

JANUARY 2023

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Share your thoughts from January 17 to February 12, 2023:

- Tell us what you think at calgary.ca/Riley.
- Check your mailbox for an engagement booklet or pick one up at a My Idea Station (see map online) starting January 17. Each engagement booklet includes a comment form that can be mailed in with pre-paid postage.
- Join an engagement session – check out the schedule and register at calgary.ca/Riley.

Get Involved

Riley Communities Local Area Planning

The Riley Communities Local Area Plan will set the vision for the evolution of your community over the next 30 years. We need your input to help guide future change, growth, and redevelopment.

We want to hear from you

Phase 2 of the Riley Communities Local Area Planning project kicks off January 17, 2023.

This phase of engagement will focus on exploring where and how growth and change could happen in the Riley Communities (West Hillhurst, Hounsfield Heights/Briar Hill, Hillhurst, and Sunnyside).

As part of Phase 2, you can provide feedback on:

1. The Draft Vision and Core Values for the Riley Communities
2. Potential Focus Areas for Moderate-to Large-Scale Growth
3. Opportunities and Challenges with Small-Scale Growth

Learn more at calgary.ca/Riley



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Hounsfield Heights – Briar Hill Community Association BOARD OF DIRECTORS

COMMITTEE POSITION	NAME	EMAIL	PHONE
President	Krizan, Brad	president@hh-bh.ca	
1st Vice President and Facilities	Sammet, Gunter	vp@hh-bh.ca	
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
PROGRAM COORDINATORS			
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	allison.thomson@calgarypubliclibrary.com	403-221-2047
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.



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Have an idea for a great community program or event? Send your ideas to events@hh-bh.ca.



Happy
NEW YEAR
2023

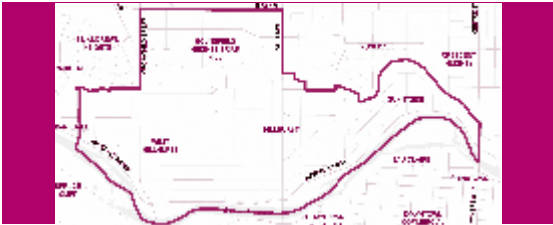
**Best Wishes from all of us at
Hounsfield Heights - Briar Hill
Community Association**

Riley Local Area Plan Update

The City of Calgary is undertaking a Local Area Planning process to replace the Hounsfield Heights - Briar Hill Area Redevelopment Plan (HH-BH ARP). The new plan will include the communities of Hounsfield Heights - Briar Hill, Sunnyside, Hillhurst, and West Hillhurst, all under one Riley area.

The City is planning public engagement around the Riley Area Plan (Phase 2), starting on January 17.

As of this Beacon deadline, we don't have any details, but we are concerned that the City may propose significant changes to our RC-1 community area. Please check the City's website, <https://engage.calgary.ca/Riley>, in January to make sure that HH-BH residents' voices are heard.



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.





Essential numbers for seniors in Calgary

9-1-1 Emergency (24-Hour) For EMERGENCY medical, fire and police response. Call the non-emergency police line at 403-266-1234 to report an incident that is not an emergency.	403-SENIORS (403-736-4677) The Way In Information, advice and help accessing programs and benefits for older adults.
8-1-1 Health Link (24-Hour) Health advice (including dementia advice) from a registered nurse.	403-266-HELP (403-266-4357) 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).
3-1-1 City of Calgary (24-Hour) Information on all City of Calgary services. www.calgary.ca	403-943-1500 Access Mental Health Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour) Information and referrals for community and social services. www.ab.211.ca	403-705-3250 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.

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 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 | |

Membership # _____

Valid through July 31 2023

Annual membership (including GST) is :

☐ \$20 per household

☐ \$10 for seniors

Paid by: cash ☐ cheque ☐

Send cheques payable to Hounsfeld Heights-Briar Hill Community Association
Box 65086 RPO North Hill, Calgary AB T2N 4T6

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: Tomato Egg on Rice

At the time of penning this article, the Weston Family Foundation has donated sizable funds to deliver measurable impact to the well-being of Canadians – a noble gesture. To help battle food insecurity and double-digit food inflation, they have frozen No Name brand products for three months until the end of January 2023. In addition, they are offering the ability for consumers to donate their points to charity.

The latter point has been met with mixed feelings. Grocery stores have always had a low profit margin and with a couple years of COVID-19, supply chain issues, government monetary policy change, and inflation, prices are on the rise. In light of recent record profits for the Weston Family, one can't help but wonder if greed is a factor.

There is a limit to what you and I can do here but there is certainly something that you can do for yourself at home in the kitchen. Time to amp up those kitchen skills and cook simple, cost effective, and delicious meals at home.

One of my favourite dishes can be made with a handful of ingredients; it feeds 4 or so.

Ingredients and Instructions:

- 4 Eggs, lightly beaten. Season with light soya sauce (you can use salt or garlic salt if you like)
- 2 Stalks of green onion. Use cooking onion or red onion if green onion is not available.

Sauté onions in oil before adding eggs. Fold eggs; do not fully cook. I use a wok for this as it is easy for me to keep clean and toss freely.

- 8 small tomatoes. Cut into halves, remove stems, cut each half into 4 wedges, and then cut the wedges in half.

Heat up some olive oil in the wok; oil should shimmer when it is hot. Add the tomato to the oil. It should be about a cup per person. Tomato contains a fair amount of water, so added water is not necessary. If it looks too dry, add about ¼ cup of water. Cook with the lid on to wilt the tomato for about 3 minutes.

- 1 teaspoon of brown sugar.
- 2 tablespoons of ketchup.



