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[www.CambridgeManor.ca](http://www.CambridgeManor.ca)



# 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
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## 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).



Like our Facebook Page  
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Follow us on Twitter  
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Have an idea for a great community program or event? Send your ideas to [events@hh-bh.ca](mailto:events@hh-bh.ca).





Hounsfield Heights Briar Hill Community Association



## Yoga & Body Talk Series

March 5, 12, 19, 26 & April 2

1:00 pm - 2:00 pm

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## News from the Friends of Nose Hill

by Anne Burke

Since the 1960s, various groups have lobbied to have Nose Hill preserved as a natural park. In 1972, a group representing eight communities pursued the matter. The result was the Nose Hill Design Brief, a City plan to set aside 1,600 hectares.

In 1976, however, the City rezoned part of the land for housing. In response to public discontent, the City reviewed the zoning issue, and in 1980, approved the Nose Hill Park Master Plan, which aimed to preserve 1,096 hectares as a park.

In 1981, the Nose Hill Park Communities Board was formed to provide public input into implementation of this plan. Twelve community associations were represented on the board, and it kept the issue in the public eye. The City finally reached a deal with remaining landowners in 1989 and the 1,052 hectare Nose Hill Park became a reality.

The remarkable Glenbow Library and Archive, a collection that documents the history of Western Canada, is now housed at the University of Calgary as the Glenbow Western Research Centre. The Nose Hill Park Communities Board files contain historical information: briefs, plans, proposals, reports, submissions, legal papers, maps, and drawings.

## 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.

**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.

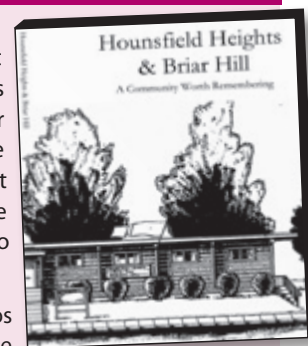
Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

## 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                     |  |

**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 Hounsfield 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.*

# Let's Talk...

March 13, 2023  
1:30 to 3:00 pm

What's on your mind? A review of the postings on Nextdoor, a community message board, indicates that the hot topics in our neighborhood include:

- Bike theft, especially high-end bikes such as Norco Fat Bikes which can cost \$2,600 and more.



- Backyard and garage break-ins, whether locked or not (they'll use a crowbar and trash your entire door frame if they are determined). Missing items include tools, luggage, bikes (and more bikes).
- Car theft, prowling, and especially theft of catalytic converters removed for quick sale for the value of precious metals such as platinum, palladium, and rhodium these contain.
- Wild animal sightings, including bobcats, coyotes, and deer.



In addition, your Community Board has been very active in analyzing data from the community safety survey as well as advocating on the community's behalf on the City of Calgary's inner city Community Redevelopment Plan that will include rezoning and a move to densification. Jeff Marsh, Beth Atkinson, and Michelle LeGrandeur have provided dedicated service on these portfolios.

We invite you to participate in a series of small group conversations aimed at providing information accessible to our community members and the opportunity to discuss topics that concern all of us as we strive to make HH-BH a more engaged, connected, and informed community. These will be hosted in our community building and include a short presentation of 30 to 45 minutes followed by 30 to 45 minutes of questions, coffee, and cookies to encourage sticking around a bit longer to meet your neighbours and others who live in our community.

Our first 'Let's Talk...' conversation will be led by Constable Margaret Reinders, our community liaison with the Calgary Police Service. She will provide some data/statistics on activity in our neighbourhood related to property crime, concerns about activity on the c-train station and shopping mall, and initiatives in place to respond to these activities that are on the rise in many communities in Calgary.



## Essential numbers for seniors in Calgary

<b>9-1-1</b> Emergency (24-Hour)	<b>403-SENIORS (403-736-4677)</b> The Way In
For EMERGENCY medical, fire and police response. Call the non-emergency police line at <b>403-266-1234</b> to report an incident that is not an emergency.	Information, advice and help accessing programs and benefits for older adults.
<b>8-1-1</b> Health Link (24-Hour)	<b>403-266-HELP (403-266-4357)</b> Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	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)	<b>403-943-1500</b> Access Mental Health
Information on all City of Calgary services. <a href="http://www.calgary.ca">www.calgary.ca</a>	Non-urgent advice on navigating the addiction and mental health system.
<b>2-1-1</b> Community Resources (24-Hour)	<b>403-705-3250</b> Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. <a href="http://www.ab.211.ca">www.ab.211.ca</a>	Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.



