



HOUNSFIELD HEIGHTS – BRIAR HILL BEACON

FEBRUARY 2012

3 Things for Calgary The HHBH Community Association Board challenges YOU to get involved!

Lisa Mueller, Mara Grunau

Community. It's a big word. We all crave it, be it in our physical surroundings, our spiritual sides or our social worlds. But community does not just happen. It takes a little effort from each and every one of us to actively contribute in big and small ways to everything we touch.

Hounsfield Heights-Briar Hill is special. We have a strong community vibe. We see it on the playground at our local school, we see it on warm summer evenings when people gather on the sidewalks to visit with neighbours. We see it in the Green Park ice making, and the shinny games that break out on snowy winter afternoons. We see it when the community board holds its annual cleanup and volunteers pepper the street to clean up garbage and beautify our parks and alleys. We even see it in the sometimes heated response to proposed building projects that portend to change the landscape on our streets. We certainly see it in the annual summer block party that this year saw two bands and a couple hundred people having fun in the streets in an absolute deluge of rain. Anything that brings us together to play, to work, to build or even to 'discuss' fosters a sense of community. We CARE about what happens in our area. That's a good thing, and we want more of these good things.



cont'd on page 3

- Calendar of Events -

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

- Community Board Meetings**
Second Thursday of the month
7 pm, Community Boardroom - all
welcome! To be on the agenda, please
contact Caroline or Norm at least 2
weeks in advance
Next three: Feb. 9, Mar. 8, Apr. 12
- Briar Hill School Open House**
Spring 2012, Briar Hill School
- Playschool Second Open House**
Feb. 21, 7 - 8:30 pm, Briar Hill School
- Playschool Pre-Registration**
(community residents, alumni families)
Feb. 22, 7 - 8:30 pm, Community Hall
- Playschool Registration**
Feb. 29, 7 - 8 pm, Community Hall
- Briar Hill Book Sale**
Mar. 13 - 15, Briar Hill School
- Tot's Time Play Group**
Mondays, 9:30 - 11:30 am
Community Gym
- Women's Soccer Night**
Thursdays, 8 - 9 pm, Community Gym
- Family Open Gym Night**
Fridays, 6:30 - 8 pm, Community Gym
- HHBH CA Casino**
April 8 & 9, Stampede Casino



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
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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	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

(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: March 15, 2012

Beacon Ads: admin@hh-bh.ca

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

Website: www.hh-bh.ca

Boardroom/Gym 1922 – 14 Avenue N.W.

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

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

The HHBH Gym and Boardroom schedule can be viewed online at www.hh-bh.ca.

3 things cont'd from page 1

The Mayor, through his Civic Engagement Committee, has a new initiative to foster a sense of community in Calgary. It's called '3 things for Calgary'. And, the HHBH Community Association Board invites you to join this initiative in our community.

3 Things for Calgary asks all Calgarians to:

1. **Think** about 3 Things you can do to make Calgary better. These things could be for your street, your neighbourhood or for the entire city.
2. **Do** those 3 Things.
3. **Encourage** 3 more people to do the same.

If every Calgarian did 3 Things for Calgary, we'd have more than 3 million actions making Calgary an even better city. Amazing! The 3 Things you choose are up to you. Large or small, every action we take makes a difference.

Want some ideas to get you started?

- Shovel someone's sidewalk.
- If you live near an intersection, shovel the ramp from the sidewalk to the street so that wheelchairs and strollers can navigate freely despite the weather.
- If you live by an alley, shovel the sidewalk along the alley.
- Pick up errant garbage.
- Drive slower in the playground zone by the school.
- Think big and plan a winter carnival at Green Park. The Community Association has money available for Block Parties!
- Pick up after your dog and bring an extra bag to share with another dog owner.
- Meet your neighbours! Especially new ones.
- Help shovel and flood the ice at Green Park.
- Volunteer to coach community soccer.

The list of possibilities is endless. Please send your ideas to the Beacon at thebeacon2005@hotmail.com and, you can share them with the City as well at <http://www.3thingsforcalgary.ca>.

We would like to add a fourth idea, just for HHBH. Let's celebrate our community members. If you have a story of someone you know who tirelessly, or quietly, or loudly makes HHBH a better place to live, please share your story in this newsletter.



