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- Join us as we visit communities throughout Calgary to practice and learn how to safely use park fitness equipment that will improve your strength, cardio and overall well-being.
- Enjoy the outdoors while a certified instructor guides you with suggestions that will help you get the most out of your workout.

Location: Hounsfeld Heights (1928 14 Ave N.W.)

Instructors will be present the following dates and times:

Sunday, August 20 from 11 a.m. - 1 p.m.
Wednesday, August 23 from 4:30 - 6:30 p.m.
Friday, August 25 from 11 a.m. - 1 p.m.
Saturday, August 26 from 10:30 a.m. - 12:30 p.m.
Monday, August 28 from 5 - 7 p.m.
Thursday, August 31 from 12 - 2 p.m.
Tuesday, September 5 from 4:30 - 6:30 p.m.
Sunday, September 10 from 12 - 2 p.m.



To see dates and times for other locations and to fill out our survey visit calgary.ca/free or scan the QR code.



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		
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.



Like our Facebook Page
www.facebook.com/hhbhca



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[@hhbhca](https://twitter.com/hhbhca)



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



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UNIVERSITY OF CALGARY

Have you considered renting a spare bedroom in your home to a UCalgary student?

Calgary is experiencing a housing shortage, and university students are actively seeking rooms to rent for September. Your guest room could be the perfect solution!

By renting a room to a student, you can provide them with a comfortable living environment while earning some extra income for yourself.

We recommend posting your spare room for rent on either spaceshared.ca or places4students.com if you're interested. SpacesShared connects older adults interested in homesharing with students, and UCalgary's Students' Union works in partnership with Places4Students.



GAMES & PUZZLES

Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



SCAN THE QR CODE
FOR THE ANSWERS!

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.

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Joke of the Month

Why do seagulls fly over the sea?
Because if they flew over a bay,
they would be bagels.



HHBH Community
Association Playschool

CO-OP PLAYSCHOOL

Ages 3-5

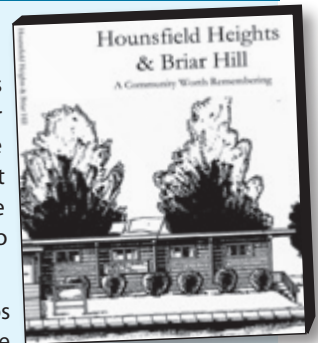


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Hounsfield Heights-Briar Hill History Book

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.

Let's Talk Series

Many thanks for all of you who so enthusiastically supported our four-part 'Let's Talk...' series. We heard from Constable Margaret Reinders on March 13, 2023, on data available on crime trends in our community. By far, socially disruptive behaviors – broadly including incidences on the C-train platform, the Safeway parking lot, and our green spaces make up the largest number of documented crimes in the crime stats report. Some of this is attributed to addictions, homelessness/poverty, and mental health issues. Many of us have experienced home and garage break ins with all kinds of valuables taken (bikes, tools), vandalism, damage to vehicles parked outside, and more. Margaret proved to be an engaging speaker with many first-hand accounts of dealing with crime in our community.

On April 3, 2023, Michelle LeGrandeur spoke on our Community Safety Report. Again, there is a serious concern in our community related to activity on the C-train platform and being out and about after dark in our neighbourhood. Traffic concerns about speeding have prompted signage reminding drivers to slow down, especially in areas where young children play and cross 12 Ave as they make their way to school and back home.

On May 12, 2023, Beth Atkinson provided us with detailed reports about land use in our community and plans for rezoning. This topic also sparked lively discussion about the impact on HH-BH of these proposed changes. Our community is enormously fortunate to be so well represented in the ongoing discussion about land use.

On June 19, 2023, Constable Margaret Reinders returned with her colleagues from the PACT team to discuss responses to mental health and addiction issues.

