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THE OFFICIAL BRENTWOOD COMMUNITY NEWSLETTER



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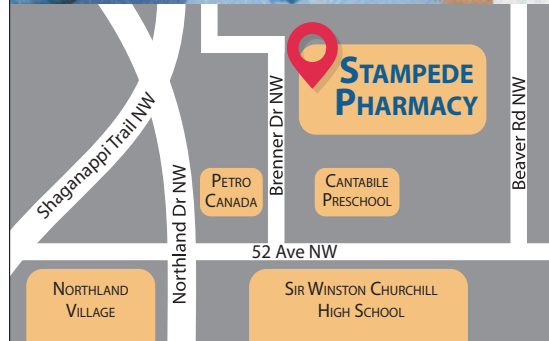
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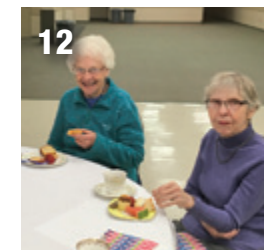
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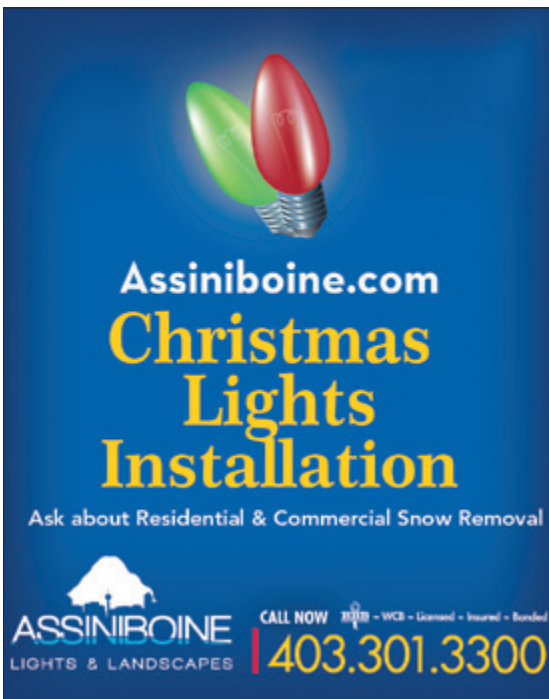
PETRO CANADA  
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# CONTENTS

5	EDITOR'S SCRIBBLINGS
7	STUFF HAPPENS
7	SOCIAL COMMITTEE: ARE YOU INTERESTED IN PLANNING SOCIAL ACTIVITIES FOR BRENTWOOD?
8	THESE ARE THE PEOPLE ON YOUR NEIGHBOURHOOD
9	PLAYGROUP
10	DEVELOPMENT AND TRANSPORTATION COMMITTEE
11	NOSE HILL LIBRARY
12	THE SENIORS' TEA NEWS
13	BULLETIN BOARD
14	GARDENING GROUP
15	DINNER IS ON THE TABLE
17	CONCUSSION AWARENESS
18	SCHOOL NEWS



"Canada Bereft" at the Vimy Memorial  
Photo by James Wreford



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## IMPORTANT NUMBERS

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Alberta Adolescent Recovery Centre	403-253-5250
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Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	511
Gamblers Anonymous	403-237-0654



Kelli Wreford, Editor

EDITOR'S SCRIBBLINGS



I asked my son, James, to write a "guest editorial" this month. He has some special personal experience regarding Remembrance Day to share with you.

## What They Fought For

By James Wreford (age 13)

I recently travelled to Europe with Cantaré Children's Choir on the 2017 Battlefields Tour. The landscapes are so beautiful and the towns so happy, it is easy to forget about the horrible things that happened there many years ago.

In Amsterdam, we had the pleasure of performing at the beautiful Westerkerk and taking several tours of the very interesting city – one by bus, one on foot and one by boat – but our tour of the Anne Frank house was the most interesting. Some of Anne's diary entries were displayed on the walls of the rooms and I thought it incredible that she was able to hold on to such a positive mindset while there were so many unjust things happening around her. It is a tragedy that the war was months from ending when her family was arrested. She had a very clever mind and she could have done so many wonderful things for the world had she survived.

