



HOUNSFIELD HEIGHTS – BRIAR HILL BEACON

DECEMBER 2012

Welcome to a new Community Association year! Thanks to those residents and guests that braved that cold wintery night to join us for a recap of the past year and enjoy some refreshments after the meeting. We had four guest speakers that talked about a variety of issues concerning our community. Alderman Druh Farrell talked about the recent Crowchild Trail Corridor Study, Constable John Kastamonitis discussed this community's crime statistics and trends, Graham Jones of the Parks Department with the City of Calgary talked about the soccer field renewal, and Kari Brawn of the Louise Riley Library talked about the good relationship she has with the community association and is willing to share information.

Sadly, we saw many long-term Board members step down that night and we thank them for their many years of volunteer service. This resulted in many vacant positions on the Board, which would be an excellent opportunity for those residents who have been thinking of volunteering in the community and want a say in the decision-making process.

Your 2012-2013 Board members are:

President	Robby Sidhu (Facilities)
1st VP	Carol Sandahl (Programs)
2nd VP	Gunter Sammet (Facilities)
Treasurer	Vacant
Secretary	Vacant
Education Director	Sonya Ventura
Directors	Tejinder Paul Sidhu (Event Planning)
	Vacant (Strategic Planning)
	Vacant (Sears Plume)
	Vacant (Communications)
	Vacant (Land Use)
	Vacant (Beacon Editor)

The Community Association has committees responsible for a variety of projects and always welcomes new volunteers. Each committee submitted an annual report, which is included inside this edition of the Beacon. If you are interested in joining the Board or a committee, please contact Caroline at admin@hh-bh.ca.

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 Robby at
least 2 weeks in advance*
Next three:
Jan 10, Feb 14, Mar 14
- HHBH Christmas Potluck Dinner**
Fri, Dec 14, 6 - 9 pm
Louise Riley Library - Meeting Room
- HHBH Kindergarten Open House & Registration**
Mon, Jan 14, 2013, 5:30 - 7 pm
Room 11, Briar Hill School
- HHBH Playschool Open Houses**
Mon, Jan 14, 5:30 - 7 pm
Tue, Feb 26, 7 - 8 pm
- HHBH Playschool Pre-Registration**
Wed, Feb 27, 7 - 8:30, Community Gym
- HHBH Playschool General Registration**
Wed, Mar 6, 7 - 8 pm
- Tot's Time Play Group**
Mondays-closed over Christmas Holiday
9:30 – 11:30 am, Community Gym
- Family Open Gym Night**
Fridays 6:30 – 8 pm
Community Gym



HHBH Community Association Board

President	Robby Sidhu	403-605-9120
1st Vice-President	Carol Sandahl	403-284-5851
2nd Vice-President	Gunter Sammet	403-210-2603
Treasurer	Vacant	
Secretary	Vacant	
Director, Education	Sonya Ventura	403-226-4800
Director, Sears Plume	Vacant	
Director, Facilities	Gunter Sammet	403-210-2603
Director, Strategic Planning	Vacant	
Director, Event Planning	Tejinder Paul Sidhu	403-284-0000
Director, Communications	Vacant	
Director, Beacon Editor	Vacant	
Director, Land Use	Vacant	
Kindergarten Secretary/Treasurer	Paul Grunau	403-283-9091

*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: January 15, 2013

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.

Your Board reports

Land Use Report

Submitted By: Terry Woods

Members: Terry Woods (chair), Gunter Sammet, Darryl Bourne, Doug Bush, Emmanuel Malterre, Tanis and Patrick Fenton, Tara Brown

The mandate of this committee is to review and comment on development permit applications in the community and to provide feedback to the city on concerns regarding these DP as conveyed by community members or by the Land Use committee.

It meets monthly on the first Thursday of each month at 6:30 pm in the community boardroom or on as needed basis.

It's been another busy year with 18 new DP applications and 3 amended set of plans. All have been for new home construction under discretionary rules. This compares with 24 new DPs last year, 9 in May alone including 3 sets of amended plans. Then nothing until the fall.

Out of the 18 discretionary DPs, the Land Use committee supported 15, some with conditions and minor revisions. The LU committee declined support for 4 projects which were viewed as too massive or requesting an unreasonable number of relaxations.

Broken down by monthly activities, the following DPs were reviewed:

January

DP2011-4202 (1222 - 20 St)

New home - *Not Supported*

This home directly overlooks the back yard next door. Both homes are new and built close to the lot lines. This roof top deck would look directly down into the neighbour's side and back yard. It is over the legal limit in terms of its size. Parties on this roof threatened to disturb the peace and quiet of the street. The roof geodetic was over height by 23 centimetres. There are privacy issues and therefore the land use committee requests that appropriate screening of the rooftop balcony be built. The overheight by 23 cm is less objectionable if the screening is in place to protect the privacy of the neighbours

DP2011-4830 (1316 - 20 St)

New home - *Supported*

Some minor privacy issues related to the line of sight into the neighbour's yard from the main floor mudroom of the new home. This could easily be fixed by making the mud room windows obscured with textured glass.

February

DP2011-4893 (1222 - 18 St)

Addition to existing garage - *Not supported*

Since the existing structure already does not conform to the bylaws, mainly with respect to rear lane setback requirements, a backyard garage is not practical. An additional front garage structure should not be approved since this would compound the problem of non conformity of the entire building. In addition, the front garage would dominate the street and be out of character with the block.

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DP2011-4860 (1412 - 22A St)

New garage - *Supported with minor changes*

Projections into side setback is a safety issue. One side of the house needs to have free and clear of obstructions. The retaining wall is overheight and needs to be addressed by either lowering part of the retaining wall or adding a fence or other type of barrier on the over height section.

The committee also strongly urges the planting of at least one tree in the front yard and one in the back yard to maintain the 'leafy' character of the neighbourhood.

DP2011-4981 (1520 - 10 Ave)

New home - *Not supported*

Though the committee is very impressed with the design, we believe it is out of place and would be too imposing on the surrounding homes. It is a small corner parcel. The proposed home is massive, exceeds allowable lot coverage on all sides, exceeds height limits and ignores setback requirements. The wraparound deck would impose on the privacy of the east neighbour. The back elevated backyard deck would impose on the privacy of the north neighbour. In short, this home is too massive for the site - and therefore we cannot support it.

March

DP2011-3934 (1616 - 11 Ave)

New home - *Not supported*

Too many relaxations requested on height and setbacks. Amended drawings were later approved

April

DP2012-0653 (1911 - 13 Ave)

New home - *Not supported*

Building is too high by 1.2M and therefore needs to be reduced in height. The proposed driveway is huge expansion to the existing one which is against bylaw and the norm for the street as the city has already noted. The community does not support this driveway as

there is already lane access to the backyard. There are privacy issues for neighbours to the south. The second storey balcony has the potential to overview their backyard.

