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THE OFFICIAL HOUNSFIELD HEIGHTS-BRIAR HILL COMMUNITY NEWSLETTER | www.hh-bh.ca

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Neighbour Day BLOCK PARTY

Come celebrate Neighbour Day with
Made by Momma & The Happy Birthday Project!

Join us for some free family fun!



SATURDAY, JUNE 17
11:00am to 2:00pm
MADE BY MOMMA RESOURCE CENTRE
66 21 Street NW
MADEBYMOMMA.ORG



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21
May

Hounsfield Heights - Briar Hill

VOLUNTEERS NEEDED

Community Cleanup Day 9:00 am - 2:00 pm
West parking lot Louise Riley Library 1920 - 14 Avenue NW
Click on the image or call 403-282-6634 to volunteer

Join us for
HH-BH's
Neighbor Day
**Summer Solstice
Block Party**

Green Park
1419 - 20A St. NW

June 17, 2023
2pm-6pm

Live Music
Bounce House, Dunk Tank
Face Painting, Balloon Art
Food Trucks and Fun
Hope to see you there!



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



Follow us on Twitter
[@hhbhca](https://twitter.com/hhbhca)



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

Hounsfeld Heights-Briar Hill Community Cleanup

May 21, 2023

9:00 am to 2:00 pm

Each year, the City of Calgary Waste and Recycling Services and Community Standards partner with community associations to help residents get rid of unwanted household items and property waste. This event saves residents a trip to the landfill for items that do not fit in their waste and recycling carts. The City of Calgary will be here with their waste and organic packer trucks. We are pleased to have Technotrash Alberta Ltd., Alcop Resource Recycling, and Cerebral Palsy Alberta participating in the Community Cleanup this year.

The City of Calgary Trucks Do Not Accept:

- Tires
- Household chemicals (these can be taken to the Country Hills Fire Station)
- Car batteries
- Household appliances with freon (e.g., refrigerators, freezers)
- Glass (e.g., windowpanes, glass tabletops)
- Microwaves
- Liquids (e.g., cooking oils)
- Large metal items (e.g., lawnmowers, barbecues)
- Railroad ties
- Sod or dirt
- Household hazardous waste including:
 - Propane tanks
 - Paint
 - Automobile, cleaning, healthcare, and gardening chemicals

Technotrash and Alcop Do Not Accept the Following Items:

- Liquids of any kind (gas, paint, or chemical)
- Compressed cylinders (propane tanks or fire extinguishers)
- Hazardous waste
- Household batteries
- Large appliances (stoves, dishwashers, washers, dryers)
- Anything with freon (AC units, water coolers, or fridges)
- Fluorescent light fixtures or bulbs
- Thermostats
- Smoke detectors
- Glass of any kind
- Media such as VHS tapes, DVDs, or CDs
- Rechargeable batteries (loose)
- Ink and toner (loose)
- Capacitors
- Mercury

The Following Are Acceptable Items That Can Be Disposed of at the Community Cleanup:

- TVs (LCD, CRT, or plasma)
 - Computer systems including:
 - Computer accessories (monitors, mice, keyboards, and speakers)
 - Computer parts (cables, cords, fans, power supplies, hard drives for destruction, CPU, ram chips, and boards)
 - Laptops, notebooks, tablets, and E-readers
 - Printers, fax machines, copiers, and scanners
- Small clean household appliances:
 - Fans, hair dryers, heaters, irons, microwaves, toasters, vacuums (empty only), etc.
- Audio visual:
 - CD players, VCR/DVD players, stereo equipment, cable boxes, satellite equipment, digital cameras, video cameras, etc.
- Networking/telecommunications equipment:
 - Hubs, switches, modems, routers, phones (landline and cell), chargers, answering machines, etc.
- All power and air tools:
 - Drills, grinders, saws, nail guns, compressors, table saws, etc.
- Games, toys, and music including:
 - Amplifiers, guitars, keyboards, microphones, electric/electronic toys, video gaming equipment including game cartridges
- Wires and cables (Christmas lights less bulbs)
- Testing equipment, circuit boards

Cerebral Palsy Alberta is accepting donations of clothing, small household items, and recyclable beverage containers. They are not accepting furniture items.

Additional Information

We have a group of volunteers to direct your vehicle and get vehicles through the cleanup as safely and quickly as possible!

We do expect to have a higher volume this year. We ask for your patience and that you are courteous to our community volunteers making this event happen.

You will be able to drive through and drop off your garbage, organics, metals, etc. The City of Calgary employees are there to operate the truck only, and not able to assist in loading the truck.

You will drive through and place your items in the correct bins. If you require assistance, our volunteers are there to help.

We're excited to be able to offer this event again this year but require your support for this to run smoothly and safely.