Our next stop was Ypres, Belgium. I noticed something strange about the city long before we went on the tour: its name has a different pronunciation and spelling depending on which language you are speaking (it is called leper in Flemish). The highlight of our stay there was our performance at the Last Post Ceremony, held every night in Ypres at the Menin Gate. We received much praise for our singing, but we did not have time to stay and chat. We had another task. That was taking some time to consider that the names of 54,000 soldiers who left their homes, never to return, are carved into the walls of this enormous memorial. There were probably over 20 panels of Canadian soldiers alone. We had each taken time before our tour to collect some information about a Canadian whose name was engraved there, and after the ceremony, we each stood next to the name and read the information on the card. Suddenly the person commemorated on the memorial was not just another name, lost in the sea of over 54,000 others written there, but a real human being, like one of us. A son, a brother, maybe a

father or husband, who had given up his life for the greatest cause in the world: defending what is right and just.

While we were staying in Ypres, we took a trip to Vimy Ridge. One does not tour the battlefields of Europe without going to Vimy. The battle that took place there is arguably Canada's greatest victory and the one where Canadians really showed what they were capable of. They did, after all, accomplish what both the French and British armies could not.

We were a few kilometres from the memorial when I looked out the bus window to see the brilliant white stone glistening in the sun from atop the small ridge. It was more spectacular than I ever imagined. Two great white pillars, with figures atop them, stretched toward the sky. However, this memorial does not focus on the Canadian victory at Vimy Ridge, but on the men who died during the battle. It reminds us that nobody really wins in war. Battles like Vimy Ridge are remembered as great victories, and while it may be true that it would have been much worse if the battle was lost, many people still died. The star of this beautiful memorial is Mother Canada, a figure that stands at the front of the memorial, facing eastward, toward the new day. Her expression is so realistic it might as well be a real person's face. She is so wracked with grief it made me sad to look at her. Other people may not think about the 60,000 men who died in the battle, but she certainly does. We stopped to think about them as well, reading our information about them like we did at the Menin Gate.

On our guided tour of the battlefield, the landscape was so peaceful, it was hard to believe that it was once a war zone. But I knew that I could only experience that tranquility because of the sacrifice of the men who fought for it there one hundred years ago.

It felt good to write this article, to reflect on the wonderful tour that I had experienced. There was a common theme about this tour and all the places we visited: war is not good. We do not want any more violence. The men who died in battle did so protecting peace; they did not want any more war. World War I was also called The War to End All Wars. That name has become more of a joke as time goes on, especially since there was a second one only 21 years later. Now, with the terrifying weapons that exist, one would think that everyone would be against war. It can only mean bad things for everyone in the world and yet there are still certain world leaders who almost seem to be goading each other into a fight. The message needs to be shared with the whole world that nobody wins in war. But if we can achieve true peace, it will be a victory for everyone.

# Brentwood COMMUNITY ASSOCIATION

www.brentwoodcommunity.com

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Our neighbourhood contributors for this month include: Deb Angus, Anne Burke, Larysa Hart, Lee Hunt, Melissa Neville, Devina Sharma, Cynthia Sim, Melanie Swailes, James Wreford, Jessica Wiseman and Darlene Wozny. Cover photo "Canada Bereft" at the Vimy Memorial, by James Wreford.

## North West Warriors Hockey Hockey Registration

Please visit the Brentwood Community Association website [brentwoodcommunity.com](http://brentwoodcommunity.com) for details as well as registration for the 2017-2018 hockey season.



### Public Skating at the Brentwood Sportsplex:

**Mondays** 10:00 am to 11:30 am; October 2nd to December 18th, 2017 and January 8th to March 26th, 2018 (no skating on statutory holidays).

**Saturdays** 11:00 am to 12:00 noon; October 7th to December 16th, 2017 and January 6th to March 17th, 2018. Cost \$1.00 per person; please pay at the office on Mondays and at the concession on Saturdays.

Public skating only – no sticks, pucks, sleds or strollers. We do not supply skating assistance equipment. Anyone under age 18 must wear a helmet.

### Canskate:

Canskate is a learn to skate program for ages 4 and up. Register online at [www.brentwoodcommunity.com](http://www.brentwoodcommunity.com).

Classes are Thursdays from 6 pm to 7 pm at the Brentwood Sportsplex. The first class was Thursday September 21st, 2017 and the program goes to March 22nd, 2018.

A CSA approved hockey helmet must be worn by program participants. A Brentwood Community 2017/2018 membership is mandatory. Registrations will be accepted until the program is full.

Cost: \$315.00 plus \$100 Volunteer Deposit (refundable and non-refundable payout options) for each child registered.