May

DP2012-1147 (4 Hawthorne Cr) - *Supported*

The design fits well in the neighbourhood and this particular crescent. However, the overheight retaining wall should have a rail along the top part for safety precaution.

DP2012-1405 (1205 - 18 St) - *Not supported*

There are numerous reasons why this proposal is not supported. The proposed new driveway with access from the road and crossing a walkway is too short and should be located at the rear of the property with laneway access. Less than 50% of the homes on the block have front drives and none on the same side of this street. All projections on second story are too long and too wide and poses privacy issues. They need to respect all setback limits. Building is overheight by 1.38 to an already generous 10 Mt. In short, the plan requires too many relaxations and poses serious issues with respect to privacy and compatibility with nearby homes. It would be too imposing on the rest of this small section on the community. These plans need to be amended to comply with all bylaws.

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Committee reports cont'd

DP2012-0359 (1220 - 18A St) - *Not supported*

This proposal is not supported due to the numerous number of relaxations proposed. We have already heard from the neighbours across the street who have concerns about their privacy and the overall massing effect which would be in plain view from their living room. The committee's objections to the plans may be summarized as follows: privacy issues due to the numerous oversized balconies proposed on 3 sides on the 2nd and 3rd floor of the home particularly with ones facing south. This would result in a hugely imposing structure that would dominate the neighbourhood; a front driveway which is not necessary as there is lane access and less than 50% of the homes on this block have old front driveway. In short, this home is massive and imposing and would not be in keeping with the rest of this block. These plans need to be amended to comply with all the bylaws.

DP 2012-1562 (2308 - 12 Ave)

Requested relaxations are very minor - *Supported*

Placement of a garage and driveway in the front of the home is acceptable even though there is a rear lane. There is no reasonable alternative as the rear of the property is far too steep to make a rear garage practical.

DP 2011-3934 (1616 - 11 Ave)

AMENDED plans (4th set)

This new project is being appealed (Peter Morrow)

DP 2012-0359 (1220 - 18A St)

AMENDED plans

House has been scaled back and is now less imposing

DP 2012 4893 (1222 - 18 St)

Garage addition (amended plans)

The drawings from designer Tim McCormick labelled 'second' amendment is a much better solution for this double garage issue. The indented driveway with 'banjo' shape on both sides greatly reduces the overall massing

effect of a double driveway especially with the greenery added on the edges. The contrasting colour for the two garages also reduces the impact of the size of the double garage. Overall it is a nice design which is compatible with the existing design and fits in well with the rest of the street.

August

DP 2012-2516 (1312 - 17A St)

2nd floor addition to existing home

Original application was appealed by the neighbour to the north who was concerned about his privacy and reduced access to light and views. This is an amended set of plans which does not request any relaxations. This is good because the land use committee would not support any requests due to the concerns of the immediate neighbour to the north. The appellant and builder have met to try to come to a satisfactory solution.

September

DP 2012-2908 (1320 - 17A St)

New home on corner lot

A few of the neighbours to this project expressed concern about the 'massing' effect of this 2 storey home at the top of the hill. However, the design has few relaxations except one, related to the roof line. The land use committee requested that the chamfer measurements conform with bylaws which would have an overall effect of setting back the roofline and reducing the 'massing' effect.

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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



Committee reports cont'd

October

DP 2012-3671 (6 Hawthorne Cr)

New home

This design conforms to all bylaws. It is a fairly modest development compared to the rest of the block. However we urge the planting of new trees to make up for the ones being removed as per city comments

Programs Report

Submitted By: Carol Sandahl

The mandate of the Programs Committee is to facilitate the running of community programs. We define a Community Program as a not for profit event that adds social or recreational value to this community.

Outdoor Spring Soccer, our largest community program and membership drive had 196 registered soccer players, from U4 to U14. Highlights for this year included the fantastic new on-line registration system (thanks to Gunter Sammet), being able to form both a boys and a girls U14 team, rather than having one mixed team, and being able to get enough volunteer coaches for all of our teams. In fact, our U14 Girls team was coached by two volunteers from outside the community (a U of A student who was doing a work term here, and a small business owner). Our challenges, as in most years, were getting enough coaches for all the teams, and booking suitable playing fields for the senior teams.

The on-line registration worked remarkably well right from the start, with no glitches, and only a few improvements we could consider for next year. The volunteer hours saved were enormous, both for in-person registration night and the organizing the teams and coaches afterward.

Leigha Pidde, who was co-coordinator for two years along with Jenny Hoops, will not be returning next year due to other commitments. She will be missed! Several other community members have stepped forward to help out next year, so hopefully it will not be too onerous a job for Jenny.

The Fire Hall field was refurbished last summer (new irrigation system, re-level the playing field, new grass). It will NOT be available to us to use for the next outdoor

soccer season to allow the turf to grow in. Jenny is working with the Calgary Recreation staff to find a suitable, nearby replacement field.

The casino we ran on April 8 and 9 netted us \$68,000. This event was successful because of the volunteers and it was also a good way to visit with community members.

Summer Solstice was bigger and better this year. The event was beside Green Park on 20A Street on Saturday June 16. Patsy M did an outstanding job coordinating the event and this year a youth talent show was added.

The Stampede Breakfast was another success. On the second Saturday of Stampede we host a breakfast for the community. This year the date was July 14. Next year more coffee will be ordered and an after party for the volunteers will be organized.

Tot's Time Playgroup is continuing Monday mornings in the gym 9:30 - 11:30 am excluding holidays September to May, contact information is in the Beacon.

The Indoor Soccer program is getting more popular. The coordinator, Eve with the help of Caroline, has organized

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Committee reports cont'd

the players into 8 teams complete with practice times. One team, U8 is drop-in at the gym. The seven other teams from U10 to U18 practice at the gym and play their CMSA sanctioned games at the soccer domes.

Youth Badminton is coordinated by Lorne and Theresa C. There are three sessions a year with an average of 24 players per session split into two age groups 9-12 and 12-15. For this current session the times are Mondays 5:30 to 7:00 and Thursdays 7:00 to 8:30.

The annual Community Cleanup was Saturday September 22. Cindy and Phil J coordinated the event this year. The Cleanup has been getting bigger each year, along with the packer trucks there was: electronic, scrap metal, and car battery recycling. The Give and Take section is very popular and this year there was donations collected for the Women In Need Society.

There is free family gym for HHBH Community Association members Fridays 6:30 – 8 pm.

There is Drop-in Badminton Tuesday to Friday 9:00 am to noon the fee is \$4. This year we reduced the fee for seniors to \$3.

