



**Hounsfield Heights-Briar Hill  
Community Association**

**Annual  
General  
Meeting**

**Wednesday,  
Nov. 21, 2012 at 7 pm**

HHBH Community Hall  
1922 – 14 Ave. NW

*Entrance is on the west side of the gymnasium.*

*Become involved in your community;  
Board and Committee positions are open.*

**Calendar of Events**

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

- Community Board Meetings**  
on the second Thursday of the month  
at 7 pm in the Community Boardroom  
*All welcome! To be on the agenda,  
please contact Caroline or Norm at  
least 2 weeks in advance*  
Next three:  
Oct 11, Nov 8, Dec 13
- Halloween Hey Day**  
Friday, October 26  
6:00 - 7:30, Briar Hill School
- Tot's Time Play Group**  
Mondays  
9:30 – 11:30 am  
Community Gym
- Family Open Gym Night**  
Fridays 6:30 – 8 pm  
Community Gym





## 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
Treasurer	Whittier Skaug	587-896-7248
Secretary	Mara Grunau	403-283-9091
Director, Education	Sonya Ventura	403-226-4800
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	Tejinder Paul Sidhu	403-383-7029
Director, Communications	Kevin Taylor	403-863-4445
Director, Beacon Editor	Lisa Mueller	403-289-1148
Director, Land Use	Terry Woods	403-701-8856
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](mailto: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](mailto:thebeacon2005@hotmail.com)

Deadline for submissions for next issue: November 15, 2012

**Beacon Ads:** [admin@hh-bh.ca](mailto:admin@hh-bh.ca)

**Boardroom/Gym Bookings:** [bookings@hh-bh.ca](mailto:bookings@hh-bh.ca) or 282-6634

**Website:** [www.hh-bh.ca](http://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](http://www.hh-bh.ca).**

## Community association has ratified a new STRATEGIC PLAN



The Strategic Plan provides the Hounsfield Heights – Briar Hill Community Association with the long term strategies that will ensure its continued vitality and contribute to the vitality of the community it serves.

The Community Association commenced the strategic planning process in 2011 by forming a Strategic Planning Committee and by retaining a consultant. In the spring of 2012, the Committee conducted a survey of all of the residents to obtain their views on the community and the work of the Community Association. The Committee combined information from the survey with the insights of the committee members to generate the essential elements of the draft plan.

The Hounsfield Heights – Briar Hill community is a highly desirable place to live. Its residents, as well as informed commentators, rate the Community Association as an effective resident organization. The Strategic Plan builds on past success while recognizing that past practices may no longer be sufficient in meeting future challenges. In particular, a critical challenge identified in the Strategic Plan is the need for greater engagement of residents as active participants in the life of their community.

In responding to this challenge, the Strategic Plan clarifies the mission of the Community Association “to inspire and encourage... residents to build the community together...”. This is a call to action to all community residents and will require a shift in the leadership role of the Board in facilitating the engagement of residents.

### The Strategic Plan is made up of three main parts:

The Identity of the Community Association summarizes who we are and describes our overall purpose, as expressed through Vision and Mission Statements. The Vision Statement outlines the desired future that we want for the Hounsfield Heights – Briar Hill community; the Mission Statement summarizes the overall mandate that the Community Association has to achieve the vision.

The Strategy sets out how the vision and mission will be accomplished. It outlines four strategic directions. These strategic directions describe the priority actions that the Community

Association will pursue over the next three to five years. The strategies are based on an analysis of the challenges and opportunities facing the Hounsfield Heights - Briar Hill community, including those challenges and opportunities that the residents communicated to us through the survey.

The Action Plan (to follow) outlines the high level actions that will be taken to advance each of the strategic directions and the responsibilities and schedule for completing the actions.

The Board ratified the Strategic Plan at the September meeting. The contents of the plan are posted on the website for review.