### Figure Skating:

Figure Skating registration is online at [www.brentwoodcommunity.com](http://www.brentwoodcommunity.com). You must have a coach prior to registering in the program (see <https://brentwoodcommunityskatingclub.wordpress.com/coaches/>).

Go to <https://brentwoodcommunityskatingclub.wordpress.com/> for complete program details and information. Adult skate program is also available.

### Scrabble Group:

The Scrabble Group meets every Thursday afternoon in the Sportsplex Boardroom. New members are most welcome. Please call 403-284-3477 for more information.

### 55 Plus Bridge Group:

The Bridge Group meets every Wednesday at 1:00 pm upstairs in the Banquet Room of the Sportsplex. All players are welcome! Contact Roman at 403-289-6244.

### Brentwood Community Association Board Meeting:

The next regular meeting will be Tuesday, November 28, 2017 at 7:15 pm in the upstairs Boardroom of the Sportsplex. All community members are welcome, but are asked to submit agenda items in advance if they have items for discussion at the meeting by contacting Linda Van Holst at 403-284-3477 or [brntwdca@telus.net](mailto:brntwdca@telus.net)

### BCA Hall Rentals:

The Banquet Hall and Boardroom at the Brentwood Sportsplex are available for rental by the public. Please refer to the BCA website for details [www.brentwoodcommunity.com](http://www.brentwoodcommunity.com) and go to the Facilities page. Current BCA members get a 15% discount on hall rentals.

### Bugle Deadline:

The deadline for the January 2018 Bugle community articles and notices is November 26, 2017 and the deadline for the February 2018 Bugle is December 20, 2017.

## SOCIAL COMMITTEE

### Are You Interested in Planning Social Activities for Brentwood?

by Jessica Wiseman

The Brentwood Community Association has identified the need to increase the number of social events that are happening in the community and thus is looking for volunteers to form a Social Committee. The group would likely meet once a month throughout the year (excluding the summer months) to plan events for the community.

If you have any interest in planning or volunteering for events in your neighborhood we would love to have you! Whatever skills you could add to the group would be great!

Are you interested?

This group is still in the development stage so we would love to have your ideas for things you and your neighbours would be interested in doing. Some ideas so far: Easter egg hunt, Sunday skating parties, or wine and cheese nights in the Community Association Hall.

If you are interested, please contact Linda at the Sportsplex (403-284-3477) or email [brntwdca@telus.net](mailto:brntwdca@telus.net).



Matt Embry. Photo by Claire Embry

## Brentwood Filmmaker Honoured

by Lee Hunt

Congratulations to Brentwood resident Matt Embry whose latest film, "Living Proof", was shown at both the Calgary and Toronto Film Festivals this past September. "Living Proof" is about Multiple Sclerosis, a disease with which Matt (now aged 39) was diagnosed at age 19.

Matt and his younger brothers Duncan and Dean grew up in Brentwood where they enjoyed organizing "plays and circuses" for the neighbourhood children. They used the money raised to make films. As Matt put it, "I've been making films since I was 8 or 9 years old". The brothers also earned money by delivering The Brentwood Bugle – for \$10 a month! Matt enjoyed playing soccer and basketball on Brentwood teams. His soccer coach was his father, Ashton Embry. (This has gone full circle as Matt and his wife, Jung, now coach their children in the BCA soccer program.) Both also volunteer at their children's school.

Having completed his early education at Captain John Palliser, Simon Fraser, and Sir Winston Churchill, Matt moved on to complete a Bachelor's Degree in Commu-

nication at U of C and then a Master's Degree in Film Production at Concordia University in Montreal.

Next it was back to Calgary where Matt has made films about Jann Arden, Theo Fleury, Ian Tyson, and the Minhas family. In 2012, the brother/sister team of Raminder and Manjit Minhas helped to found and now serve as Executive Producers at Spotlight Productions. Matt is President. (Bugle readers might recognize Manjit's name as she is one of the "Dragons" in CBC TV's "Dragons' Den".) After the Calgary flood in 2013, Matt produced the film "Hell or High Water" about the flood's damaging impact on The Calgary Stampede.

His most recent film is "Living Proof". As I mentioned earlier, this film is about Multiple Sclerosis which Matt was diagnosed with 20 years ago. His father, Ashton, a research scientist, immediately delved into studying the disease. From his research, Ashton concluded that diet and exercise can play a significant role in reducing the impact of MS. As a result, Matt went on to a very strict diet (primarily chicken, fish, vegetables, and fruit) plus a regular exercise program. Matt details this regimen in his website MS HOPE. Meantime, Matt's parents – Brentwood residents Ashton and Joan (an RN) - established the MS Direct Charitable Foundation in the late 1990's to continue research into the disease.