Facility Report

Submitted By: Gunter Sammet and Robby Sidhu

Members: Gunter Sammet (staffing, scheduling) (chair), Robby Sidhu (maintenance)

The mandate of this committee is to operate & maintain the Community gym facility. Meetings are held ad hoc, when needed, at the gym.

The gym is well used both by community groups & outside users. The gym is booked weekdays from 9 am – 12 pm and from 5 or 6 pm to late in the evening. On Saturdays and on Sundays the gym is used all day. It continues to be run at a profit for the Community Association.

Our board assistant Caroline Pankewich manages booking and scheduling. Caroline, thank you for all your hard work! Also a big thanks to our gym caretakers. They work behind the scenes to make sure our gym stays in good condition.

Technical issues in the gym have been taken care of on an as-needed basis. We aim to keep the facility in good condition. We haven't had any major expenditures for the gym this year. Ducts and rafters have been cleaned for the first time. From now on we plan to do this regularly. The front door and office locks have been replaced.

We have a free community drop-in time on Fridays 6:30 – 8 pm. Everyone is welcome to come & play badminton, volleyball, or basketball with your neighbours.

The gym schedule can be viewed online at www.hh-bh.ca. We are currently in the process of implementing an environmental policy.

Sears Plume Report

Submitted By: Emmanuel Malterre

Members: Emmanuel Malterre, Phil Johnson, Kevin Taylor

In conjunction with Alberta Environment and Alberta Health Services, this committee investigates and monitors the activities of Sears' remediation of the hydrocarbon plume that has migrated into the Hounsfield Heights Community.

The Committee requests regular updates from Sears' remediation plant operator. The updates are both formal quarterly monitoring reports - issued by Sears under Alberta's FOIP Act - and written questions to the operator and/ or Sears directly, usually in connection to the quarterly reports and direct queries by the committee members.

Since official inception of the remediation plant in February 2011, Alberta Environment convened the first

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Committee reports cont'd

meeting, at the request of your Committee, on 28 June 2012 with the stakeholders, the outcome of which is discussed later.

Let's first recall that after having been sitting idle since November 2008 for two years, the remediation facility in Lions Park was first fired up in October 2010. However, as a result of several delays the Dual Phase Vapor Extraction (DPVE) was not considered "fully operational" by Sears' operator until February 2011.

The remediation of the contaminated portion of the Hounsfield Heights community is subject to two different sets of guidelines; the residential area on and south of 11 Avenue NW follows the Alberta Tier 1 Soil and Groundwater Remediation Guidelines, rev. December 2010, while the area to the north of 11 Avenue only bears the less stringent Site-Specific Tier 3.

The Committee met on December 1st with Alberta Health Services, in order to draw their attention to the reported lack of monitoring of the boreholes on and south of 11 Avenue NW, considered a more stringent (Tier 1) remediation area, yet with little monitoring since 2008. Monitoring throughout the year reported continuously high benzene concentration south of 11 Ave.

The remediation plant has now been officially operating for 18 months. For the first half, the plant was actually working for only about 40% of the time, after encountering several kinds of technical problems, with the catalytic burner system - complaints of bad odors from neighbours, and extraction lines/ pumping system, among others, necessitating lengthy interruptions for repairs.

The second half of this period, the plant operated 90% of the time. The Committee was eventually made aware that this increase in 'efficiency' was due to the shutting down of 4 of the 7 extraction wells that pump the polluted ground water into the plant for separation, burning of the pollutants and discharge of the waters into the city's sewer system. Since then one extraction well has been repaired, and four out of the seven wells are running.

Because liquid hydrocarbon (LPH) is still being observed in one monitor well, the Operator is looking into the option of changing the plant operation to target the area

where the LPH still exists. However, due to the uncertainty of the full plume extent, the Operator says that they cannot fully commit to this option as yet. As such, the remaining 3 wells have been left inoperative until a decision is made and implemented into the SMP. At that time it is possible that all wells will be operational again or perhaps only the four we are currently operating on, or fewer.

The remediation plant was shut down for some three weeks in October for a complete monitoring and sampling of all the monitor wells within the community (60 boreholes). The purpose for the full sampling is to provide a larger data set which will help, according to the Operator, get a better insight into the plume extent at this point in time.

This data should also help with the preparation of the new Site Management Plan (SMP) requested by Alberta Environment, and the Operator says that they intend on meeting the December 2012 deadline.

The Sears Gas Plume Committee met with Alberta Environment, Alberta Health Services, and the Sears Remediation Operator on June 28th to review the results of the remediation after a year and a half of operations. One of our major concerns was the apparent inefficiency of dealing with the contamination, i.e. from inception till March 2012, plant operation had only removed some 936 litres of contaminants, or just over 2 litres per day.

During the meeting, the Operator admitted that the remediation plant was designed to remove LPH and not the dissolved phase, which is likely the largest phase now remaining. Would a new SMP and new plant configuration be more effective for any product removal, be it LPH or dissolved phase?

Subsequently, Alberta Environment (now called ESRD) sent a letter to Sears on July 20th. The letter makes several requests to Sears:

1. Provide info on whether areas remain on the Sears site that may need further assessment, based on the concern that source material may remain to the north and continue to affect the HHBH community located downgradient.
2. Results from the groundwater monitoring and sam-

Committee reports cont'd

pling program show that the dissolved phase plume is expanding to the south/southwest, with groundwater analytical results exceeding the Alberta Tier 1 remediation groundwater guidelines.

Consequently, AE requires the following actions be undertaken by Sears:

- Fully delineate the dissolved plume south of 11 Avenue;
- Sample the groundwater adjacent to where it discharges to the surface;
- Delineate the soil gas/ vapour in all zones;
- Assess potential risks from ingress of petroleum hydrocarbon vapours to indoor air;
- Establish a soil gas monitoring program on properties that may be at risk from vapour ingress to indoor air;
- Implement additional remediation techniques to deal with the expanding dissolved phase plume, including enhanced bioremediation;
- Review the groundwater monitoring and sampling

program to ensure adequate coverage;

- Apply Tier 1 guidelines to monitoring well locations on 11 Avenue.
- 3. A time line for remediation needs to be established to evaluate progress.
- 4. ESRD requests a commitment letter from Sears to undertake remediation and management of the site over the long term.
- 5. Sears shall incorporate all of the above into a new Site Management Plan for the HHBH area going forward, and submit it to ESRD by December 2012.

Quarterly reports are expected following monitoring and sampling of entire suite of boreholes. New Site Management Plan, due by year end.

Communications Report

Submitted By: Kevin Taylor

As mentioned in last year's report some of the projects that we started would not show results until this year.