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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](http://www.hhbhplayschool.ca)

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## IT'S TIME TO RENEW YOUR RESIDENTIAL PARKING PERMITS



This is a reminder that **Residential Parking Zone W** permits **expire December 31<sup>st</sup> 2012**. You may obtain your year 2013/2014 permits beginning **NOVEMBER 1<sup>st</sup>** from the Calgary Parking Authority. Your permits may be renewed in one of the following ways:

1. The permit may be picked up at our office at the address listed below. The bylaw requires that you present a **valid ALBERTA vehicle registration for each vehicle requiring a permit, showing the correct address within the restricted zone.**

### PLEASE DON'T FORGET YOUR VEHICLE REGISTRATION!!

2. If you wish, you may mail or fax a photocopy of your **entire valid vehicle registration(s) along with a copy of some other proof of address, such as a cable or utility bill** (Drivers' license does not fax well). We will mail your permit to you. See address and fax number below. **Be sure to allow enough time for mailing.**

#### CALGARY PARKING AUTHORITY

620 - 9 Avenue SW  
Calgary, AB T2P 1L5  
Phone: 403-537-7000  
Fax: 403-537-7001

Business hours - 8:00 a.m. - 4:15 p.m. Mon.-Fri.

*It is your responsibility to renew your permits in a timely manner in order to avoid receiving a parking violation tag.*

### IMPORTANT NOTICE:

As per bylaw Traffic Bylaw 26M96 Section 20(3)(a)

The Calgary Parking Authority is authorized to issue the following stickers per dwelling unit:

(i) TWO (2) stickers at no cost, and

(ii) **Additional stickers upon payment of an annual fee of \$50.00 per sticker**

Effective immediately, this charge will be implemented and dwellings requiring more than 2 vehicle permits will be required to pay \$50 plus GST (\$52.50) for the third and subsequent permits issued. Payment by cash, cheque, credit card or debit card will be accepted.

Note: This does not apply to visitor permits.

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**MONTH** to sell

He had told me it might take two. ”



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## Community Clean Up

*Cindy and Phil Johnson*

We had another successful year with our community clean up on Saturday, September 22. The weather couldn't have been nicer!

This year we completely filled two city garbage trucks and partially filled a third truck. Rick Hallow is our city contact. He came by and was impressed by the number of volunteers and commented on how organized our day was. Apparently not all communities are as fortunate to have as many volunteers.

Another community member who has worked the clean up noted that the swap table had about twice as much “stuff” as last year.

WINS ( Women In Need Society) provided a truck and were able to take a lot of good used items from our swap area. As well Technotrash took scrap metal and electronics. They collected 2000 kg of electronics and 1610 kg of metals.

We want to thank all the volunteers who gave so much time. Some people chose to work one shift and a few others committed to the entire morning.

It appears that the community clean up is a much appreciated service.

Look for the next one in the fall of 2013. And remember, that in order to have a successful day we need lots of help!





## A Message from Alderman Druh Farrell



The City of Calgary welcomes Rollin Stanley as our new General Manager of Planning, Development, and Assessment. Rollin comes to us with 30 years of planning experience in the US and Canada, most recently with Washington DC's Montgomery County, where he developed a reputation for inspiring innovation and ensuring

high quality design and development. Rollin is respected nation-wide for his fresh perspective on strategic urban growth that focuses on quality of life, land-use, and economics.

The timing for Rollin's arrival couldn't be better. Through a process called Plan It Calgary, City Council has already established a solid foundation for the future, with a forward-thinking transportation and land use plan. Rollin can focus his knowledge on implementing those plans, with the help of communities and the development industry.

Many Ward 7 residents and community associations have spoken to my office about the issues they encounter during redevelopment. As the chairperson of the Planning and Urban Development Committee and a member of Calgary Planning Commission, I will be working with Rollin on transforming the planning process.

Rollin has a wealth of experience in neighbourhoods that are undergoing redevelopment and the challenges that often arise. His first task is to work with the various departments under his leadership on how to improve the quality of decision-making while making it more efficient and user-friendly. Our office has already seen some positive changes. Rollin has gone on several walkabouts with Ward 7 communities to better understand their needs and aspirations, and I have arranged a meeting this fall with Rollin and community association representatives to further explore ideas.