"Living Proof" was shown five times at TIFF and three times at CIFF. At CIFF, it won the Best Alberta Feature Award which is an Audience Award presented by CTV. Matt is in hopes that this exposure will lead to numerous future showings, but even more importantly will give hope to others suffering from MS.

In the meantime, though, it is back to work. Matt is now concentrating on a film about the highly dangerous drug Fentanyl. The focus will be on this drug crisis in Calgary, Vancouver, and Edmonton.

We at The Bugle congratulate Matt on the success of "Living Proof" and wish him all the best with his future films. Even more importantly, though, we wish him well in his ongoing personal challenge with MS.

## PLAYGROUP

By Larysa Hart

I am excited about my new role as the Brentwood Community Playgroup Coordinator. My family has been attending Playgroup since 2012 when we first moved to the neighbourhood. It has added much value to our lives, helping us get to know other families with children of the same age.

Playgroup started again at the beginning of September. We meet in the upstairs hall at the Sportsplex on Wednesday mornings from 9:30-11:00 am. It is nice to see new families joining and some of the long-standing members back again. The idea of Playgroup is for parents and caregivers to get together with their young children (ages 0-5) for a couple of hours each week to connect, learn through play and most importantly, have fun. Playgroup can be one of the first, and most important, social networks for children and families.

We have implemented a new community format to make playgroup an enjoyable and engaging place to play, socialize, network and have fun. In order to make this successful, we are all working collaboratively to facilitate an organized craft, a group singsong, snack/coffee time, and an organized game during each meeting.

In September, we embraced the changing weather focusing crafts on seasonal items such as apples and leaves. We celebrated Thanksgiving with a turkey craft and potluck. The children are looking forward to Halloween, when they will be all dressed up and will parade around in their costumes singing songs about bats and witches.

We appreciate all of the generous toy donations that were received in the summer and autumn. We currently have a great selection of toys and are no longer soliciting donations.

If you would like any more information about Playgroup, feel free to send me an email at [brentwoodcommunityplaygroup@gmail.com](mailto:brentwoodcommunityplaygroup@gmail.com).



# Brentwood

## Community Association Membership Application

Surname: \_\_\_\_\_

First Name: \_\_\_\_\_

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Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

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Family \$35    55 Plus (Couple) \$25

Individual \$12.50

**Please return membership application with your cheque made payable to the Brentwood Community Association.**

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403-284-3477**



## DEVELOPMENT AND TRANSPORTATION COMMITTEE

Submitted by Melanie Swailes on behalf of the BCA Development and Transportation Committee

When the DTC was formed in January 2017, it was largely in response to the many construction projects, planning applications and Development Permits (DP) that were taking place in Brentwood.

The DP for every planned proposal in Brentwood is initially sent to the Brentwood Community Association for review and evaluation. The Community Association is the first point of contact and is a stakeholder in the planning process. The BCA can advocate for area residents by submitting comments and concerns about a DP to the City of Calgary Planning Department.

One of the challenges in reviewing an application is trying to accurately represent the views of the community. How do we ensure that our comments are in line with what our residents think? While there will likely never be 100% consensus on any DP application, we strive to represent our community vision and values. In order to facilitate these reviews over the longer term, and to promote the general values of Brentwood residents, the DTC has developed a document entitled "Community Development Guidelines: Values and Vision".

### Community Development Guidelines: Values and Vision

This document was created over many months by a sub-committee. It is posted on the BCA website under "Redevelopment".

The Values and Vision document clearly articulates the community character and values so that they can be used as a guideline for the development process. By defining the aspects of Brentwood that are important,

the document provides us with a starting point for describing existing conditions in our community and can be a basis for reviewing development permits or other changes. It can be used to inform our City Councillor, City staff, and developers about the values that Brentwood residents would like to see in new commercial, retail and residential developments within the boundaries of our community.

### Your Input is Important

We need your feedback on the document. Does it reflect your opinion about development and other changes in Brentwood? Are there aspects with which you agree or disagree?

Please read the document and tell us what you think. You may contact the BCA at [brntwdca@telus.net](mailto:brntwdca@telus.net).

### Development Website Update

A second challenge lies in trying to get information to our residents. While email works for specific events, we also wish to have a site where residents can find information about DPs or other planning and transportation proposals.