Over the past year HHBH CA has been working on a community based Strategic Plan to help establish the direction and priorities of our community.

We engaged the community residents and businesses to assist in the vision of our community for the next five to ten years.

I am pleased to announce that our plan is now completed and we are going to start working on implementation.

Many elements of community association governance are subject to interpretation, while fair and effective governance is a critical component of any successful community association. Our new updated guidelines will help create and sustain an atmosphere of trust, mutual respect and build a stronger more successful community. We have started to gather the information needed for our Community Association and will be our committee project for this next year.

We now have two 10' x 10' tents, with our community logo attached that can be used at our community events such as Stampede Breakfast Halloween Hey Day, Community Clean Up, or Summer Solstice Block Party.

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Committee reports cont'd

As mentioned last year, we have adjusted our advertising rates in *The Beacon*, our community newsletter, to ensure that it is self-funded and continues to be a primary source of communication within our community.

Your individual and collective vision and support for an ever-improving community, is vital to moving us forward.

Strategic Planning Report

Submitted By: Kellie Johnston

Members: Kellie Johnston (chair), Mara Grunau, Kevin Taylor, Gunter Sammet

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 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 HHBH 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 HHBH 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 2012 meeting. The contents of the plan are posted on the website for review.

The Strategic Planning Committee completed the HHBH Strategy in 2012. The Strategy will be implemented in 2013, beginning with a Board meeting on Saturday, January 19 to draft an 'Action Plan'. The Strategic Planning Committee is looking forward to the implementation of the strategy but will need community members willing to help implement these strategies.

Ancillary Groups Report

Submitted By: Sonya Ventura

HHBH Community Kindergarten

Submitted by: Lauren Bouey

The HHBH Community Kindergarten program has been part of our community since the late 1950's. It was originally housed in the HHBH Community Association building in the library parking lot. It is an Ancillary Group of the HHBH Community Association along with the Playschool, which reflects the strong ties both of these programs have

Committee reports cont'd

to our community. All families in the kindergarten program are HHBH Community Association members.

The HHBH Community Kindergarten is licensed, approved and subsidized by Alberta Education. The Curriculum is set by AB Education, but the daily operations are controlled by the parent-run Local Advisory Council, under the HHBH Community Association Board. The Kindergarten has consistently operated with a balanced budget. There is a Community Liaison position on the Local Advisory Council to communicate directly with the Education Director from the HHBH Community Association, as well as a School Liaison position which communicates with Briar Hill School.

Our teacher is usually Mrs. Barb Scratch (B.Ed), who is also a resident of Hounsfield Heights-Briar Hill. She has taught our program for more than 20 years and is respected by students and parents alike. Unfortunately, this year Barb has had to take a medical leave of absence. We fully anticipate her return for the 2013/14 school year. In the interim we have Mrs. C. Jane McKeown (B. Ed.). She comes to our program with several years of teaching and recent substitute teaching at Briar Hill School. Also, the students are supported in the classroom by a full-time educational assistant, Pauline Stafford. She has been with this program for a number of years. Our Kindergarten program offers many benefits beyond those offered by the Calgary Board of Education programs including a full-time teacher's assistant, more learning hours, field trips and other program enhancements.

The Kindergarten program began offering an afternoon program as well as a morning program in the 2003/04 school year. This year there are 39 children in the program: 20 in the morning program and 19 in the afternoon. Of the 39 students 29 are from within the HHBH Community boundaries.

HHBH Parent-Child Cooperative Playschool

Submitted by: Louise Riley

The Hounsfield Heights Briar Hill parent child Cooperative Playschool has been in operation since 1970 and is one of the oldest in Calgary. It is an ancillary group of the

HHBH Community Association of which all participating playschool families are members.

The playschool structure incorporates the early childhood Provincial Standards and is regulated and licensed by the Calgary Health Region and Alberta Child Services.

The philosophy of the playschool is that children aged 3-5 years, learn through "free play". Children explore at their own pace within a positive enriched environment of trust and respect. The playschool goals are:

1. To encourage each child to develop socially, physically, emotionally, intellectually, morally and creatively.
2. To nurture self-respect, self-control, self-expression and responsibility for self.
3. To promote respect for others and the environment.
4. To expand the knowledge base, interest and problem solving in mathematics, science, social science and language arts through play.
5. To expand experiences and interest through special activities such as music, movement, drama, physical education, stories and visitors.

A Parent- Executive elected by the Playschool Membership is responsible for the organization and running of the playschool. It has consistently operated a balanced budget. Two teachers are employed to teach and facilitate the children. Erin Speer (Ms. Erin) completed her Early Learning and Child Care diploma at Mount Royal College. Upon graduation she received the Governors General Award for achieving the highest grade point average in all the diploma programs, in 2009, at Mount Royal College. Our other teacher, Marie Benedict (Ms. Marie) has spent a lot of time in the past 7 years in the playschool classroom as a parent volunteer and co-chair with her three kids. She completed her Child Development Assistant certificate in the fall of 2009 and taught at WHCA preschool before starting at HHBH last year.

The Playschool offers 3-day, 2-day and 5-day per week programs for the mornings and afternoons. This year there are currently 57 children enrolled with 18 MWF am, 12 MWF pm, 18 T/TH am and 9 T/TH pm.



**Hounsfield Heights-
Briar Hill
Community**



**Christmas
Potluck Dinner**

**Friday December 14
6:00 PM – 9:00 PM**

**Louise Riley Library
Meeting Room**

**Everyone welcome, bring
your friends and neighbors**

**Please RSVP by December
12th to Tejinder at
403-284-0000 or
sidhntp@shaw.ca**

**Please indicate what
you are bringing**



**A Message from Alderman
Druh Farrell**



The Transportation Department held open houses in November on the Crowchild Trail Corridor Study, where reaction to the plan ranged from dismay and outrage to unqualified support. While chatting with people at the open houses, I heard from many adjacent residents who felt that the transportation planners were focused on maximizing traffic flow with little consideration for neighbourhood impacts.

As a result of the concerns we heard at the open house, I am working with the Mayor's Office, Alderman John Mar, and the Transportation Department on a Notice of Motion that will put the consultant team on hold and provide a more balanced approach. While this motion is not yet approved by the time of deadline for this article, the principles being discussed include the following:

- Improve traffic flow for all modes of travel including walking, cycling, public transit and motor vehicles;
- Protect and enhance neighbouring communities by reducing impacts on adjacent properties, reducing cut-through traffic, improving community parks and recreation space, and protecting the river and river valley;
- Facilitate primary transit to downtown and between universities;
- Improve walk/cycle connections;
- Improve the quality of urban design;
- Identify priority projects that would have the most benefit with limited resources.