## Please keep off the grass

The soccer field just to the west of the Hounsfield Heights Briar Hill Community Association is being upgraded to improve drainage and provide an improved playing surface for a variety of user groups. This project will include installing new wide roll turf, remove an outdated manual watering system and replace it with an automatic irrigation system to support healthy turf and plant growth. As with any new landscaped turf, proper care and maintenance is vital to its long term viability. To this end the project will include some landscape maintenance over the next two years. The help of the community is also required to make this project successful for years to come. It is important to stay off the fields until the sod has sufficiently knitted. It is requested that you take the time to walk around the field and not through it even next spring. And, please find another field to kick the ball on. These measures will help this field be a better playing surface long term.



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*Thank you!*

The Summer Solstice 2012 Committee would like to send a BIG THANK YOU to the following Sponsors who generously supported our super successful (and sunny) Summer Solstice Party that was held on June 16, 2012.

- \* Hounsfield Heights-Briar Hill Community Association
- \* Safeway - North Hill Store
- \* Parkland Pipeland Contractors
- \* McKinley Masters
- \* City Core
- \* Hex-Hut Shelter Systems

Another BIG THANK YOU goes to all of the great volunteers from this community for helping in so many ways to make it all happen! \$1345 was collected (WOW!!) and donated to the BH School and the Bow View Pool.

Both groups were very grateful!

Thanks Again,

*Patsy Montgomery*

*Summer Solstice 2012 Chair*

## 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!*

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# BOO!

## It's time to get ready for Halloween Hey Day

Our annual community celebration of all things creepy and creative will be held on **Friday, October 26** at Briar Hill School from 6 - 7:30 pm.



So it's time to:

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.

Let us know if you have any *great ideas* for Halloween features or events. This year we plan to feature perennial favourites including:

- Haunted House
- Fortune Teller
- All those cool games in the gym
- Photo booth
- Cookie decorating
- Witches' Brew cafe

Consider volunteering. We need **DOZENS** of volunteers to:

- Greet people at the door
- Sell game and food tokens
- Run games
- Sell popcorn
- Set up and clean up
- .... and much, much more!

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

Kathy "CRUSH" Bush ([bartbush@hotmail.com](mailto:bartbush@hotmail.com))

Shelley "DEVILISH" Dunbar ([shellot@shaw.ca](mailto:shellot@shaw.ca))

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 and youth must be accompanied by a parent/guardian.**

Hounsfield Heights/Briar Hill

# Youth Badminton

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

For players ages 9 - 12 yrs (beginner level)

For players aged 13 – 17 yrs (intermediate level)

Space available for 14 players per level, first come first served

## Fall Session 2012:

Beginners start	Mondays	Sept 24	5:30 - 7:00
Intermediates start (10 lessons)	Thursdays	Sept 27	5:30 - 7:00

**Cost:** \$120.00 plus \$20 community membership  
(Community memberships expire March 31, 2013)

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

**Registration:** By email to  
Lorne2@telus.net

- 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**



**Please bring forms  
& cheques pay-  
able to Hounsfield  
Heights-Briar Hill  
Community Associ-  
ation to first night**



## We Got Gold!



Congratulations to Forster Mah, Loraine Goss and Rex Lee who participated in the Canadian 55 Plus Games which was held this past August in Sydney, Nova Scotia. Rex won two gold medals ( 75+ MD and XD) and Forster came home with a gold and silver medal. Forster, Loraine and Rex have played at our gym for years.



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.

