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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          |              |
| 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](http://www.hh-bh.ca).



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

Have an idea for a great community program or event? Send your ideas to [events@hh-bh.ca](mailto:events@hh-bh.ca).





# Nick Pelletier: Ultra Endurance Athlete Dives Deep and Goes Far



This August, a young man raised in Briar Hill became the second person to succeed in swimming the length of Lake Okanagan: 106 kilometres from Vernon to Penticton.

Nick Pelletier hoped to break the time set by the only other person to achieve this feat, just under 41 hours. Nick was on track to beat that time when an old shoulder injury flared up and slowed him down at the 20-hour mark.

That's when he went deep, finding the inner strength and pure grit to finish the swim in 71 hours and 12 minutes.

Achieving that goal was especially meaningful to him because it was his third attempt (previous tries were thwarted by chafing and injuries), and because, he says, "as I have gotten older, my focus has shifted from external competition to internal competition and seeing how far I can push myself."

He can push himself pretty far. Nick has also successfully undertaken cycling trips across America and Mexico, skydiving, and numerous triathlons.

The apple didn't fall too far from the tree in this regard: Nick's dad, Gary Pelletier of 20A St NW, was doing triathlons in his 50s when Nick was a boy, and inspired Nick to try the sport (along with baseball, football, and skiing). Gary, now 75, is still competing as part of Team



*"Comfort breeds complacency," according to Nick Pelletier, the Briar Hill native who swam 106 kilometres from one end of Lake Okanagan to the other in August 2023.*



Canada in his age class and Nick is coaching him in the swimming and running components – effectively, too, as Gary placed second world-wide in sprint last year.

Nick's passion for helping people extends beyond his immediate family; he dedicated his Lake Okanagan swim to the Canadian Mental Health Association Kelowna, raising over \$41,000 so far.

## Cats, Canines, & Critters of Calgary



Bonnie, Bridgeland



Moose, Canyon Meadows



Ash, Mckenzie Towne



Sparky, Douglas Glen

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## Let's Talk

We are looking forward to having Terry Wong, Ward 7 City Councillor, join us on October 10, 2023, for our 'Let's Talk ...' guest speaker.

Terry brings a very long and varied career background of experience in management for the City of Calgary (1984 to 2014), health and hospital management (1979 to 1984), and municipal consulting in establishing the Chinatown Business Improvement Area. Terry also served as the President of the HHBH Community Association (2018 to 2021) and is keenly aware of and advocates for small businesses, land use, and development. Terry is appointed to 11 Council committees, boards, and commissions, including the standing policy committee on community development.

Join us on Tuesday, October 10 at the HHBH Community Hall for what is sure to be a lively presentation and opportunity to raise questions on our 'Community in Transition' that concerns all of us! Doors open at 1:30 pm. The presentation is from 2:00 to 3:00 pm.

## GAMES & PUZZLES

### Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for \_\_\_\_\_ and \_\_\_\_\_.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of \_\_\_\_\_.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in \_\_\_\_\_ seconds.

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

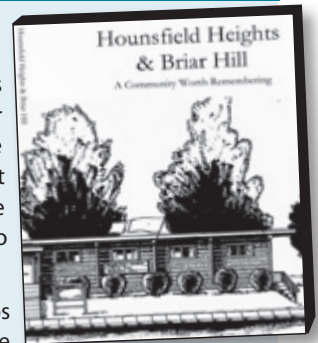
Inspire and support residents to build our community together through volunteering, social and recreational activities, and partnerships.

**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, 2024 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 2023-24

**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 2024*

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.*

Hounsfield Heights-Briar Hill  
Community Association  
**Holiday Craft Market**

Calling All Local Crafters & Makers

HH-BH Community Centre  
1922-14th Avenue NW

Saturday, December 16, 2023  
10:00 am - 4:00 pm

Contact [admin@hh-bh.ca](mailto:admin@hh-bh.ca)  
to book a table for \$20.00 or call  
403-282-6634 for more information



## Unofficial National Food

Some claim that donuts are Canada's 'unofficial national food.' This is probably because we have the highest concentration of donut shops per capita. If that isn't enough, we also consume the most donuts per capita compared to any other country in the world!



