

FEBRUARY 2023

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## Please allow us to introduce ourselves! We are **RAINBOW ELDERS CALGARY**

*A support group for 2SLGBTQ+ seniors*



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness. We believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

**To discover more, please contact us!**  
email: [rainbowelderscalgary@gmail.com](mailto:rainbowelderscalgary@gmail.com)  
[www.rainbowelderscalgary.ca](http://www.rainbowelderscalgary.ca)

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# Hounsfield Heights – Briar Hill Community Association

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2nd Vice President	Marsh, Jeff	2nd.vp@hh-bh.ca	
Treasurer	Winkler, Kathryn	treasurer@hh-bh.ca	
Secretary	Wong, Kin	secretary@hh-bh.ca	
Land Use Director	Atkinson, Elizabeth	land.use@hh-bh.ca	
Communications Director	Marsh, Jeff	communications@hh-bh.ca	
Education Director	Roessingh, Hetty	education@hh-bh.ca	
Events Planning Director	Vacant	events@hh-bh.ca	
Programs Director	Vacant	programs@hh-bh.ca	
Strategic Planning Director	Biever, Jason	strategic.planning@hh-bh.ca	
Community Safety Director	LeGrandeur, Michelle	community.safety@hh-bh.ca	
IT Director	Wong, Kin	it@hh-bh.ca	
Executive Director	Noonan, Val	executive.director@hhbh.ca	403-282-6634
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Indoor Soccer	Cumming, Darcy	indoor.soccer@hh-bh.ca	
Outdoor Soccer	Vacant	outdoor.soccer@hh-bh.ca	
Youth Badminton	Vacant	badminton@hh-bh.ca	
COMMUNITY RESOURCES			
Louise Riley Library	Thomson, Allison		
CONTACT			

**Mailing Address:** Box 65086, RPO North Hill Calgary, AB, T2N 4T6  
Board Room / Gym - 1922 – 14 Avenue NW

**Parking:** 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.

**Phone:** 403-282-6634

**Email:** admin@hh-bh.ca

**Beacon Submissions:** beacon@hh-bh.ca

**Boardroom/Gym Bookings:** bookings@hh-bh.ca

For the latest news, programs and events, please visit our Official HH-BH Community Association website at [www.hh-bh.ca](http://www.hh-bh.ca).



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<b>8-1-1</b> Health Link (24-Hour)  Health advice (including dementia advice) from a registered nurse.	<b>403-266-HELP (403-266-4357)</b> Distress Centre and SeniorConnect (24-Hour)  Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
<b>3-1-1</b> City of Calgary (24-Hour)  Information on all City of Calgary services. <a href="http://www.calgary.ca">www.calgary.ca</a>	<b>403-943-1500</b> Access Mental Health  Non-urgent advice on navigating the addiction and mental health system.
<b>2-1-1</b> Community Resources (24-Hour)  Information and referrals for community and social services. <a href="http://www.ab.211.ca">www.ab.211.ca</a>	<b>403-705-3250</b> Elder Abuse Resource Line (24-Hour)  Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

## Land Use

by Beth Atkinson, Director

Happy New Year! I'm writing this on New Year's Day, but you'll be reading it in February, which will be in the middle of the City's Phase 2 public consultation on our new Local Area Plan. This consultation runs from January 17 to February 12. We strongly encourage all residents to seek information (you should have received a mailout from the city) and express their opinions to the city.

To recap, the city is in the process of replacing many Area Redevelopment Plans (including our Hounsfield Heights – Briar Hill ARP) with larger Local Area Plans. To develop these plans, the city made the Guide for Local Area Planning. Within this document, the least dense zoning category, called Neighbourhood Local, lumps together R-C1 (single family), R-C2 (duplexes), R-C1N (narrow infills) and R-CG (row houses). R-CG can cover 60% of the lot instead of 45% and take away sunlight, privacy, and views from adjacent homes, and narrow lots also don't fit in the character of our neighbourhood, and other established R-C1 communities. A large number of Community Associations expressed these concerns when the Guide was created, but Neighbourhood Local was not changed. However, Mayor Gondek proposed an amendment that added the idea of a 'special policy area' to maintain R-C1 areas. In the first LAP that was created, 'North Hill LAP' just to the east of us, Rosedale was designated a 'special study area', based on that amendment.

There are other LAP plans further ahead in the process, and the communities involved are not feeling heard. The Westbrook LAP is due to go before council on January 17, and R-C1 communities in this area requested 'special policy/study areas', and had ideas about where sensible growth could go, but they were ignored. Even higher density is proposed around their larger parks. In the Heritage LAP, a community did a formal survey that confirmed the strong majority want their R-C1 character maintained and do not want R-CG just anywhere. But when their representative politely expressed this opinion, he was reprimanded by the city. A group of R-C1 communities sent a letter to the city asking about these 'special policy/study areas', and the city response is that they would be used only in exceptional circumstances and were never meant to be applied to a whole section of a community. It's not clear why the city should get to

interpret the 'special policy area' amendment that way, or what these special circumstances might be.