<b>HOUNSFIELD HEIGHTS – BRIAR HILL COMMUNITY ASSOCIATION</b> <b>MEMBERSHIP APPLICATION 2012-13</b>	
<b>Family Name(s):</b> _____	
<b>First Name - Adults:</b>	1. _____ 2. _____
<b>First Name - Children:</b> _____ _____	
<b>Address:</b> _____ <b>Postal Code:</b> _____	
<b>Home Phone:</b> _____	
<b>Email:</b> _____	
<i>Would you prefer to receive the newsletter by email?</i> yes <input type="checkbox"/> no <input type="checkbox"/>	
<b>I would be interested in volunteering for:</b> <input type="checkbox"/> Land Use <input type="checkbox"/> Membership Drive <input type="checkbox"/> Green Space/Reforestation <input type="checkbox"/> Children's Programs <input type="checkbox"/> Fundraising <input type="checkbox"/> Seniors' Programs <input type="checkbox"/> Facilities/Ice Rink <input type="checkbox"/> Sports Programs <input type="checkbox"/> Communications/Newsletter <input type="checkbox"/> Social Activities <input type="checkbox"/> Other	<b>Membership #</b> _____ <i>Valid through March 31, 2013</i> Annual membership (including GST) is : <input type="checkbox"/> \$20 per household <input type="checkbox"/> \$10 for seniors Paid by:    cash <input type="checkbox"/> cheque <input type="checkbox"/>
<b>Send cheques payable to Hounsfield Heights-Briar Hill Community Association</b> <b>Box 65086 RPO North Hill, Calgary AB T2N 4T6</b>	
<i>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.</i>	

The Hounsfield Heights-Briar Hill gym and board room schedule can 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.

## Dig Deep! Phase 2 public engagement events

We are thrilled at the interest shown and input from Calgarians in the first phase of public engagement, “Think Big!”.

More than 12,000 Calgarians participated in a survey either through [calgarynewcentrallibrary.ca](http://calgarynewcentrallibrary.ca) or in person at more than 100 events throughout the summer.

What Calgarians have told us so far has influenced the next phase of engagement, “Dig Deep!”. Using priority rankings from the survey, detailed comments provided by respondents and research on library trends, four themes emerged to help further the discussion this fall:

- Awesome Spaces and Virtual Places
- Diverse Collections and Inspiring Resources
- Powerhouse Programs and Signature Services
- The Role of the Library in Complete Communities

Please help us uncover the potential in each of these areas by attending one of five family-friendly, free events:

### Saturday, Oct. 13

1:30 p.m. to 4:30 p.m.

Dalhousie Community Association  
5432 Dalhart Road NW

### Tuesday, Oct. 16

5:30 p.m. to 8:30 p.m.

Cedarbrae Community Association  
11024 Oakfield Dr. SW

### Wednesday, Oct. 24

5:30 p.m. to 8:30 p.m.

Pineridge Community Association  
6024 Rundelhorn Dr. NE

Join us at any one of these drop-in events and your name will be entered to win a Kobo e-reader!\* Light refreshments will be provided.

\*Draw will occur after the last session.


# Connect To God To Friends

## Through Performing Arts

*Singing*

*Dancing*

*Musicals*



*Drama*


*Acting*

*Techno-  
flagging*

*Public Speaking . . . & more*

*For youth of all ages*

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*Saturday evenings at 7 pm*

*Call Evane @ 403-922-4407*

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 Friday and Saturday 10:00 a.m. – 5:00 p.m.  
 Sundays - Closed until mid-September  
[www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com)



Programs are **FREE** with your library card.  
 Register in person, by calling 260-2620 or online at [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com)

## October 2012

# Trick-or-Treat! Give me something good to read!

Haaaaaaaave you met Tyler? Tyler is one of our fantastic resources at Louise Riley Library. He's our Book Club Guru. He's the friendly face you meet *every* Monday during our drop-in *50+ Coffee and Conversation Club* (Book Club included!) He's your go-to contact for your next great read -any time- but particularly once a month on a Tuesday evening at our *Adult Book Club*. He's also the leader of our *Parent Child Book Club* that happens once a month (also on a Tuesday evening). What a leader of a reader! Luckily for us he's willing to share his thoughts on some of the great books he's read, you can check out Tyler's contributions to our branch blog ([www.calgarypubliclibrary.com/locations/louise-riley/blog](http://www.calgarypubliclibrary.com/locations/louise-riley/blog)) as the 'Book Snob' and 'the Mysterious Mysterioso'. So, check out his recommendations, pop by and utilize his extensive book-knowledge, or join one of his book clubs as he's sure to expand your mind – or at least help you find your next great read!