# Safety Committee

Where to start with what's been going on with the Safety Portfolio? There is lots to share but I'll kept it brief and to the point.

**September:** The data from the safety survey administered in June/July. From these results, the Safety Committee was able to identify and determine the main safety concerns of the HH/H residents. In addition, the safety survey comments were reviewed and used to create a summary outlining disorders, behaviors, and the locations or areas where these unwanted activities are occurring and the frequency of these issues. A meeting with the HH/BH Community Resource Officer, Constable Reinders, provided an opportunity to share the survey results and comments. She appreciated the information shared and will bring the survey results and comments forward to her inspector for the purpose of giving insight as to where operational resources could potentially be spent. Example: Lion's Park c-train station.

**October:** Focused on reviewing the monthly Calgary Police statistical reports looking for trends and patterns. The crime stats are being compared to the previous years' of 2021 and 2020. As well, we're examining the crime stats of surrounding communities such as Banff Trail, Hillhurst, and West Hillhurst. However, we need to take into consideration that the population per capital in each community is not the same as the population in Hounsfield Heights/Briar Hill. This report is still being worked on.

**November:** Provided Safety Report at AGM. Met with Constable Reinders prior to AGM to discuss the community's concerns and what information the Calgary Police Services could share with our residents at the meeting.

Worked in preparation for the December 1 meeting with the Honorable Ganley. The electronic and hardcopy 41-page package was sent/dropped off a week before the meeting with the MLA. The package included previous actions that the Safety Committee has taken over the last four years but focused on the Safety Committee's actions within the last six months. Examples of the last six months of actions:

- Safety survey results. The Safety Committee's six suggestions/recommendations on how to address the community's safety concerns and who needs to participate. Example: City transit.
- Listed the numerous meetings with various agencies and organizations such as City Parks, CPS, the Ward 7 office, etc.

- Provided photographs demonstrating the locations to implement these suggested changes. Example: The c-train platform station shelters and green space along south side of c-train.

**December:** Had a meeting with Honorable Ganley on December 1.

**January:** The Ward 7 office coordinated a meeting with CPS, Calgary Homeless Foundation, and several of the directors and managers of the City, in what was described as an operational improvements meeting. The purpose of the meeting was to discuss and share what is being done to enhance the safety of the transit riders. Information outlining the current and future actions from each director and manager was exchanged. There were approximately nine participants, including two from the community, who attended the 45-minute meeting. I made the request to Councilor Terry Wong to share with the other participants the MLA package that I created. The intention of sharing the MLA package is to inform and update the various representatives for the various city business units, City Transit, etc. Perhaps if these other representatives are aware of what the Safety Committee has been working on and what our specific suggestions would be to address the HH/BH safety concerns, we might move faster towards achieving more sustainable outcomes.

At the meeting, when it was my turn to speak, I expressed that though I appreciate and understand how safety is impacting all Calgarians in some form or another, my purpose and role/responsibility is to represent the HH/BB community and the concerns of our residents. Hopefully, this is just the beginning of a more meaningful dialogue between the community and the other agencies. A thank-you to Terry Wong and the Ward 7 office for taking the time to spearhead and initiate this much needed dialogue.

Regards,

*Michelle LeGrandeur*

HH/BH Safety Committee Director

HHBH Community Association Playschool



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## Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

### First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

### Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.

## St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!



1. What country is St. Patrick the patron saint of?
  - a. Canada
  - b. Ireland
  - c. Scotland
2. According to Irish lore, what did St. Patrick drive out of Ireland?
  - a. Snakes
  - b. Rats
  - c. Witches
3. What colour is worn on St. Patrick's Day?

- a. Blue
- b. Red
- c. Green

4. What date in March is St. Patrick's Day?

- a. March 1
- b. March 16
- c. March 17

5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?

- a. 13,000,000
- b. 1,300,000
- c. 1,000,000

6. What is St. Patrick's nickname?

- a. St. Paddy
- b. St. Patty
- c. St. Irish

7. When and where was the first St. Patrick's Day parade held in Canada?

- a. Quebec City in 1765
- b. Ottawa in 1870
- c. Halifax in 1790

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**81 Tusslewood Heights NW**

**List Price: \$667,500**

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**List Price: \$600,000**

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