Members of the DTC, led by Irma Lambert, have been working with a web designer to create a Development website.

The aim of the website is to post information about each DP that might affect area residents. Examples could include applications for smaller scale projects such as a secondary suite or a home-based business. Other applications might be for larger-scale projects such as the Brentwood Co-op Redevelopment or the proposed bike lanes on Northmount Drive.

We will post details of the DP, including the names of the file manager, other contacts and relevant planning information. The website also has some links for general information such as definitions, FAQs and links to City of Calgary planning information.

Please check out the website from time to time to see what new proposals are planned for our area. If you would like to comment on a DP, please send a copy to the Community Association as well so that we know what our residents are thinking. We strive to try to represent you, but we do need to hear from you! Thank you.



### Boxes and Boxes of Books

Thanks to our volunteers and donors, our one-day book drive in August was a smashing success!

Calgarians donated more than 55,000 books and kept staff and volunteers busy sorting and packing books, DVDs and CDs of all kinds at

Nose Hill, Signal Hill, Fish Creek and Forest Lawn Libraries.

The donations were collected by BetterWorld Books, which sells books online to fund literacy initiatives. A portion of the proceeds will be returned to the Library, enabling the purchase of new and needed materials.

If you missed the Book Drive or have other books you'd like to clear off your shelves, don't worry! All Calgary Public Library locations will accept up to 20 books (or two bags) year-round.

### Explore expanded access to TumbleBookLibrary

Calgary Public Library has partnered with the Calgary Board of Education and Calgary Catholic School District to expand our access to TumbleBookLibrary. This free online resource for kids offers more than 1,100 titles, including talking picture books, narrated chapter books, ebooks, and graphic novels, all available at [calgarylibrary.ca/tumblebooklibrary](http://calgarylibrary.ca/tumblebooklibrary).

### What does Calgary Public Library mean to you?

In celebration of Canadian Library Month this October, Calgary Public Library is part of a nation-wide initiative sparking conversation about the importance of libraries. Share your most vivid memory or meaningful library moment on social media using #LibraryMoments and tag us @calgarylibrary.

### Math is No. 1 at this free after-school program

Students ages 6 to 12 are invited on a Math Quest! Explore the library while completing numeracy challenges at this one-hour drop-in program, offered at 18 Library locations. Quests are connected to Alberta's curriculum, have real-world applications, and demonstrate math can be fun. For more details, visit [calgarylibrary.ca](http://calgarylibrary.ca), click programs, and search Math Quest.

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By Lee Hunt, photos by Heather Collingridge

We wish to thank the kind anonymous donor who recently donated a teapot plus a dozen cups and saucers to the Seniors' Tea group.

The photos shown here are from the September gathering.

The tea is held on the third Thursday of each month from September to June. New attendees are always welcome. We meet upstairs in the Brentwood Sportsplex which is just behind Churchill Swimming Pool and Recreation Centre. Do join us!

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Carroll Place Seniors are seeking donations of gently used jewellery, knick-knacks or small household items for their showcase. These items, as well as knitting, are available to residents and community members to purchase. Funds raised from sales support Carroll Place activities, supplies or special events. Call Jean at 403-569-2271 to arrange to drop off donations. Thank you!



### Join us on November 28 for Bingo

Join youth volunteers and community members to spend an evening of fun and Bingo with the residents of Carroll Place.

Tuesday, November 28th, 2017  
6 pm – 8 pm  
Carroll Place Lounge

Additional Info:

- \$0.25/card/game. *Bring your quarters!*
- Winner takes home the pot
- We will play 10-11 games. Everyone has a chance to win!

Come out and join us for a great time!

Everyone is welcome!

### We are Knitting for a Cause!

The Knitting for a Cause group would like to extend their heartfelt appreciation to everyone in the community who has donated wool and knitting supplies to their initiative over the years. Thanks to your donations, the group has been able to spread kindness and compassion throughout our wonderful city, one stitch at a time. The group began by knitting sets of children's hats, scarves and mitts to donate to elementary schools in Calgary. Thanks to your generosity, hundreds of little hands and ears have been kept warm during our frigid

Calgary winters. While the group continues to knit winter wear for kids, they have also expanded to participate in some incredible initiatives.

Our group has been busy and there is no sign of slowing down. If you want to be part of this amazing group, we are always welcoming new members, including individuals from the community. Please contact Erika Cusimano at 403-452-5575 for more details.



Make a difference in the life of a family...



