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Date and Time

August 24th, 6:30 PM – 9:45 PM
August 25th, 6:30 PM – 9:45 PM
August 26th, 8:30 AM – 7:00 PM
August 27th, 7:30 AM – 7:00 PM



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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		
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.



HH-BH Stampede Breakfast




July 15, 2023

9:00 am - High Noon



Green Park

1419 - 20A Street NW

-  Pancakes
-  Sausages
-  Live Country Music

COME JOIN US!

Community Update

I cannot believe that I am writing this article for the July issue of the *Beacon*; it seems like I blinked, and another year has gone by.

It has been a busy couple of months. We hosted the Community Cleanup Event in May. Our major fundraising casino was on June 10 and 11. Our Neighbour Day Summer Solstice Block Party was on June 17 and we will soon have another Stampede Breakfast tucked under our belts!

Our "Let's Talk..." series has been well attended and has covered many different topics of interest to the residents of Hounsfield Heights-Briar Hill. If there is something you would like us to try and include in this series, please contact me at 403-282-6634. We would love to hear from you.

Last summer I was running around with my foot in a cast during these events (well maybe running is a bit of a stretch, okay a big stretch) and I learned something very interesting – the heel height of my cowboy boot was the perfect height to level out the walking boot – who knew? So, my advice is, Stampede or no Stampede, if you have to wear an air-cast, throw on your cowboy boot; your hips and back will thank you!

I want to take a moment to thank each and every one of our fabulous volunteers. So many of you come out and help us through all of our events. We cannot do any of this without you! Your generous giving of your time is so greatly appreciated and I can never find the words to accurately express how much all of your support means! Thank you! Thank you! Thank you!

Enjoy your Canada Day and be sure to come out to the Stampede Breakfast on July 15 from 9:00 am to 12:00 pm at Green Park (1419 – 20 A Street NW).



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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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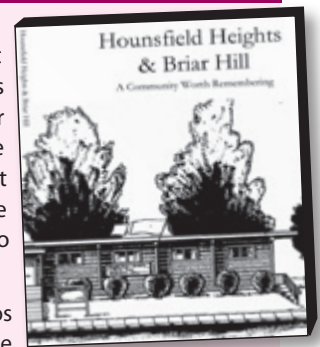
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Hounsfield Heights-Briar Hill History Book

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.



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8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) 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).
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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News, Events,
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Heat Related Illness

from Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.



- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



Celebrate West Hillhurst Community Association's 75th anniversary!

Join us at Grand Trunk Festival from Sept 14-16.

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