### MONDAYS ...

**50+ Coffee & Conversation:** Join Tyler *Every Monday* for coffee/tea, friendly conversation and presentations of interest. Ages 50 and up. *Mondays, 2:00 – 3:00 p.m.*

**Historical Gardens of Calgary Tour:** some of the beautiful historical gardens of Calgary's past with a slide show and presentation by Janet Melrose, Garden Animator for the Calgary Horticultural Society. *Monday, Oct 15, 2:00 - 3:30 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! We're back to our regular 10:30 a.m. start time!

**Picnic Time & Nannies 'til Noon Every Friday after** Drop-in Family Storytime! Bring your lunch and have a picnic in the library, stay play & visit for an hour, *11:00 a.m. – 12:00 p.m.*

### Other great programs...

**My Library Story Digital Storytelling Workshop:** Learn the art and technology of creating short digital stories in this three hour workshop. Discover the key elements of storytelling and learn how you can be part of the Library's Centennial Celebrations through the submission of your story. Share your library memories and be part of our ongoing community story! Ages 15 and up. Sponsored by Calgary 2012. *Saturday, Oct 20, 1:00 - 4:00 p.m.*

*Stop by and show off your costume on Halloween! We'd love to have a gaggle of ghouls show up! You might want to add a scary boooooo-k to your trick-or-treat bag to finish off the night or something calmer to keep the ghosts and goblins at bay!*

See you soon at the Louise Riley Library!



## It's Heritage month

The City of Calgary Recreation invites Calgarians to participate in Heritage month this October as part of the 100 year celebrations underway in 2012. Special events are planned to celebrate the pioneering citizens who made 100 years of accessible, affordable and quality sport, fitness, arts and culture and leisure time activities for Calgarians possible.

### Events in October

- Celebrate Recreations' Heritage with a senior's appreciation day, and events at Southland and Village Square Leisure Centres.
- A special art exhibition celebrating the month long artist in residence program at Renfrew Aquatics & Recreation Centre, in conjunction with Calgary 2012 will feature collective works created by seniors.
- Calgary AfterSchool is supporting Recreation's 100 year anniversary by running special REC 100 themed event. Check out [www.Calgary.ca/after-school](http://www.Calgary.ca/after-school) for specific ages, locations and times for these free of charge; drop in programs operating between the hours of 3-6 p.m. on school days.

### 100 Faces of Recreation

Tell us how recreation has enriched your life or made a difference in your community, and you could be featured as one of the 100 faces of Recreation in 2012. There are prizes to be won. Make a video, take a picture or simply write down your story and send it to us online at [www.calgary.ca/rec100](http://www.calgary.ca/rec100) or email us at [Rec100@calgary.ca](mailto:Rec100@calgary.ca)

To learn more about participating in the REC 100 celebrations, visit [www.calgary.ca/rec100](http://www.calgary.ca/rec100). The City of Calgary Recreation – a century of achievement and a future of possibilities.



# DITCH THE WORKOUT...

# JOIN THE PARTY!

Torch calories in this fun, fitness phenomenon that is sweeping the nation.

Hit the dance floor, rev your metabolism and have a blast with Jocelyn Hebert, certified Zumba instructor.

**Briar Hill Community Gym**  
Fri 5:30 pm

**West Hillhurst Fitness Centre**  
Mon & Wed 7:15 pm  
Fri 9:15 am

Check [calgaryzumba.ca](http://calgaryzumba.ca) for more information or call 403.667.0435.



## Leaf & Pumpkin Composting Program

The City of Calgary 2012 Leaf & Pumpkin Composting Program will run from September 28 to November 11.