Are you looking for a way to give back to your community?

Our Home-Start program is looking for volunteers!

#### What is Home-Start?

Home-Start is a free program coordinated by Boys and Girls Clubs of Calgary that offers support to families, with young children, who may be experiencing a variety of issues:

- |                               |                                  |
|-------------------------------|----------------------------------|
| Feeling alone                 | Being new to Canada              |
| Caring for twins and triplets | Parenting and/or family stresses |
| Postpartum depression         | Illness in the family            |

#### What does a Home-Start volunteer do?

- Visits a family's home once per week
- Provides support, friendship and encouragement
- Gets the family involved with the local community
- Shares their own experiences of parenting and family life

Training, Police and Child Welfare checks are provided.

#### Interested in getting involved?

For more info, or to learn about upcoming training sessions, contact our Home-Start Coordinators or visit our website at [www.boysandgirlsclubsofcalgary.ca](http://www.boysandgirlsclubsofcalgary.ca)

East Calgary: 403-660-6809

West Calgary: 403-660-1136



# Brentwood Mural Artists Subjects of Winning Film

by Lee Hunt

The recent Calgary International Film Festival had yet another Brentwood connection. In addition to "Living Proof" by Brentwoodian Matt Embry (see Lee Hunt's article elsewhere in this Bugle), the film, "State of the Art" by Chris Dowsett won for "Best Short Documentary". Dowsett's film is partly about Katie Green and Daniel J. Kirk who were the design artists for our 2016 community mural. Congratulations to all!



By Cynthia Sim

During the last days of September, we were treated once more to unusually warm, sunny days and mild evenings. After an abrupt blast of unsettled weather with cloudy days and steady rain accompanied occasionally by strong winds and near freezing temperatures (which took their toll on any unprotected tomatoes), we had summer-like weather return, just in time for our final garden cleanup day on Saturday morning, September 30<sup>th</sup>. The rain was certainly welcome as this summer was uncomfortably hot, dry

and at times and very smoky. After the rain, the air quality improved and working outdoors for an extended period of time was again comfortable.

Much of the harvesting has been completed and many of the garden beds have been prepared for winter. Some crops, mainly carrots, chard and kale are still in the ground and the strawberries are still producing flowers and fruit. The fall asters are living up to their name and are now in full bloom, attracting a horde of pollinators (see photo). However, much of the colour in the garden has faded and when the annual flowers have died off, the garden will have re-entered the long waiting time until spring returns.

During our final cleanup day, the gardeners will be very busy. In addition to weeding, attacking the ever-present quack grass, pruning the raspberry and haskap bushes, feeding the compost and cutting back the perennials, planting garlic and possibly some spring bulbs will also be on the agenda. The morning cleanup will be followed on Saturday evening by our main social event of the year, the Harvest potluck dinner at the Sportsplex. The potluck is a family affair and gives the gardeners a well-deserved opportunity to meet each other in an informal setting and discuss the successes as well as the problems encountered during the growing season. We were fortunate this year to have some local businesses step forward to donate door prizes for our Harvest potluck. We appreciate the work that the gardeners have done throughout the summer and are pleased to be able to recognize their efforts.

## DINNER IS ON THE TABLE

By Melissa Neville

We are deep into the fall season now and nothing says fall like plaid prints, chunky sweaters, and a hot bowl of stew. Growing up, stew was not one of my favourites. I remember that the gravy, potatoes and vegetables were good but the meat was tough and chewy like meat flavoured bubble gum. I still get the shivers just thinking about it. Stew is a fairly new addition to our list of family favourites and from my previous comments, you can guess what made me reluctant to try making one for my family.

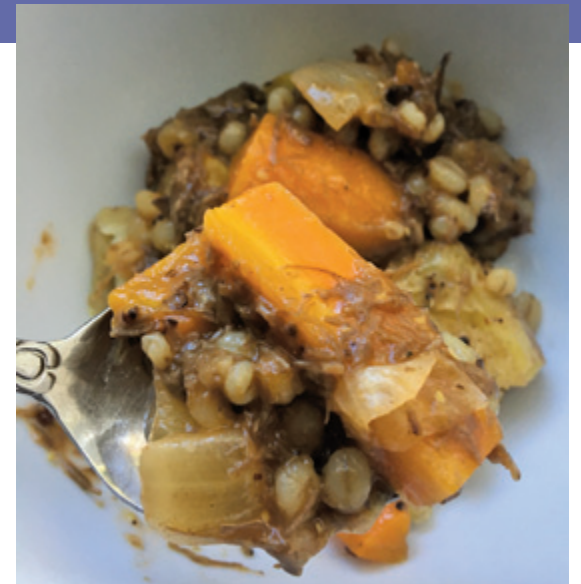
I originally adapted the following recipe from Jamie Oliver's "Money Saving Meals" cookbook. I checked the book out from the Nose Hill Public Library and made a few of the recipes from the book, some of which have made our family favourite list. The stew recipe from Oliver's book uses leftovers from a brisket recipe which I did make, but did not think much of (sorry, Jamie).

