclibrary.com

Programs are **FREE** with your library card.

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

### **May 2012**

# SINCE-1912 A CENTURY OF INSPIRING LIFE STORIES

### Centennial Birthday Block Parties Presented by Cenovus Energy

Join us for a party one hundred years in the making! Help Calgary Public Library celebrate its centennial with a special community-based block party at your Library, presented by Cenovus Energy. Bring the whole family and enjoy music, food, games, entertainment and a variety of contests and prizes. Help us celebrate our amazing story, our bright future, and most of all, the people who continue to make Calgary Public Library a place where everyone is part of our story! Come celebrate with us at Louise Riley, we've booked some tasty food trucks we think you'll love: *Perogy Boyz* and *Sidewalk Citizen Bakery* – mmmmmmm! Also, you don't want to miss out on the chance to listen to poet laureate *Kris Demeanor* or our very own Dan's band *Magnetic North*! We can't wait to party with you!

Saturday, Jun 02 10:00 a.m. - 4:00 p.m.

### MONDAYS at your library...

**50+ Coffee & Conversation:** Join Tyler *Every Monday* for coffee, friendly conversation and presentations of interest. Ages 50 and up. We've even started a book club! Come talk to Tyler and find out more on *Mondays*, 2:00 – 3:00 p.m.

**Computer Technology Coaching:** Drop in for friendly one-on-one, volunteer help on using the Internet and Microsoft Office products. *Mondays, May 07 to Aug 27(No program on May 21, Jul 02, and Aug 06) 2:00 - 4:00 p.m.* 

**Fabulous Hikes of the Foothills and How to Pack for Them:** Learn a few off the beaten track places to hike and view beautiful scenery and wildflowers on both gentle and challenging trails. Learn to read the basic signs of wildlife, weather and how to be bear-aware. *Monday, May 07th 2:00 - 3:30 p.m.* 

**A Home Without Barriers:** Learn how you can make your home barrier-free for persons with mobility challenges. Presented by the Accessible Housing Society of Calgary. *Monday, May 14, 2:00 - 3:30 p.m.* 

Canadian Natural Resources Limited Calgary Philharmonic Orchestra in Your Library Series:

Matthew Heller and Nick Bobas, Double Basses. Calgary Philharmonic Orchestra musicians offer a musical journey that includes a recital followed by a question and answer session. *Monday. May 28th 2:00 - 3:00 p.m.* 

### FRIDAYS at your library...

**Drop-in Family Storytimes** *Every* **Friday!** Come join the fun – learn a new song or finger play, experience a flannel story, cuddle up for a sweet story & check out some other great books to share at home! **Picnic Time & Nannies 'til Noon** *Every* **Friday** <u>after</u> Drop-in Family Storytime! Bring your lunch and have a picnic in the library, stay play and visit for an hour, *11:00 a.m.* – *12:00 p.m.* 

### TECHNOLOGY at your library ...

**eBooks:** A Library On the Go: Are you curious about eBooks? Library staff demonstrate how to download an eBook using OverDrive. *Thursday, May 03rd 7:00 - 8:00 p.m.* 

See you soon at the Louise Riley Library!



Youth Badminton

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

For players ages 9 - 12 (beginner level) For players aged 12 - 15 yrs (intermediate level) Space available for 12 players per level



### Spring Session 2012:

Mondays April 23 5:30 - 7:00 Wednesdays April 25 5:30 - 7:00 (10 lessons)

Cost: \$100.00

plus \$20 community membership (Community memberships expire

March 31, 2012)

Location: HHBH Community Gym

1922-14th Ave NW (Next to North Hill Mall)

### Registration:

Online starting March 12, 2012

- 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



### Spaying or Neutering your Pet: Benefits and Beyond

When you choose to own a cat or a dog, you are making a commitment to care for that animal for the duration of their life. Proper care for your cat or dog includes not only providing food, shelter and exercise, but also licensing your pet and acting as a responsible pet owner by spaying or neutering your cat or dog.

Research has shown that spaying or neutering cats and dogs has benefits for the pet, the owner and the community. For example, spaying or neutering:

- Reduces or eliminates disease, infection and cancer
  of the reproductive system, increasing the likelihood
  that your pet will enjoy good health and a longer
  life.
- Reduces pet overpopulation and the thousands of homeless and unwanted animals that end up in rescue organizations and shelters every year.
- Eliminates crying, howling, nervous pacing and frantic attempts to get out and find a mate.
- Reduces or eliminates inappropriate spraying in males and heat cycles in females.
- Results in more social and affectionate pets that are calmer and more content to stay at home.