We don't know what the city proposes for our neighbourhood as yet, and are still hoping to work with them to maintain our neighbourhood character. But we are concerned about how the other LAPs are proceeding, and will be supporting their continued effort to maintain their unique neighbourhoods.

## VISION AND MISSION



### Vision

A peaceful, central, residential community with friendly neighbours connected through vibrant public space and activities.



### Mission

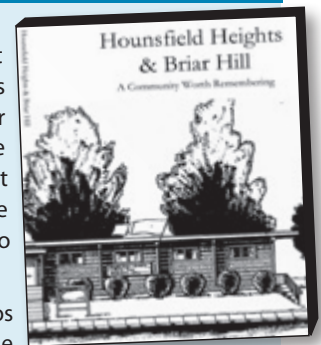
Inspire and support residents to build our community together through volunteering, social and recreational activities, and partnerships.

## Hounsfield Heights-Briar Hill History Book

A beautiful book about our neighborhood is available to purchase for \$40 from the admin office at the gym. Please contact [admin@hh-bh.ca](mailto:admin@hh-bh.ca) to make arrangements. You can also call 403-282-6634.

The book contains photos and stories written by the families that first moved into the area in the early-'50s. Their stories of building homes, starting the school, and establishing this vibrant community are worth the read.

A big thank you to Mary Stapleton and her group of volunteers for taking on the task of putting this together.



# MEMBERSHIPS

Your annual membership is good through July 31, 2023 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.

## HOUNSFIELD HEIGHTS – BRIAR HILL COMMUNITY ASSOCIATION MEMBERSHIP APPLICATION 2022-23

**Family Name(s):** \_\_\_\_\_

**First Name - Adults:**      1. \_\_\_\_\_ 2. \_\_\_\_\_

**First Name - Children:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

*Would you like to receive the newsletter and other announcements by email?*      yes ☐ no ☐

**I would be interested in volunteering for:**

- |  |  |
|--|--|
| <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                     |  |

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*Valid through July 31 2023*

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☐ \$20 per household

☐ \$10 for seniors

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*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.*

# Kitchen Korner: Fried Pork Chop and Baked Potato

Pan fried pork chops is one of the easiest dishes that anyone can make. I remember making this many years ago when we sent my parents on a vacation to visit the old country and we were tasked with cooking for my younger siblings. I remember my brother-in-law commenting how good it was and could not believe how easy it was but failed to replicate it. Hopefully, with a few hints, you can enjoy this at home.

First, you will need a good frying pan. My go to is a cast iron pan. If it is seasoned properly, it is pretty well non-stick. I love the Teflon coated pan, but I won't use it – you need a non-metallic spatula and lower heat. Teflon is made of PFAS (polytetrafluoroethylene) and works well, but starts to break down at temperatures above 500° F, releasing toxic chemicals.

If I'm using the oven for something else, I'll throw my Russet potato into the oven. Otherwise, the microwave is the way to go. Some people poke holes in the potato to allow the steam to escape so your potato does not explode. I'm not recommending not poking holes in the potato, but I no longer do that as I don't find it necessary. Arrange the potato so that the ends of the potato point to the neighbouring potato, end parallel to the rim of your plate. For small potatoes that fit in your hand, I would do four minutes on high, flip over, and then another three minutes on high. A potato that is double that size, five to six minutes on one side, five minutes on the other. How do you know your potato is done? You can squeeze the potato and it will burst.

Add oil to your cast iron frying pan and turn on the heat. Don't add the meat until you see the oil shimmering. Your food will stick to cold oil so allow your oil to heat up. If you use olive oil, it is viscous when cold and does not cover your pan well until you heat it up. Butter is a great alternative as well and has lots of flavour.

Add your pork chops with the bones towards the center of the pan where there is more heat. It takes more energy to cook the meat by the bone. Don't get anxious and start moving the meat around – this causes the meat to stick. Once the meat cooks a bit, it will release.

So, how do you know the meat is cooked and when can you flip it? Look at the side of the pork chop; you will see it change colour. The bottom will change colour



and you are ready to flip when 2/3 of your pork chop is cooked. It should release easily from the pan. Look at the beautiful caramelization.

As you might have noticed, I haven't told you to add any seasoning yet. There is a reason for this. If you season the pork chop before frying, you are going to burn the seasoning, affect the caramelization, and could make your cooked meat pinkish. I just season with a few shakes of Hy's Seasoning Salt. It is what I learned working in restaurants when I was a youngster, and I haven't found much to need to change it.

So, the time it took to cook the pork chop 2/3 through, it should take less than 1/3 the time to cook the other side. You are just finishing it off, so it will take less time than that.

Plate your pork chops and quickly add chopped onions and mushrooms to the pan before it gets dry. If the pan is bone dry, add a pad of butter first. Essentially you are de-glazing the pan. While the pork chop is cooking, you would have sliced a cooking onion and washed and sliced some mushrooms. I normally cut the mushroom in half first, so they won't be rolling around when I'm slicing them. Make the slices a little thicker.

If your pork chops are on the thicker side, you may want to add maybe 1/4 cup of water and cover the pan.

Some frozen vegetables or a quick salad, you have dinner in 15 minutes or so.