We also agree that the priority is for a new engagement process to ensure the proper consultation with the neighbourhoods that are the most impacted. Ideally, this consultation will be conducted community by community, given the varying degree of benefits and impacts.

There is no current funding available for any improvements along Crowchild Trail, and work will not be realized for quite some time. However, I understand the immediate uncertainty residents are feeling until final decisions are made with the corridor, and therefore it is critical that we proceed with this new approach in a timely manner.

For regular email updates on Crowchild Trail or other City related issues, please contact my office at ward07@calgary.ca or visit the Ward 7 website at druhfarrell.ca.



**Hounsfield Heights -
Briar Hill Community
Kindergarten**

**OPEN HOUSE &
REGISTRATION**

Monday, January 14, 2013
Registration begins at 5:30 pm
Open House 5:30 - 7:00 pm
Room 11, Briar Hill School
1233 – 21 St N.W.

- MEET** the Teacher and parents of children currently in the program
- SEE** the classroom and sample work of current students
- REGISTER** your child for Kindergarten (2013/14)

WHO IS ELIGIBLE?
Children must be 5 on or before March 1, 2014.

TO REGISTER, please bring:

- **Completed registration form** (forms will also be available at the Open House)
- **3 Separate cheques are required.**
 - \$20.00 Community membership fee
 - \$45.00 non-refundable registration fee
 - Classroom Cleaning deposit
- **Original birth certificate of the child**
- **Alberta Health Care number of the child**

Registration forms are available online
www.hhbhkindergarten.ca/registration.html
OR outside the classroom

**For more information,
contact the Kindergarten
at 220-9775.**



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

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

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

Phone: 210-5126
www.hhbhplayschool.ca

- **Open Houses**
Monday, January 14, 2013 from 5:30 - 7 pm
Tuesday, February 26, 2013 from 7 - 8 pm
- **Pre-registration**
Wednesday, February 27, 2013 from 7 - 8:30 pm
at the HHBH Community Association Gym
- **General registration**
Wednesday, March 6, 2013 from 7 - 8 pm
at the HHBH Community Association Gym

Registration information and forms will be available in February 2013.



Advertise
in the Beacon

Advertisements are subject to space availability.

Rates are: \$40 per issue 1/8 page
\$65 per issue 1/4 page
\$100 per issue 1/2 page
\$200 per issue full page

Prospective advertisers should contact
admin@hh-bh.com



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 2012-13													
Family Name(s): _____													
First Name - Adults:	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border-bottom: 1px solid black; text-align: center;">1.</td> <td style="width: 50%; border-bottom: 1px solid black; text-align: center;">2.</td> </tr> </table>	1.	2.										
1.	2.												
First Name - Children: _____													
Address: _____													
Postal Code: _____													
Home Phone: _____													
Email: _____													
<i>Would you prefer to receive the newsletter by email?</i> yes <input type="checkbox"/> no <input type="checkbox"/>													
<p>I would be interested in volunteering for:</p> <table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Land Use</td> <td><input type="checkbox"/> Membership Drive</td> </tr> <tr> <td><input type="checkbox"/> Green Space/Reforestation</td> <td><input type="checkbox"/> Children's Programs</td> </tr> <tr> <td><input type="checkbox"/> Fundraising</td> <td><input type="checkbox"/> Seniors' Programs</td> </tr> <tr> <td><input type="checkbox"/> Facilities/Ice Rink</td> <td><input type="checkbox"/> Sports Programs</td> </tr> <tr> <td><input type="checkbox"/> Communications/Newsletter</td> <td><input type="checkbox"/> Social Activities</td> </tr> <tr> <td colspan="2"><input type="checkbox"/> Other</td> </tr> </table>	<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		<p>Membership # _____</p> <p style="text-align: center;"><i>Valid through March 31, 2013</i></p> <p>Annual membership (including GST) is :</p> <p><input type="checkbox"/> \$20 per household</p> <p><input type="checkbox"/> \$10 for seniors</p> <p>Paid by: cash <input type="checkbox"/> cheque <input type="checkbox"/></p>
<input type="checkbox"/> Land Use	<input type="checkbox"/> Membership Drive												
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<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													
<p><i>Send cheques payable to Hounsfield Heights-Briar Hill Community Association</i> <i>Box 65086 RPO North Hill, Calgary AB T2N 4T6</i></p>													
<p><small><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></small></p>													

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

Have you taken a good look at your vehicle lately?

The next time you park your vehicle for the day, walk around it and take a good look...what you see is exactly what a criminal sees when eyeing up your vehicle as a potential target.

Ask yourself "is there anything of value inside?" If you answer yes, remove it.

The most common way criminals access vehicles to steal them isn't forced entry, its unforced entry, so don't forget to do the simplest task to secure your vehicle - lock the doors.

Whenever you leave your vehicle, just take those few seconds required to scan it to ensure all valuables are removed and the doors are locked. This quick safety check could save you thousands of dollars, hours of time and major inconvenience down the road, by significantly reducing your chances of being victimized.

It used to be that criminals would take whatever items they stole to pawnshops and, for the most part, they were successful in selling them because very few people recorded serial numbers or placed identifying markings on their property. Everyone who pawns an item must produce two pieces of government-issued identification, one with a photo of themselves, before the transaction is processed. This should place jeopardy on criminals pawning stolen items, but experience has shown the potential gains outweighed the risks.

These days, criminals are much

more creative and often use online classified sites to sell much of what they steal. This method offers greater anonymity to the seller and, if the item(s) are priced right, they sell very quickly.

There are a number of things you can do to help protect your vehicle and property from theft:

1. Remove all valuables
2. Lock your doors
3. Consider installing ant-theft devices
4. Park in well-lit areas
5. Record the make and serial numbers engrave or mark items in a way that will link them back to you

If a theft from your vehicle occurs report it to the police. The Calgary

Police Service uses all reported information to help identify crime trends and deploy resources to affected areas more effectively.

Please report any suspicious individuals or activities to the Calgary Police Service using the non-emergency telephone number at 403-266-1234. Always call 9-1-1 to report a crime in progress.

If possible, be prepared to provide a physical description, including clothing, along with a direction of travel of any suspicious individuals, as this information is crucial to responding police officers.

*Constable J. Kastamonitis #2948
Community Liaison Officer (3-4)
Tel (403) 567-6300*



Faith Church

**CHRISTMAS EVE
CANDLE LIGHT SERVICE**

5:30 PM

*1903 - 19 Avenue N. W.
Calgary, Alberta*

www.FaithCalgary.com



Crowchild Trail Corridor Study

The City of Calgary has hired and is working with ISL Engineering and Land Services and Stantec Consulting to conduct a long-term transportation study for the section of Crowchild Trail from 17 Avenue South to 24 Avenue North. The study provides recommendations for future roadway upgrades accommodating all modes of travel while maintaining connections to adjacent communities and amenities.