However, the base for the stew is a keeper and I have made this stew a bunch of times and it always turns out great. I use whatever leftover beef I have on hand, whether it's a roast or steak, and I have even made it with leftover pork or lamb. It usually takes about 20 minutes or so to throw together and cooks away for about an hour.

If I am super organized, I make extra potatoes with my Sunday roast to serve with this yummy stew later in the week or I roast or mash up some potatoes while the stew is cooking. Either way you are left with a delicious stew that no one would guess was made from leftovers!

### Ingredients:

- 2 tablespoons olive oil
- 2 medium yellow onions, peeled and roughly chopped
- 4 medium carrots, peeled and roughly chopped
- 2 sprigs of fresh rosemary
- 2 bay leaves
- 1 tablespoon all-purpose flour
- 1 tablespoon tomato paste
- 1 tablespoon grainy mustard
- 1 tablespoon Worcestershire sauce
- 2 ½ cups beef broth
- ½ cup barley (pot or pearl)
- 8 oz. crimini mushrooms, halved
- 10 oz. leftover meat, thinly sliced



Heat the 2 tablespoons of oil in a large saucepan over medium-low heat. Toss in the carrots, onions, bay leaves and fresh rosemary. Cook for 10 minutes or until softened.

Stir in the tablespoon of flour, then add the tomato paste, Worcestershire sauce and grainy mustard. Pour in the broth and barley, then stir to combine.

Stir in your leftover meat slices and mushrooms and cook on low for about one hour, stirring occasionally and adding more broth to loosen it up if necessary.

**Note:** If you do not stir it every 10 minutes and add broth when needed, the stew will begin to stick and burn.

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## News from the Friends of Nose Hill

by Anne Burke

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**COMMUNICATIONS, LEADERSHIP, TEAMWORK, PUBLIC SPEAKING, NETWORKING:** Empowering individuals through personal and professional development. Come join us. Mondays at 7pm, Nose Hill Library. <http://438.toastmastersclubs.org/>. More information: <https://www.toastmasters.org/>.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

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## Concussion Awareness



Deb Angus



Josephine Mazonde

**Calgary Concussion Awareness & Support** will be meeting every last Thursday of the month between September-May at the Brentwood Community Association Boardroom from 7:00-8:30 pm. The next meeting will be November 30.

Calgary Concussion Awareness and Support is organized by: Deb Angus, Traumatic Brain Injury Survivor, Author, Speaker and Advocate, and Josephine Mazonde, Concussion Survivor and former Home Care Nurse.

We welcome you to drop by so you and your family can learn more about concussions and how peoples' lives have been affected by this highly misunderstood injury.

For further information, please visit and like their Facebook page: <https://www.facebook.com/Calgary-Concussion-Awareness-Support-1202581439802468/>

### Annual Members' Meeting

Join us at Triwood Community Centre Lounge, on Wednesday, November 15 at 7 pm for our annual members' meeting. Details may be found on our website: [www.fonhs.org](http://www.fonhs.org).

### Creation of Nose Hill Park

The Supreme Court of Canada played a role in the creation of Nose Hill Park when it decided that planned public purchase of land for a park is a legitimate reason for refusing to grant a building permit or for a refusal of an application for rezoning.

Under 1963 law, land could not be zoned as parkland unless the municipality owned the land at the time. Once the decision was made, the City had to acquire the land within 6 months. Otherwise, the bylaw was no longer in force.

In 1973, Calgary passed a resolution restricting urban development on 4100 acres in the Nose Hill area which required an investigation by the City to acquire the land. In 1976, the City reduced the size of the proposed Nose Hill Park by deleting the western parcel of 1500 acres. The Municipal Plan in 1979 said there would be a plan for Nose Hill Park.