During this annual program, you can recycle your bagged leaves and pumpkins by taking them to a leaf and pumpkin composting drop-off location.

Through last year's program, 2,255,000 kilograms of leaves and pumpkins were kept out of our landfills and composted.

### What are the benefits of leaf and pumpkin composting?

Yard waste makes up almost a quarter of the garbage from an average home, taking up landfill space and contributing to greenhouse gas emissions.

When waste is compacted tightly in the landfill, it's starved of oxygen so it can't biodegrade into soil, compost or anything useful. Instead, it releases carbon dioxide and methane gas - a greenhouse gas that is 21 times more powerful than carbon dioxide.

By composting your leaves and pumpkins, you help:

- Decrease dependence on our landfills
- Reduce greenhouse gas emissions
- Turn waste into nutrient-rich compost
- Help collection crews during peak times of the year

The Leaf & Pumpkin Composting Program is just one of the many ways people can reduce waste, reuse and recycle to help

Calgary achieve the goal of recycling 80 per cent of its waste by the year 2020.

### Here are some NW locations:

- Bowness (7937 - 43 Ave NW)
- Confederation Park (905 - 30 Ave NW)
- Crescent Heights Community Centre (1101 - 2 St NW)
- EMS Station (#6 1940 Westmount Blvd NW)
- St. Andrews Heights Community Centre (2504 - 13 Ave NW)
- Triwood Community Centre (2244 Chicoutimi Dr NW)

# FULL MOTION Health & pain management



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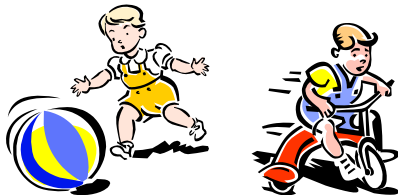
- Chiropractic
- Active Release Therapy
- Graston Technique
- Registered Massage Therapy
- Custom Foot Orthotics
- Nutritional Counselling
- Laser / Phototherapy
- Customized Exercise Therapy
- Prenatal & Pediatric Chiropractic

### Treatment For:

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



**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  
 HHBHtotsttime@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**  
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# Better With Age



Calgary's population is aging. We are living longer, having fewer children and the baby boom generation is now reaching their senior years.

**But isn't Calgary the youngest city in Canada? How can we have an aging population?**

Calgary does have the youngest population among all the major cities in Canada. Many young adults move to Calgary from other provinces and other countries, and the birth rate in this city has increased in recent years. Calgary will continue to have a younger population than many other Canadian cities, but we are nonetheless experiencing a dramatically aging population. In 2011, seniors made up 9.8% of Calgary's population, compared with 11.4% in Edmonton, 18.4% in Victoria, and 14.8% in Canada as a whole. However, by 2036 the Calgary senior population will have increased to 18.5%.

**What should we expect as the population ages?**

There has already been an increased focus in the media on the needs of older people, and the capacity of current programs and services to meet those needs. In addition, older people will continue to contribute to life in Calgary through employment, volunteer work, and other community activities.



*Did you know...*

- In 1986, only 6.7% of Calgarians were age 65 or over. By 2036, the percentage will have increased to 18.5%.
- By 2033, for the first time ever, the number of adults 65+ will surpass the number of children under 14 in Calgary.
- The seniors' population will grow by a rate of over 50% between 2006 and 2016 (from 92,888 to 146,467 seniors), and will continue to grow by the same rate between 2016 and 2026 (to 230,567 seniors).

Are you interested in talking with others about Calgary's aging population and what this may mean for your community?

**Join us for a Conversation Café on November 15th at 10:30am at the Crowfoot Library.**



For more information, please contact Diane Janota at 403-974-1519 or [diane.janota@calgary.ca](mailto:diane.janota@calgary.ca)

## 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.*

## Get community news online

Did you know you can receive the Beacon and other community notices by email? If you're interested, send your email address to:

[admin@hh-bh.ca](mailto:admin@hh-bh.ca)



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