Public open houses were held in November to provide citizens with the opportunity to learn more about the study and proposed future concepts for Crowchild Trail.

Thank you to those who attended these sessions and provided feedback regarding the proposed concepts for Crowchild Trail. Feedback received will be considered in the final recommendations provided to the City.

The long-term Crowchild Trail Corridor Study will:

- Update the 1978 Crowchild Trail Transportation Plan.
- Align Crowchild Trail with the Calgary Transportation Plan.
- Consider walking and cycling connections, Calgary Transit routing, community access, and access to the Centre City.
- Accommodate the Primary Transit Network and the Primary High Occupancy

Vehicle Network with a feasibility study from Glenmore Trail S.W. to 16 Avenue N.W., connecting the Activity Centres of the University of Calgary/Foothills Medical Centre, Centre City, and Mount Royal University.

- Consider vehicle movement including goods and commuters.
- Consider appropriate street connections to Crowchild Trail as part of the Calgary Transportation Plan.

- Allow The City to more accurately evaluate proposed changes to the corridor in the future.

For more information about the project visit www.calgary.ca/crowchild.

Ryan Murray

Communications Strategist

Transportation Planning

City of Calgary



Phone: 403-268-1634

E-mail: ryan.murray@calgary.ca

Web: www.calgary.ca

FULL MOTION Health

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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 Fasciitis
- Sprains/Strains
- General Wellness Care

The truth about idling

Animal & Bylaw Services wants to remind Calgarians that idling is not an effective means of warming up your vehicle in the winter.

Idling does nothing to warm your vehicle's transmission, tires, suspension, steering or wheel bearings. Even in winter weather conditions, fuel injected engines only require between 30 seconds and 2 minutes of idling to circulate oil through the engine. In addition, idling for longer than 10 seconds uses more fuel than turning your engine off and restarting it again.

If the windows of your vehicle are clear, the best way to warm your vehicle in cold weather is to drive it, avoiding high speeds and rapid acceleration for the first 5 kilometres.

When vehicles are left running while parked, they produce emissions that contribute to air pollution and climate change, affecting our health and the environment. Putting a stop to engine idling is an easy way to reduce emissions, save money, and protect your vehicle's engine!

To help reduce idling in places where it occurs most often, The City of Calgary developed two signs that can be posted in problem areas. The signs are intended to act as an instant reminder for people to turn off their engines. Visit calgary.ca and search "idling" to find the "Idle Free Zone" sign and the "Fresh Air Intake" sign to download and print.

White metal idling signs are available for purchase and green plastic idling signs are available at no charge at:

Traffic Permits Counter
Main Floor Building E, Manchester Centre
2808 Spiller Road SE, Calgary
Fax: 403-268-5850
Open: 8 a.m. to 4:30 p.m. Monday through Friday



Michelle Rempel,
MP for Calgary Centre-North
would like to invite
you and your family
to a come - and - go
Christmas Open House.

When: December 19th, 2012
4:00 - 7:00 pm

Where: Highwood Community Centre
(16 Harlow Ave NW)

Please bring a non-perishable
food item for donation to the
Calgary Food Bank.

Please RSVP your
attendance to
403-216-7777 or
Michelle.Rempel@parl.gc.ca





Fostering safe communities...

Cold weather tips for cats and dogs:

- Keep your cat inside. Outdoors, cats can freeze or ingest antifreeze or other harmful chemicals.
- Never leave your cat or dog alone in a car during cold weather. If the car engine is left on, the carbon monoxide will endanger his life. If the engine is off, the temperature in the car will get too cold.
- Thoroughly wipe off your dog's legs and stomach when he comes in from outside.
- Check your dog's sensitive paw pads, which may bleed from snow or ice encrusted in them. Also, salt, antifreeze or other chemicals could hurt your dog if he ingests them while licking his paws. Clip the fur between the toe pads to reduce the amount of snow that collects.
- Groom your dog regularly. A well-groomed coat will keep him properly insulated. For short-haired breeds, dogs sensitive to cold weather (older or sick dogs, puppies, etc.) consider getting a warm coat or sweater and booties. Get a coat or sweater with a high collar or turtleneck that covers your dog from the base of his tail on top to the belly underneath. Remember that dogs lose most of their body heat from the pads of their feet, ears, and respiratory tract.

- If your dog is sensitive to the cold due to age, illness or breed type, take him outdoors only long enough to relieve himself.
- Puppies do not tolerate the cold as well as adult dogs and may be difficult to house train during the winter. If necessary, paper train your puppy inside if he seems to be sensitive to cold weather.
- Feed your dog additional calories if he spends a lot of time outdoors. It takes more energy in winter to keep his body temperature regulated.
- Make sure your cat or dog has a warm place to sleep far away from all drafts and off the floor, such as in a bed or basket with a warm blanket or pillow in it.

Emergency planning for your pet

- Ensure you have a temporary, alternative place for your cat or dog to go for safekeeping in the event of an emergency.
- In the event of a fire, do not return to search for pets. Contact 911 from a safe phone. Firefighters will search for any animals left behind in a home.
- After placing a 911 medical emergency call, confine your cat or dog if a home evacuation is not required. This ensures the safety of cats, dogs and rescue personnel.
- Rescued cats and dogs will be delivered to the Animal Services Centre for temporary safe keep-



THE CITY OF
CALGARY

- ing. Injured cats and dogs may be taken to a 24-hour vet clinic.
- Contact Animal & Bylaw Services at 311 (from within Calgary) or 403-268-CITY (2489) (from outside Calgary) for information about your pet if he has been brought to the Animal Services Centre.
 - Animal & Bylaw Services provides free door and window stickers that notify emergency responders that pets may be in the residence. Get stickers by contacting 311 or visiting the Animal Services Centre at 2201 Portland Street S.E. during regular business hours.



*It is better to give
than to receive.*

Consider giving your time and talents to others, not just that perfect gift.

The Volunteer Calgary website is one place to look for ideas on how to help during the holiday season and throughout the year.

www.volunteercalgary.ab.ca



IT'S TIME TO RENEW YOUR RESIDENTIAL PARKING PERMITS

This is a reminder that Residential Parking Zone W permits expire December 31st 2012. You may obtain your year 2013/2014 permits beginning NOVEMBER 1st 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.