**Hounsfield Heights/
Briar Hill
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Cooperative Playschool**

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

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

Phone: 210-5126
www.hhbhplayschool.ca

- **Open House 2**
Tuesday, February 21, 2012
from 7 - 8:30 pm
- **Pre-registration**
Wednesday, February 22, 2012
from 7 - 8:30 pm
- **General registration**
Wednesday, February 29, 2012
from 7 - 8 pm

General registration throughout the year

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Crowchild Trail Transportation Plan

Transportation Planning has begun a long-term transportation Corridor Study for Crowchild Trail. This project includes a transportation corridor study of Crowchild Trail from 24 Avenue N to 17 Avenue S, and High Occupancy Vehicle (HOV) corridor study from 16 Avenue N to Glenmore Trail S. Currently, this section of Crowchild Trail is not identified on the Transportation Infrastructure Investment Plan (TIIP) list for funding, and this study is considered a long-term planning study.

The purpose of this study is to update the plan for this corridor to align with the 2009 Calgary Transportation Plan (CTP) and land use planning initiatives in the area. (The original functional study for this corridor was prepared in 1978.) The CTP classifies Crowchild Trail as a skeletal road, and a supporting goods movement corridor. Currently Crowchild Trail provides a major crossing west of the downtown over the Bow River and carries 106,000 vehicles per day. Additionally, the CTP identifies this section of Crowchild Trail as part of the Primary HOV and Transit Networks. The regional pathway, located on a structure under Crowchild Trail over the Bow River, is a link in the Primary Cycling Network.

The study will consider community access, walking, cycling, transit accommodation, and interchange locations. At this time, The City is looking to engage the communities, businesses and travellers in the area to help identify the most significant issues along the corridor within the study boundaries.

As a representative of a community which borders Crowchild Trail, we are sending this communication to you to advise you that a survey will be available online for citizens to provide their feedback on the



corridor and help identify the top priority issues. The survey will be available at www.calgary.ca/crowchild from January 23 to February 3, 2012. We encourage you and members of your community to fill out the survey.

As the study progresses we will be conducting further community engagement and will be in touch with you regarding that process.

Additionally, if you, as a community representative, would like to meet with us to discuss the study or if you have any questions or comments, please feel free to contact me at julie.radke@calgary.ca or 403-268-5259.

Sincerely,

Julie Radke, P.Eng.
Senior Transportation Engineer
Network Planning
Transportation Planning
The City of Calgary | Mail code: #8124



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Fall Community Clean-up

I am pleased to pass the coordination for this year's Community Clean-up event to Phil and Cindy Johnson. They'll be working with the City to book a date – so stay tuned.

Every year more and more people in our community are taking advantage of this great City sponsored initiative. Our day always seems to be a good weather day too! Lucky for all us! Of course, it's our volunteers that make it all come together as was the case for our past fall event on September 24. Hats off to...

Laura Morrison
Mara Grunau
Kevin Taylor
Patty Welldon
Margaret Wilcox
Kerry Duncan-McCartney
Nancy Boa
Bonnie and Ed Pratt
Carol Sandahl, Rob, Shanahan and Konur Tholl
Barb Green
Sage H.
Mira H.
Leo R.
Sue and Tori Bryant
John Kirkland
Dana Galuszka
Steve MacKinnon
Alfred Wright

We also greatly appreciate the City of Calgary for sponsoring this event and Technotrash Alberta Ltd. for providing the bins and help for both the electronics and metal recycle.

Signing off and over to Phil and Cindy.

Many thanks to all of you that have helped me over the years!

*Sincerely,
Brenda*



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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, just send your email address to:

admin@hh-bh.ca

A Message from Alderman Druh Farrell



Calgary's balmy winter weather has many of us dreaming about spring, sipping a drink on a patio or turning the soil in the local community garden.

Pop-up Patios

Cities across North America are transforming some of their on-street parking spaces into restaurant patios and tiny parks. I first discovered these types of pop-up cafes and parklets while visiting Halifax for a conference, but soon learned that they are becoming commonplace in cities across Canada. Depending on the location, the low-cost seating areas can be movable, to be used during slow traffic times of the year or removed to allow for snow clearing, or more permanent, incorporating

gardens and other landscaping. Built to add public space and increase street safety, Calgary will be piloting the first pop-up cafe this summer on the West side of Vendome Cafe in Sunnyside. The pilot project has garnered a lot of interest from commercial districts around the city, and we are now entertaining a list of interested businesses.

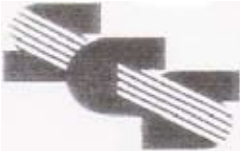
Community Gardens

Community gardens and orchards are cropping up in neighbourhoods across Calgary. Proven to be great ways to bring neighbours together and contribute to local food production, gardens and orchards are an easy way to make a healthy difference. If you are interested in starting a community garden or orchard please contact my office, at 403-268-2430 or ward07@calgary.ca, and we will point you in the right direction.