Enjoy.

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# Point of View

Happy Chinese New Year! I'm late this year because it happened on January 22, 2023 – welcome to the year of the Rabbit. Specifically, the Water Rabbit, which lasts until February 9, 2024. Rabbit symbolizes longevity, peace, and prosperity. People born in a year of the rabbit are believed to be vigilant, witty, quick-minded, and ingenious. Years of the Rabbit include 2023, 2011, 1999, 1987, 1975, 1963, 1951, 1939, 1927...to be totally accurate, you will have to lookup when Chinese New Year was that particular year. The two main reasons for celebrating Chinese New Year are: great food, family, and I get an opportunity to execute my augmented new years resolution a second time.

A while back, at one of the monthly board meetings, the topic came up concerning a drug overdose case, which unfortunately for the chap, was terminal. Moved by the first-hand experience, a community member challenged everyone to be more active and be more prepared to intervene – learn to administer Naloxone, become first aid certified, check to see if the individual required assistance. This opinion was met with a range of responses from “total support” to “none of my business”, “I don't get paid to do this”, “I am not comfortable doing that”.

At least from my point of view, people need to do what they are comfortable with as we all come from different stages of life, circumstances, training and capabilities, and risk tolerances. We should not have others impose what they believe is right on us; however, there is nothing wrong with challenging others to consider a different point of view.

This is something that I have a strong personal feeling about, especially in light of a RCMP officer that lost her life in B.C. tending to a potential overdose situation. Officers put their lives at risk to keep us all safe, and most don't nearly have adequate self-defence training. I think there are four stages in the acquisition of self-defence skills:

- Capability
- Confidence
- Calm
- Consciousness

You acquire capability by learning a number of techniques, or even fundamental rules, which we practise until we attain a level of confidence. I believe there are two additional parameters that are not as obvious to the

average person – calm and consciousness. You obtain a state of calmness when you brain can suppress your natural fight or flight response, and you are able to think. Like many people that have done public speaking, if you are good at it, you still have butterflies in your stomach before you give a talk, but you are able to get the butterflies to fly in formation. Contrary to popular belief, seasoned martial art practitioners generally don't get into fights because they have achieved the calm and are able to think their way out of a conflict. If they need to engage in physical violence, it will be over quickly, unlike what Hollywood portrays.

Lastly, consciousness – being aware of your surroundings so you go home alive. It is the ability to see scenarios and potential outcomes and adopt mitigating behaviour to minimize the threat to you. For example, I do not know many trained people who do not keep their backs to the wall when dealing with multiple individuals in a volatile situation.

Keep in mind, if violence breaks out, it won't be a fair fight. Thugs are likely to be less than honourable and usually like to have an unfair advantage. Like the saying “don't bring a knife to a gun fight” – you never know if your opponent is carrying a weapon or have friends lurking in the wings.

So, knowing all this, to engage or not engage, even in assisting your fellow human being, is a personal behaviour. Always do what you can when it is safe to do so but the choice is yours.

In the oil and gas industry, love or hate it, it is one of the more progressive environments that takes safety very seriously. They follow the buddy system; when in scenarios of potential threat, there are always two people. If one person goes down, you have to assess first. Is helping your buddy going to jeopardize both of your lives with no one left to call for assistance?

Please call the DOAP (Downtown Outreach Addictions Partnership) Team, CPS (Calgary Police Services), or EMS (Emergency Medical Services) for assistance.

Keep safe and stay warm.





## News from the Friends of Nose Hill

by Anne Burke

Calgary's Pathway and River Cleanup will be May 5 to 7, 2023. Volunteers will receive safety information and training prior to event day.

During the annual cleanup event, they help remove litter in Calgary's parks, greenspaces, along pathways, and riverbanks. Registration for returning volunteers is from February 15 to March 8, 2023, and registration for new volunteers is from March 13 to March 31, 2023. They may register in groups of at least ten, identifying a leader and a designated cleanup area. Anyone without a group is assigned to a City team at one of three designated parks.

Last year, there were four areas assigned for cleanup in Nose Hill Park:

Nose Hill West: Shaganappi Trail/Edgemont Blvd. parking lot, to head south along pathway beside Shaganappi Trail, stay to right at trail junctions, south to John Laurie/Brisebois Drive parking lot.

Nose Hill East: parking lot at 64th Ave. NW and 14 St. NW - to clean trails south to 14th St. NW parking lot.

Nose Hill North: Shaganappi Trail/Edgemont Blvd. parking lot east to 14th St Berkley Gate parking lot (and stay left at paved trail junctions).

Nose Hill - 64th Ave.: Nose Hill, 64th Ave. Parking lot.

During the cleanup, volunteers remove the litter in their assigned locations and collect it in bags, which are placed beside pathways or in City garbage bins. City staff pick up and transport them to a designated dump site where they are properly disposed of by City Waste and Recycling Services. If you have any questions about volunteering for the 2023 Pathway and River Cleanup, or garbage bags have not been picked up, please contact 3-1-1. Join the conversation on cleanup day and see photos from the events by searching #yyccleans.

## SAFE & SOUND

### February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

#### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

#### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

#### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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