The Federation's November Get Engaged newsletter can be viewed at <http://www.calgarycommunities.com/files/10-Newsletter%20Articles/FINAL%20November%202012%20Get%20Engaged.pdf> or also at calgarycommunities.com

This edition contains important information on:

- Mayor's Annual Christmas Food Drive
- Telling Your Story - Part One
- The Federation's New Registration System
- Financial Audits and Bookkeeping Report
- Building Safe Communities Bulletin
- Urban Planning Update
- City of Calgary News & Updates
- and more!

Also, don't forget to check us out on Facebook and Twitter!

City of Calgary's new Director of Animal & Bylaw Services

Introducing Tracy Bertsch

I am very excited to join the talented team of Animal & Bylaw Services. No one loved the work of Animal & Bylaw Services more than former Director Bill Bruce who retired in August of this year. It is an honour for me to continue building on the strong foundation laid by Bill and the talented employees in Animal and Bylaw Services.

My primary focus in this role is to deliver quality services that citizens value. With six years in operational and senior leadership roles at the City of Calgary and 20 plus years in the private sector, I look forward to working together with you to encourage safe, healthy and vibrant communities for people and their pets.

Animal & Bylaw Services provides a vast array of services from educating Calgarians about responsible pet ownership, to ensuring awareness and adherence to the community bylaws. For more information on how Animal & Bylaw Services assists citizens and communities visit calgary.ca.





community programs

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

Need a unique present for that special someone?

The Calgary Public Library has gift certificates to fit everyone on your list.

This gift keeps on giving all year long providing access to a wide variety library materials, services, and programs!

If you are looking for a gift book or something new over the holidays, you might consider trying one of these staff favourites:

Good for Pre-School:

Twinkle Twinkle Little Star by Jane Cabrera ~ good for 2-5 years, a beautifully illustrated picture book good for sharing on a chilly evening before bed.

Olivia and the Fairy Princess by Ian Falconer ~ who doesn't want to know what Olivia and her siblings are up to? This time Olivia wants to be a Fairy Princess!



Good for School-Aged: *The Familiars* by Adam Jay Epstein & Andrew Jacobson ~ book 3 in the Familiars series Circle of Heroes has just come out, these books are wizarding tales told from the point of view of the wizards familiars
Ninjago Character Encyclopedia ~ LEGO a great guide to all the characters of the Ninjago LEGO world series

Good for Teens (who like fantasy) Try *Seraphina* by Rachel Hartman if you like to lose yourself in rich worlds of fantasy with wonderful reviews by our staff as well as authors Tamora Pierce and Christopher Paolini

Good for Adults Try *Happiness* - this older fun novel from literary darling Will Ferguson

M ONDAYS at your library...

Computer Technology Coaching: Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products. *Mondays, Sep 10 to Dec 17, 2:00 - 4:00 p.m. No registration required*

Other great programs coming soon...

Career Basics: Moving Forward - Mid-Life Career Change: Learn about the unique challenges and opportunities that come with looking for work mid-life, along with resume strategies. Workshops are led by professional career practitioners from Bow Valley College's Career Connection. *Saturday, Jan 12, 2:00 - 4:00 p.m. Registration begins Dec 17*

Adult Book Club: Call for details on specific books. *Tuesdays, Jan 29, Feb 26, Mar 26, and Apr 30, 7:00 - 8:30 p.m. Registration begins Dec 17*

Parent and Child Book Club: Explore some of the best children's novels with your child; then meet for a lively discussion of the book and author. Ages 9 to 12 with a parent/caregiver. *Tuesdays, Jan 08, Feb 05, Mar 05, and Apr 02, 7:00 - 8:30 p.m. Registration begins Dec 18*

See you soon at the Louise Riley Library!

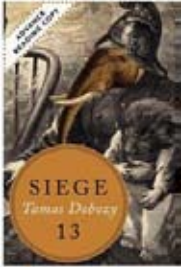
Please note our holiday hours:

December 24 (Christmas Eve) – Open from 10 a.m.-4 p.m.
December 25 (Christmas Day) – Closed
December 26 (Boxing Day) – Closed
December 31(New Year's Eve) – Open from 10 a.m. – 4 p.m.
January 1 (New Year's Day) - Closed



January 2013

Try something *new* in the New Year! Here are a couple brand new books recommended by your friendly neighbourhood library staff at Louise Riley:

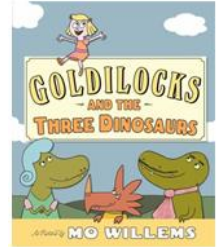


Adult Fiction - **Siege 13** by Tamas Dobozay

Stories ranging in setting from the Russian liberation of Budapest from the Germans to Hungarian writers honing their craft in New York - the stories in *Siege 13* are some of the most imaginative and well crafted to be published in Canada in recent years.

Children's Books - **Goldilocks and the Three Dinosaurs** by Mo

Willams: A fractured fairytale from the fractured mind of Mo Willams. Three Dinosaurs (Poppa Dinosaur, Momma Dinosaur, and some other dinosaur who just happened to be visiting from Norway) plan to trick a poorly supervised youngster traipsing through the woods. Hilarity ensues!



MONDAYS at your library...

Computer Technology Coaching: Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products. *Mondays, Jan. 7 to Apr. 29, 2:00 - 4:00 p.m. No registration required*

BOOKCLUBS at your library...

Adult Book Club: Call for details on specific books. *Tuesdays, Jan 29, Feb 26, Mar 26, and Apr 30, 7:00 - 8:30 p.m. Registration begins Dec 17*

Parent and Child Book Club: Explore some of the best children's novels with your child; then meet for a lively discussion of the book and author. *Ages 9 to 12 with a parent/caregiver. Tuesdays, Jan 08, Feb 05, Mar 05, and Apr 02, 7:00 - 8:30 p.m. Registration begins Dec 18*



Story P.A.L.S.: Learning to read can be ruff! Trained Pet Access League Society volunteers and their highly socialized dogs provide a calm, accepting presence for struggling readers to practice reading aloud. *Ages 6 to 12, Thursdays, Feb 14 to Mar 21, 7:00 - 8:00 p.m. Registration begins Dec 18*

See you soon at the Louise Riley Library!

Please note our holiday hours:
January 1 (New Year's Day) - Closed



Hounsfield Heights/Briar Hill

Youth Badminton

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

For players ages 9 - 15 yrs

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

Winter Session 2013:

Beginners start	Mondays	Jan 28	5:30 - 7 pm
Intermediates start	Thursdays	Jan 31	5:30 - 7 pm

(10 lessons)

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

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

Registration: By email starting
December 1, 2012 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 payable to
Hounsfield Heights-Briar Hill Community
Association to first night**

Be a snow angel

Keeping walks clear of snow and ice can be very challenging – even dangerous – for older adults and



others who have limited mobility. The City is encouraging those who are able, to adopt a sidewalk this winter for someone in your neighbourhood.