It is recommended that pets are spayed or neutered prior to six months of age. Consult your veterinarian to discuss what the optimal timing is for your pet.

Two assistance programs are available in Calgary. The City of Calgary Animal & Bylaw Services operates the No Cost/Spay Neuter program which provides free spaying or neutering of cats and dogs owned by low income Calgarians. The MEOW Foundation offers the Spay/Neuter Assistance Program (SNAP) to help low income cat owners with the cost of spay and neuter surgeries.

For more information about the No Cost Spay/Neuter program, visit calgary.ca/animalservices or call 3-1-1.

ANIMAL & BYLAW SERVICES
Partnering with Calgarians

# Take a swing at Adult Badminton

By Lorne Cowan

Did you know there's an ongoing adult badminton program at the community hall every morning, Tuesday thorugh Friday?

The program runs 9 am to 12 pm with a \$4 drop-in charge and \$1 fee for birdies each time (up to a maximum of \$3 each half-year session).

Matches are played as doubles and when the match is finished, the next four players go on.

We have beginners and fun games on Wednesdays and Thursdays, while on Tuesdays and Fridays the more advanced players square off. Pick a time that suits your schedule and skill level and join us!

# Fostering safe communities...

### Graffiti

- · Graffiti makes citizens feel unsafe.
- When graffiti is left in a community, it suggests to vandals that residents don't care.
- Graffiti left unchecked attracts more graffiti and other forms of vandalism and crime.
- You can help prevent graffiti by following the 3Rs: RECORD, RE-PORT, REMOVE.
- RECORD the address where graffiti is located.
- REPORT the graffiti by calling 3-1-1. If you see graffiti being applied, call 9-1-1.
- REMOVE any graffiti from your property within 72 hours.
- For information on graffiti resources, call 3-1-1 or visit calgary.ca.

Thank you!

## S.C.S. SECURITY SYSTEMS LTD.

YOUR NEIGHBORHOOD SECURITY EXPERT RESIDENTIAL & COMMERCIAL

- CUSTOM ALARM SYSTEMS WITH 24 HOUR MONITORING
- SECURITY CAMERA SYSTEMS WITH WEB CAPABILITY
  - ROOM TO ROOM STEREO SYSTEMS
    - HOME THEATRE
    - MEDICAL PANIC BUTTONS
  - TELEPHONE, TELEVISION & COMPUTER WIRING



**SINCE 1983** 

MIKE SCHUH 403-274-8133 www.scssecuritysystems.com Email:info@scssecuritysystems.com



# 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 babies, toddlers and their caregivers in the community. Our morning consists of free play in the gym, story time 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
- 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 Rebecca or Tania at HHBHtotstime@hotmail.com



## Family Drop-in GYM TIME

Free for HHBH Community Association Members Only

Fridays 6:30 - 8 pm

Bring your neighbours. Play badminton/volleyball/basketball.



## **Tutor Doctor**

One-on-one, in home tutoring

All Grades and Subjects

www.tutordoctorcalgary.com CALL TODAY - 403-640-2223

# 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.

## 3 Lines Free

This area is intended as a free service to community residents (no business ads please). Please keep submissions to about 15 – 20 words, and don't forget to include your name and contact info. Parents must make submissions for children under 16.



# Advertise

Advertisements are subject to space availability. Rates are:

Prospective advertisers should contact admin@hh-bh.com





## MAH AND COMPANY

Forward Thinking

CHARTERED ACCOUNTANTS

303 19th St NW Calgary, Alberta T2N 2J2 403 230 0665

403.230.0665 www.mahandcompany.ca Our goal has always been to best serve our surrounding communities. With over 25 years of experience and knowledge in bettering both business and the lives of all our clients, Mah and Company would like to announce that we are currently accepting new clients.

If your needs involve GST, corporate filing or personal tax our team would be happy to find solutions for you.

Just give us a call.



A business and reputation built on strong client relationships, providing exceptional client service, and the knowledge you need to move forward confidently and fully informed when buying or selling a home.



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.



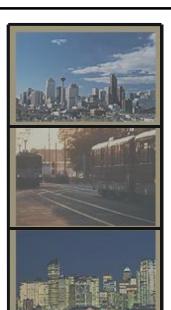
Get the Ramage Advantage!







# The Ramage Group.com 403-270-7007



## HomeLife Cityscape Real Estate

### **KEVIN MACMILLAN**

Real Estate Agent

#3, 1010 1 Ave. N.E. Calgary, AB. T2E 7W7 www.cityscapecalgary.com

Phone: (403) 270-2020 Fax: (403) 270-2272

E-mail: mmacmill@telus.net

Turning your house into a HOME!