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Briar Hill School's 17th "Recycle a Friend" Used Book Sale

March 13-15, 2012

** New Dates and Times **

Tuesday, March 13	9 am - 7 pm
Wednesday, March 14	9 am - 8 pm
Thursday, March 15	9 am - 8 pm

Accepting books at the school starting February 27

This year's Recycle a Friend Used Book Sale is coming up soon. It's a chance to clean out your book shelves, stock up on reads for the coming year, support your local school and catch up with friends and neighbours. No wonder this event is such a favourite.

Over the years funds raised from the book sale have helped buy books for the school library and classrooms, host authors and artists and send classes to theatre presentations. Here's how you can help us reach this year's goal of \$5000.00.

Donate Books

What we need most, no surprise, are books for Grade 1 – 6 students. These kids are looking for things like early readers, chapter books such as Geronimo Stilton, comics, eyewitness books and anything to do with Star Wars and Harry Potter.

We also need fiction and non fiction books for all levels and interests, board books, comic books, children's magazines, CD's and DVD's.

Sorry, we don't accept cassettes, video or beta tapes, general interest magazines, computer manuals, textbooks, puzzles or games.

Shop our Sale

Come and find anything from a favourite classic board book to a beach read for March Break. Our prices are low and our selection is huge. Have a look at our hours because they have changed from last year.

2012 Book Sale Coordinators

Sarah Wipf, Penny Mills and Shelley Harrop-Grant



**Briar Hill School
"Recycle a Friend" Book Sale**

What Can You Recycle?

- YES:** fiction for all ages and interests
- YES:** non-fiction books for all ages
- YES:** board books and comic books
- YES:** children's magazines and posters
- YES:** CDs and DVDs
- NO:** cassettes, videos, Beta tapes
- NO:** general interest magazines
- NO:** computer manuals or textbooks
- NO:** puzzles or games

Bring your books to Briar Hill School from **February 27th to March 9th, 2012** .

Volunteer on-line at
www.signupgenius.com/go/briar1

Shopping Hours:

Tuesday, March 13 - 9am-7pm
Wednesday, March 14 - 9am-7pm
2 FOR 1 Sale – 3:30-7:00
Thursday, March 15 - 9am-8pm
3 For 1 Sale all day.

Thanks for your support.



**On-line Registration
starting immediately**

or you can stand in line
Tuesday, February 28, 2012
at the HHBH Community Centre (Fire Hall)
from 7:00 to 8:30 pm.

Visit hh-bh.ca for details.

**Volunteers Make This
Soccer Program Happen!**

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

Please bring 2 cheques

- 1 for your HHBH membership
- 1 for the soccer program

More details on the spring soccer program, as well as registration and membership forms can be obtained from the community website:

www.hh-bh.ca/main/page_outdoor_soccer

**If you have any questions, please contact
Leigha Pidde and/or Jenny Hoops at
hhbhsoccer@gmail.com or 403-283-2829.**

**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

February 2012

Our Healthy Future...<3...Love your Library

Live to be 100! In 2012 the Calgary Public Library celebrates its 100th birthday! We want to build a healthy vibrant future together so throughout 2012 watch for special adult programs that are offered at all library locations on the theme of "Our Healthy Future."

What's in a Label?: Get to know and understand nutrition labels as a first step towards a healthier you. Presented by Angela Nurse Nutrition Coach. *Monday, Jan 23, 2:00-3:30 p.m.*



Digital Detox Day: Collectible Card Games: Facilitators teach participants how to play a collectible card game such as *Magic: the Gathering*. In partnership with The Sentry Box, *Sunday, Feb 26th 2:00 - 3:30 p.m.*



Your Future in Your Genes: Learn how science is increasingly able to forecast your health with your own genetic information. Presented by Dr. Wei Wu from the University of Calgary. *Monday, Mar 19th 2:00 - 3:30 p.m.*

MONDAYS at your library...

Adding Joy to Your Life: Have you lost your joy? Come and explore many resources, and opportunities for new experiences in 2012 that will help promote a positive lifestyle. Presented by Lois Faris of Life Transitions. *Monday, Feb 13th 2:00 - 3:30 p.m.*

Grandparents Family Storytime: Share stories, songs, and finger plays with a special older adult in your life. Ages 2 to 5 with a parent/caregiver. *Monday, Mar 26th 10:30 - 11:00 a.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!

FAMILY FUN at your library...

Family Games Day: Teach your mom or grandpa how to play Beatles Rock Band and the Nintendo Wii, and learn some vintage games from them! Ages 7 and up with a parent/caregiver. *Wednesday, Mar 28th 2:00 - 3:30 p.m.*

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, Feb 07, Mar 06, and Apr 03, 7:00 - 8:30 p.m.

TECHNOLOGY at your library...