Toss. There should be very little liquid. If you would like it to be more sauce-like, add a teaspoon of corn starch in a slurry – water is okay, but soup stock would be better.

Add semi-cooked eggs and toss. Serve over ½ cup of steamed brown or white rice.

Enjoy!



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Point of View

The HHBH board and staff wish you Season's Greetings and a Happy New Year. Best wishes to you and your family.

Sitting here in emergency waiting for a family member, it is a perfect time to reflect and write a point of view article. I have a senior family member who has developed painful swelling in both legs. It's not the joints, so not gout. It turns out to be venous insufficiency. There are four stages of chronic venous insufficiency:

- Normal veins
- Spider veins
- Varicose veins
- Swelling and skin changes
- Venous ulcers

Apparently, the diagnosis of stage 3 requires herbal medication and wearing pressure stockings. I am presently surprised with the herbal medication in western medicine.

Here's a simplistic view of how the circulatory system works: the right side of the heart pumps low oxygenated blood (blue) to the lungs to be oxygenated (red). The pulmonary or oxygenated blood is pumped by the left side of the heart to the rest of the body. Simple and elegant system, right? The heart muscle is a smooth muscle. Exercising it makes it more efficient and it doesn't fatigue, accumulate lactic acid, or grow larger with exercise.

So, from my point of view, the western world focuses more on exercising the heart through aerobics. A stronger heart yields a stronger circulatory system. The system supplies oxygen to all parts of the body and makes the return trip back to the heart. In the far east, there is a focus more on the martial arts with notable focus on a lower stance like the famous horse stance for more stability. Let's take a closer look at Tai Chi, as it is the practice that is most popularly associated with circulatory benefits and is in greatest contrast with aerobics. So, how can a system of movements that is so slow and that does not increase heart rate improve circulation? It is the low stance that promotes muscle development in the lower extremities that helps fight gravity in bringing the blood back to the heart. The leg muscles help squeeze the veins and aid the return of the blood back to the heart, thus helping with the circulatory system.

East meets west; both are correct and help with maintaining a healthy body. With arthritis and other ailments, you may no longer be able to do strenuous cardio exercises, but you are never too old to do Tai Chi and it improves your balance to boot. In the latter stages of venous insufficiency, the valves fail and become inefficient in returning the blood back to the heart. You get edema (swelling), pooling of the blood, and swelling causes pain.

Pressure stockings help but some find them uncomfortable. Horse chestnut extract (aesculus hippocastanum) is an inflammatory herb that promotes normal tone in the vein wall. TENS (trans-cutaneous electrical nerve stimulation) causes muscle to contract, which will also help with increased return circulation back to the heart.

Whole Body Vibration (WBV) – a type of mechanotherapy – is a plate that you rest on that is caused to vibrate because the motor running strapped to it is not balanced, causing it to vibrate. This is a great way to strengthen those small stabilizing muscles. Astronauts use it high because it is small, doesn't weigh a lot, and does wonders in a zero-gravity environment. Though it is safe for someone in good health, I would be concerned if you have joint issues like arthritis or bone spurs. It certainly is fun to try out, but typically, these devices retail for over \$1K and again, it is something that is done to you.

My favourite treatment is Tai Chi, but it is not for everyone. It is difficult to get your body moving when you are in pain, but it is also a change in the way of life. It is a participatory solution and not passive. By the way, if you think the flow is too difficult or that there are too many moves to remember, you can try 'Tai Chi walking.'

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Sledding Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

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 out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, 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 - not hot - water, until re-warmed.



News from the Friends of Nose Hill

by Anne Burke

The Calgary Naturalists' Club was started in the late 1940s. Its activities included plant, bird, and star study groups. After the Calgary Bird Club was formed, the Calgary Naturalists' Club was discontinued, due to lack of support, since so many of its members had transferred their membership. The Calgary Bird Club evolved and became the Calgary Field Naturalists' Society, an advocate for the ongoing protection of parks and other natural areas by letters and through engagement with city officials.

According to the Provincial Archives of Alberta, when the first meeting of the Federation of Alberta Naturalists was held, it was attended by representatives from six regional naturalist clubs: the Calgary Field Naturalists' Society (now known as Nature Calgary), the Edmonton Bird Club, the Edmonton Natural History Club, the Lethbridge Natural History Society, the Alberta Natural History Society (of Red Deer), and the Bow Valley Naturalists. Membership in the Federation has since grown to include over 40 clubs, representing thousands of individuals.

The Federation (now known as Nature Alberta) was registered under the Societies Act to increase knowledge of natural history and understanding of ecological processes; to promote the exchange of information and views among natural history clubs and societies; and to foster and assist in the formation of additional natural history clubs and societies in Alberta. The aims are to promote new natural areas and nature reserves; to conserve and protect species, communities, or other features of interest; as well as to organize or coordinate conferences, field meetings, nature camps, research, and other activities. The group offers naturalists a forum in which questions relating to the conservation of the natural environment may be discussed, united positions are developed, and the means of translating these positions are put into action.

YOUR CITY OF CALGARY

Winter Cart Placement Tips

from the City of Calgary

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins quality recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at calgary.ca/cartplacement.

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MLS #A2011751

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JUST LISTED



2



931



505, 1726 14 Avenue NW

List Price: \$389,900

MLS #A2012997

Live an enriched lifestyle in this peaceful home at The Renaissance at North Hill. Highlights include sprawling mountain & Nose Hill Park views, in-suite laundry, and 24-hour security.



SOLD

2320 24 Avenue SW

List Price: \$999,900

Congratulations to my clients on their successful sale.



SOLD

2603 30 Street SW

List Price: \$948,000

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