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- Registration for 2023-24 now open

hhbhplayschool@gmail.com
www.hhbhcapiayschool.com

SCAN HERE TO VIEW ADDITIONAL HOUNSFIELD HEIGHTS-BRIAR HILL CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



VISION AND MISSION



Vision

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



Mission

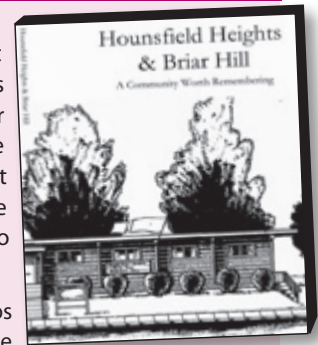
Inspire and support residents to build our community together through volunteering, social and recreational activities, and partnerships.

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.

Hounsfeld 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.



CASINO

Volunteers Needed

Saturday June 10, 2023
Sunday June 11, 2023

Cowboys Casino 421- 12 Avenue SE
For more information call: 403-282-6634



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Point of View

Good physical health can be assessed through three factors: strength, balance, and flexibility.

Most of us have some but not all aspects. We get into a track where we focus on just a few of these aspects. Myself, it was strength and balance – rarely did I ever stretch to warm up or cool down.

Recently, I watched a video on hip flexibility and gauging it by getting up off the floor without using your hands. The most difficult one is to squat on your legs like in a Japanese bow and then pop up into a ready fighting stance. Some flexibility but fairly heavy on muscle and tendon strength. I thought it was a lot of fun to do but haven't done that for 30 years.

A couple of months ago in March, the community centre hosted a 'Yoga and Body Talk' series on five consecutive Sundays from 1:00 to 2:00 pm. The bad news is that you all missed it (unless you attended). The good news is that they might do it again in the fall as it was quite successful. The introductory offer was very affordable, informative, and certainly presented an alternative point of view.

The first 10 minutes was on 'body talk,' put on by Valerie Debicki. This is based on Dr. Ryke Geerd Hamer's theory of a clear correlation between types of conflict shocks or trauma manifesting on the organ level, disease, or pain. He theorized the brain is a mediator between the psyche and the physical body.

The second part of the presentation is on yoga – something that is familiar to many of us if not in name only. This part of the seminar is participatory and is led by Chelsea So. Don't worry, there is always someone in the class that has issues with flexibility and ends up falling over, grunting, or breathing heavy. Why is everyone looking at me?

Don't be too concerned if you are a novice; there are numerous alternatives and variations to accommodate everyone. It can be made easier or more difficult. Can't get on the floor? There are variations for the chair. Chelsea also teaches classes on chair yoga as well. For my first class, she said that I needed to bring a belt. I thought it was for tying me to the chair so I wouldn't fall over – wrong.

For the purpose of the classes, the body was divided into four parts:

- Head and neck
- Arms and thorax
- Hips
- Legs and feet

The last class is all yoga and a review of what we have learned. The one thing I learned is that breathing in lengthens the muscle and as you breath out, you can move more deeper into a stretch or pose.

After trying out a few yoga classes, I find this was certainly a really good speed for me. I learnt lots of stretches and poses that will be helpful in increasing functional flexibility. I have enjoyed it so much; I will be signing up for the fall seminar series.

Looking forward to seeing everyone there.



GAMES & PUZZLES

Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



SCAN THE QR CODE
FOR THE ANSWERS!



Let's Talk...Series

May 12, 2023

1:30 to 3:00 pm

Doors open at 1:00 pm

"Let's Talk About Land Use Issues and How They Could Affect You"

This talk will explain the City of Calgary's development permit process, and the trends in what the City is approving in our neighbourhood, even after appeal.

We will also discuss our current Area Redevelopment Plan and the City's process to replace it with a new Local Area Plan that covers us, Sunnyside, Hillhurst, and West Hillhurst (Riley LAP). We will review the broad brush that LAPs usually use, the experience of other communities that already have LAPs, how the new LAP may affect us, and how we can try to work to maintain the unique character of our community.

There are email discussion groups for development and the LAP process – please contact land.use@hh-bh.ca if you would like to participate, or have questions on this topic.

HH-BH Community Association

"Let's Talk..."

1:30 pm - 3:00 pm

Please join us as
Beth Atkinson discusses
"Land Use Issues
and how they could affect you"

May 12, 2023
Door Open at 1:00 pm
HH-BH Community Centre
1928 - 14 Avenue NW



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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.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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HOUNSFIELD HEIGHTS | BRIAR HILL MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

How to BEE a Community Scientist Help us document the different pollinators in Calgary!

- 1 Go to inaturalist.ca or download the app.
- 2 Take 2 clear photos of an insect and 1-2 photos of the plant/flower that it is visiting.
- 3 Upload your photos to iNaturalist and add your insect observations to the Calgary Pollinators Project.



sustain@ucalgary.ca

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856



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MLS #A2036613

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1338



1339 9 Street NW

List Price: \$925,000

MLS #A2033048

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839 4 Avenue NW

List Price: \$599,900

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