The City adopted the Nose Hill Master Plan by Parks and Recreation to outline the types of recreational activity desirable in the park. This plan put forward 3 alternative park concepts which were evaluated with recommendations. As a policy document, it was incorporated in the Municipal Plan in June 1980. With approval of its plan for Nose Hill Park, the City authorized the purchase of the land for the park.

Some developers proposed a rezoning application for Nose Hill Park, which would have forced the city to buy the land or have it turned into housing. In 1984, the Supreme Court determined that when a municipality makes a firm decision to create a park and demonstrates this in a land-use bylaw, it does not mean that the municipality must create the park immediately. Two years later, the Provincial Government agreed to delay planning legislation that would have forced the City to buy the land or have it rezoned for housing. In 1989, the City and the Province shared the cost of the \$26.6 million-dollar purchase from the landowners so Calgarians at last gained their 2600 acre (1052 hectare) park.



## Brentwood Elementary

By Devina Sharma, Brentwood School Council Member

Greetings from Brentwood School! We have a busy month planned, starting with the first part of our dance residency beginning on November 1st. The talented team from Sound Kreations will be working with our Grade 2, 3 and 4 classes for two weeks helping students find their groove and creativity through movement in several dance genres.

The hard work will culminate with 3 nights of performances in which our students will showcase their creativity and physical literacy in dance for their families. Please be aware that there will be more traffic than usual around the school on the evenings of November 14th, 15th and 16th. As always, we will continue to encourage our parents to respect our neighbours and park around the periphery of the playground.

Also in November, we will remember our Veterans with a Remembrance Day Assembly on November 10th. Our Parent Council will meet at 2pm on November 14th. Our Grade 5 students will have their vaccinations on November 20th and our Fun Lunch will be on November 23.

We continue to fundraise for our school by selling Amazing Savings coupon books for \$20 each. If you are interested in taking advantage of savings for shopping, dining and so much more, feel free to come into the school and purchase your coupon book from our office staff.

If you have any questions or concerns, please visit our school website or call the school at 403-777-6130.

## St. Luke Elementary School

By Darlene Wozny, Principal, St. Luke School

St. Luke School is a Kindergarten to Grade 6 French Immersion Catholic School. At St. Luke, we are dedicated to working in partnership with the home and the Church providing the students of our community every opportunity to grow spiritually, socially, intellectually and physically in a French Immersion Catholic setting. St. Luke is the namesake and the patron saint of both St. Luke School and St. Luke Parish. St. Luke is recognized as the author of the third Gospel and the Acts of the Apostles.

## Dr. E. W. Coffin Elementary

By Larysa Hart

Walking in nature is exactly what the students at Dr. Coffin School do on their Fresh Air Fridays. This is a truly green initiative that gets students outside, in nature, learning from their experiences. As a new member of the Dr. Coffin School Community, I am impressed by the all the environmentally themed work happening throughout the school. The school-wide goal to reduce waste by encouraging families to pack litter-free snacks and lunches is only one of the many efforts the community is making to reduce its ecological footprint.

The location of our school is ideally suited to facilitating rich outdoor learning experiences. Our spacious mountain-view playground, Nose Hill Park, and The Whispering Woods all provide students with copious opportunities to explore and appreciate the great outdoors. The students of Dr. Coffin School are very fortunate to have these natural settings as extensions to their classrooms. "Research has shown that spending time in nature increases creativity, curiosity and problem-solving abilities. The curriculum at all grade levels lends itself well to experience learning in an authentic environment which is one of the many reasons Dr. Coffin dedicates its Fresh Air Fridays to outdoor learning tasks." (Cathy Polski, Dr. Coffin Principal)

In September, the school hosted a Welcome Back BBQ that invited families to share in a night of community spirit, great food and wonderful music. This gathering emphasized the importance of students, school administration, teachers and parents working together to build community. Special thanks are extended to Mr. O'Reilly for providing the gift of live music at this event.

The school community also thanks Polly Lee Knowlton Cockett for hosting several Bio-Diversity Bees this summer. This special initiative was successful at getting families into the Natureground and The Whispering Woods to experience the joy of learning about our natural habitat.

We are pleased to report that the Grade 1 and 2 classes at Dr. Coffin harvested their gardens this fall. Although we had a very dry summer, a dedicated group of parents worked together to keep the gardens watered and weeded. Thank you to everyone involved in this work. Each year the students harvest the food of their labour, record their successes, and graph their results. This is one of the many ways the curriculum comes to life in the hands of students as they experience the wonders of living green at Dr. Coffin School.



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