This year's Snow Angels campaign runs until April 19, 2013.

“Looking out for those around us is part of what makes our neighbourhoods great,” says Snow Angels program coordinator, John Mungham. “Something as simple as clearing a neighbour’s walk can make a world of difference.”

Calgary Paramedics say that being a Snow Angel is not only being a good neighbour, but could save a life! EMS typically sees a dramatic increase in calls for cardiac illness and arrest on days with heavy snow falls. Sudden exertion like shovelling heavy snow causes your heart muscle to work extra hard. Everyone, but especially the elderly, is susceptible to cardiac injury or arrest due to over exertion. Early recognition and treatment of cardiac illness is the key!

The City of Calgary Snow Angels Campaign was the first of its kind in North America. However over the last several years other cities have started their own. Currently there are 20 Snow Angel programs operating in Canada.

Be a Snow Angel and ensure that everyone can safely get out and enjoy winter!

If you have someone who helps you to keep your walks clear, you can nominate your Snow Angel for official recognition from The City. Call 3-1-1 to share your story.

Keep on Learning



Retirement is an opportunity to learn things you've always been curious about. Lifelong learning is the process of keeping your mind and body engaged – at any age – with the pursuit of knowledge.

Why is Lifelong Learning important?

There are so many benefits to lifelong learning. We know that lifelong learning keeps your mind sharp, improves your memory, increases self-confidence, gives you a feeling of accomplishment, and helps you meet people who share your interests. Exercising the brain and the body keeps you 'fit' and adds quality of life in your older years. Learning can happen through formal or informal education, leisure activities or getting involved in your community.

What kinds of opportunities are out there?

Calgary has an abundance of opportunities for older adults to keep on learning. One organization dedicated to Lifelong Learning is the **Calgary Association of Lifelong Learners (CALL)**. It was started in 2011 by 5 Calgary residents who put their heads together and created a member-led group that offers innovative and affordable learning opportunities for people 45 and over. **CALL** is for people who want to engage in learning for the joy of it, and to share their knowledge, ideas, experience and interests with others. Bob and Arlene, 2 of the founding 5 members are surprised at how quickly it has grown, indicating that **CALL has 250 members and continues to grow. They say that CALL has grown a community of lively, energetic and smart people!** To learn more about **CALL**, email info@calgarylifelonglearners.ca or visit the website at <http://www.calgarylifelonglearners.ca>



Other Learning Opportunities

- The City of Calgary, recreation
- Seniors' Centres
- Conversation Cafes
- Online at <http://www.thirdagecommons.ca>
- Calgary Centre for Global Citizenship
- Calgary Family Services, Older Adult Team
- Ask your neighbours about their unique skills!

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:
February 19th at 1:30pm, at the
Sir Winston Churchill Rec Centre**



For more information or to RSVP
please contact Diane Janota
at 403-974-1519 or diane.janota@calgary.ca



Emergency
Medical
Services

Sledding Safety

Alberta Health Services, EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects such as trees and rocks or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Educate your family how to stay safe by following these simple reminders and have a fun day on the toboggan hill.

Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

www.albertahealthservices.ca



Emergency
Medical
Services

Cold weather safety

Alberta Health Services EMS responds to many cold weather related emergencies every winter. Simple actions such as dressing appropriately and anticipating sudden weather changes can help keep you both warm and safe this season.

Frostnip

- Frostnip occurs when skin is extremely cold, but not frozen. It commonly affects the ears, nose, cheeks, fingers and toes.
- The skin appears red but also turns to white when pressed. It may feel numb to the touch.
- When treated promptly, frost-nipped skin will heal without complication.
- Gently re-warming the affected area in a warm environment is advised.

Frostbite

- Frostbite is when skin becomes so cold, the skin and underlying tissue freeze completely.
- It may look white and waxy and will feel hard to the touch.
- Treatment begins with removal from the cold environment and placing the affected area in warm, *not hot*, water (about 41°C) until re-warmed.
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature (less than 34°C as compared to normal body temperature of about 37°C).
- People suffering hypothermia may act inappropriately with uncharacteristic stumbling, mumbling, and fumbling, as their body temperature continues to lower.
- Early recognition and prompt medical attention is crucial. Left untreated, hypothermia may progress to coma and death.
- Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Gentle re-warming should start as quickly as possible including: removal of wet or constrictive clothing, covering with blankets or sleeping bags, and protecting the patient from further heat loss (wind, moisture and contact with cold surfaces).

www.albertahealthservices.ca



community programs

World Prematurity Day - November 17th

Becoming a new parent is difficult. Becoming the new parent of a premature baby weeks before you were ready to give birth, a baby who may not survive or be born with developmental problems that will follow them for a lifetime, is terrifying. Unfortunately, however, this is a reality faced by 1 in 12 parents in Alberta, almost 4,500 families a year in our province alone.

Premature birth, or preterm birth, is the most common cause of illness and death in newborns because premature babies are born too soon and too small. They often require complex equipment and longer hospital stays to care for their underdeveloped bodies. Many of these babies have serious health problems, such as blindness, cerebral palsy or breathing problems, or will develop learning disabilities that result in lifelong struggle.

The causes of premature birth are very complex, possibly including genetic, lifestyle, and environmental factors. More research is needed to discover how to predict and prevent preterm birth, but some factors have been associated with an increased likelihood of prematurity:

- cigarette smoking or second-hand smoke,
- violence/abuse and maternal trauma,
- pregnancy over age 35,
- acute or high levels of chronic stress, discrimination, or anxiety,
- multiple births such as twins or triplets,
- a history of previous premature delivery,
- overweight or underweight prior to conception or poor weight gain during pregnancy.

If you are pregnant or planning to become pregnant, it is important to talk to your doctor or midwife about the risks of preterm birth.

On November 17, a day was set aside to spread the word about this important issue. For more information, visit http://www.marchofdimas.com/mission/prematurity_wpd.html.

-The All Our Babies Cohort is a research project funded by Alberta Innovates – Health Solutions, the Alberta Children’s Hospital and the Preterm Birth Healthy Outcomes Team (PreHOT).

www.prehot.com/allourbabies



Preterm Birth and Healthy Outcomes Team



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Just give us a call.



Family Drop-in GYM TIME

Free for HHBH Community
Association Members Only

Fridays 6:30 - 8 pm

Bring your neighbours.
Play badminton/volleyball/basketball.

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
Cost: \$20 per family (Sept. - May) plus community membership
Alternating families provide snack for all children

For more information, contact Rebecca or Tasha at
HHBHtotsttime@hotmail.com or 403-460-4018

****Special Guest in December****

Closed over Christmas Holidays

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.



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.



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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brittney.macmillan@creb.com

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