A big thank-you to our speakers who volunteered their time to share their expertise and invite questions on the topics addressed in this series. It becomes clear that we have a group of dedicated, hard working board members (Michelle LeGrandeur – Safety and Beth Atkinson - Land Use) who advocate for HH-BH and a strong liaison to CPS in Constable Margaret Reinders. We are fortunate to have these people working on our behalf!

The response to the series was very positive! Generally, about 15 to 25 people came to these conversations and they provided good feedback on the topics, format, choice of speaker, and provided ideas for future sessions. We are listening!

So, while we say 'so long ...' to the rest of the summer, we will begin again on September 12. Doors open at 1:30 pm with the presentation at 2:00 pm and time for questions and discussion. The overarching theme for the fall is "our community in transition – building resilience." Check *The Beacon* for a reminder to join us and think of inviting a neighbour.

Age-Friendly Calgary Essential numbers for seniors in Calgary

9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In
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.	Information, advice and help accessing programs and benefits for older adults. 403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
8-1-1 Health Link (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)	403-943-1500 Access Mental Health
Information on all City of Calgary services. www.calgary.ca	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. www.ab.211.ca	Confidential information and support, or to report a suspected case of elder abuse.
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SCAN HERE TO VIEW ADDITIONAL HOUNSFIELD HEIGHTS-BRIAR HILL CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



by Anne Burke

The Open Space Plan says that our city's greatest asset is the natural environment and wildlife, so we should foster stewardship with nature education programs. Calgary parks are linked by pathways and green belts. We must protect and conserve the river valley system, unique prairie, urban forest, and foothill ecosystems.

The Plan conforms with provincial land use policies and the Municipal Government Act. There are some general principles. We will preserve natural environment parks and environmentally significant areas, enhanced by restoration to prevent loss. Site-specific plans recommend that we record biophysical inventories and historical resources for cultural landscapes such as Nose Hill.

The Open Space Plan is under review. One of the aims is learning how to improve natural environment parks through decision-making that puts the environment first. Natural habitats offer places for wildlife to find food, water, cover, and to raise their young. We can reconnect, rest, and mentally recharge. Nose Hill offers sacred indigenous spaces of culture—past, present, and future.

Connect: Calgary's Parks Plan, Phase 1 engagement ran from April 17 to May 19. A *What We Heard Report* will be published online this summer. Phase 2 starts in October 2023.



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Hounsfield Real Estate Update

Last 12 Months Hounsfield
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 23	\$719,900	\$713,000
May 23	\$874,950	\$879,500
April 23	\$2,258,000	\$2,150,000
March 23	\$808,394	\$777,500
February 23	\$1,013,950	\$961,250
January 23	\$530,000	\$502,500
December 22	\$1,236,950	\$1,200,000
November 22	\$619,850	\$612,000
October 22	\$964,500	\$927,500
September 22	\$519,500	\$515,000
August 22	\$480,000	\$470,000
July 22	\$709,500	\$691,500

Last 12 Months Hounsfield
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 23	14	10
May 23	7	8
April 23	9	3
March 23	8	6
February 23	3	4
January 23	5	3
December 22	2	4
November 22	2	4
October 22	6	2
September 22	4	5
August 22	2	3
July 22	8	6

To view more detailed information that comprise the above
MLS averages please visit hhbh.mycalgary.com



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1432



1416 20 Street NW

List Price: \$1,199,900

MLS #A2059155

With over 2,500 developed sq. ft., this beautiful well-cared for home sits on a quiet tree-lined street with many neighbourhood amenities nearby.



1290



92 Hendon Drive NW

List Price: \$799,900

MLS #A2059246

Minutes from the community outdoor pool, Confederation and Nose Hill Parks, this renovated bungalow on an oversized lot offers comfort for any family.



1415 21A Street NW

List Price: \$899,900

Congratulations to my past clients. It is always a pleasure working together.



1311 18A Street NW

List Price: \$829,900

Warmest congratulations to my seller. Many thanks for giving me this opportunity.

Not intended to solicit buyers or sellers currently under contract with a broker.

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