The Internet - Part 1: An Introduction: Learn about web browsers, URLs, hyperlinks, and search engines. Basic computer skills required. *Tuesday, Feb 14th 7:00 - 8:30 p.m.*

The Internet - Part 2: Beyond the Basics: Learn how to use different search engines, web directories, and recommended websites. *Tuesday, Feb 21st 7:00 - 8:30 p.m.*

The Library will be closed on February 20 - Family Day
See you soon at the Louise Riley Library!



Pets in Vehicles

Under the Responsible Pet Ownership Bylaw (23M2006), pet owners are permitted to leave pets inside their vehicles. However, it becomes unlawful to do so if weather conditions jeopardize an animal's safety. A pet left in a vehicle during cold weather can suffer from frostbite, hypothermia or potentially freeze to death. In hot weather, the internal temperature of a vehicle rises dramatically and pets, if left too long, can suffer immensely and potentially die from the heat. Animal & Bylaw Services recommends that pets be left safely at home.



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(beginner level)

For players aged 12 – 15 yrs
(intermediate level)

Space available for 12 players per level



Winter Session 2012:

Mondays Jan. 30 5:30 - 7:00

Wednesdays Jan. 25 5:30 - 7:00

(10 lessons)

Cost: \$100.00
with HHBH community membership
\$120.00
for non-community members
(if you have not purchased a
membership since April 2011)

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

Registration:

Online starting November 26, 2011

- 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**

Take a swing at Adult Badminton

By Lorne Cowan

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

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

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

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



Ladies' Indoor Soccer

Fun, Recreational, Social, Non-competitive
First half hour - warmup and drills.

Second half hour - scrimmage

When: Thursday nights
8 - 9 pm
Jan.12 – Mar. 1, 2012 inclusive (8 weeks)

Where: HHBH Gym

Registration: January 12, 7:50 pm, HHBH Gym
HHBH membership required

Cost : \$40 for all 8 sessions

Contact: Kitty Jones for more information
kittyjones@shaw.ca



Alberta Health
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Emergency
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Snow Shovelling Safety



Before you start:

- Dress properly for the weather before heading outdoors. Unprotected exposure to low temperatures and wind chill can result in hypothermia or frostbite.

- Dress in layers starting with a warm insulating inner layer; ending with wind and water proof outer layers. If you become too warm as you shovel, you can always remove outer layers as required.

- Wear proper footwear with a solid tread and adequate ankle support. Don't forget to wear a toque or hat to prevent heat loss from your head.

- Stay well hydrated by drinking plenty of water before and after you shovel. Avoid caffeinated beverages and alcoholic beverages as well as smoking. These all act as stimulants that can put a strain on your heart by constricting blood vessels and increasing heart rate. Caffeine can also promote dehydration—a nother important reason to avoid it. Alcoholic beverages do not act as a stimulant, but they also promote dehydration, impair your judgment, and make you more susceptible to the effects of the cold weather.

- Reduce the chance of injury by warming up your muscles with light exercise and stretching before you shovel. Warm muscles use energy more efficiently.

How to shovel:

- Choose the correct size of shovel for you. A smaller shovel will require you to lift less snow at a time and reduce the strain on your body.

- Protect your back by lifting properly: keep the shovel close to the body, stay balanced by standing with feet about hip-width apart, bend your knees, squatting with a straight back. As you lift the snow use your legs to provide the lift, tighten your stomach muscles to support your back, keep your back straight. Do not bend your back.

- When possible, push snow, don't lift it. Always orient your body in the same direction you are pushing the snow. If you need to move the snow to one side, reposition your entire body to continue facing the direction you are pushing.

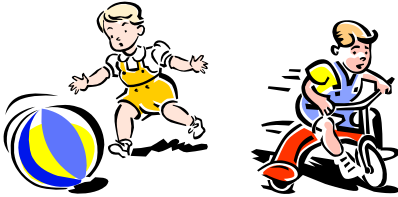
- Do not throw snow over your shoulder or to the side. Most back injuries occur when you are in a twisted position. The injury can be made worse when you are bearing the weight of heavy snow as you twist.

- Don't extend your arms when maneuvering a full shovel of heavy snow as this puts excess strain on your back muscles and too much weight on your spine. Attempt to keep the weight of the shovel close to your body.

- Pace yourself and take a break, especially if there's been a heavy snowfall; don't try to clear it away all at once.

www.albertahealthservices.ca

**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

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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.



**Family Drop-in
GYM TIME**

Free for HHBH Community
 Association Members Only

Fridays 6:30 - 8 pm

Bring your neighbours.
 Play badminton/volleyball/basketball.



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\$60 per issue	1/2 page

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

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



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