## TAKE ON WELLNESS

### Fall Candle Care: How to Prevent Tunneling

by *Evermore Handmade, Local Candle Business*

Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep "tunnel" around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

#### Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle's life as wax has a "memory" so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

#### The Fix

If you have an old candle that's already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!



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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](http://www.communitymediation.ca), 403-269-2707.

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News, Events,  
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## News from the Friends of Nose Hill

by Anne Burke

*Exploring Nose Hill: A Hands-On Field Guide* by Jill Kirker and Diana Kary was published by Grassroots NW: Environmental Awareness Society; it offers an introduction explaining why people should study Nose Hill Park and “how to” use this guide. There are maps of tours such as the NW Interpretive one and those of Meadowlark Prairie, Many Owls Valley, Wintering Hill, (Buffalo) Rubbing Stone Hill, and Porcupine Valley. After Nose Hill geology and an erratic boulder as part of a glacial lake, there is more about Nose Hill human history.

Check out tepee rings, native stories, the Blackfoot Nation, and exploration and settlement. The six habitats are fescue grasslands, previously cultivated land, shrubs, aspen groves, gravel, and wetlands. Suggested activities are for biodiversity, prairie field study, a mural of the prairie community, a grasslands species and food web, or hands-on weed control. With so many animal types there are also activities related to grouse, raptors, bird migration, ants, grasshoppers, gophers, ground squirrels, and mule deer on the Island Game. Learn more about the food chain, ecosystem, and sampling life in the pond-area wetlands. Studies can lead to other native grass areas of Calgary and designing wildlife corridors. Another important topic that is touched on is the world-wide issue of endangered species and grasslands.

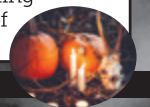
Phase 2 engagement begins in October focusing on Calgary’s 20-year plan for how we develop, redevelop, and manage parks. Fall 2023 feedback will be on public park policies. Input is also needed from businesses, agencies, and organizations. A ‘What We Heard’ report from Phase 2 will be published in winter 2023. Phase 3 engagement will inform a draft plan. By spring 2024, the ‘Connect: Calgary’s Parks Plan’ will be final and then presented to City Council in summer 2024. Have your say at <https://engage.calgary.ca/parks-plan>.

## Age-Friendly Calgary Essential numbers for seniors in Calgary

|  |   |
|--|---|
| <b>9-1-1</b><br>Emergency (24-Hour)  | <b>403-SENIORS (403-736-4677)</b><br>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.<br><b>403-266-HELP (403-266-4357)</b><br>Distress Centre and SeniorConnect (24-Hour) |
| <b>8-1-1</b><br>Health Link (24-Hour)  | Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).  |
| Health advice (including dementia advice) from a registered nurse.   |   |
| <b>3-1-1</b><br>City of Calgary (24-Hour)  | <b>403-943-1500</b><br>Access Mental Health   |
| Information on all City of Calgary services.<br><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><br>Community Resources (24-Hour)  | <b>403-705-3250</b><br>Elder Abuse Resource Line (24-Hour)  |
| Information and referrals for community and social services.<br><b>www.ab.211.ca</b>   | Confidential information and support, or to report a suspected case of elder abuse.   |
| Telephone language interpretation service available on all lines.  |   |

## A HALLOWEEN DISGUISE

Halloween costumes have been around for over 2,000 years! This tradition began with the Celtic festival of Samhain, which marked the end of harvest season. It was believed that on October 31, spirits could walk the Earth. To honour the spirits and keep themselves safe by blending in, Celts donned disguises made of animal heads and skin.



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### What is a Registered Education Savings Plan (RESP)?

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MLS #A2076959

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163 River Heights Green (Cochrane, AB)

List Price: \$529,900

MLS #A2078191

This warm home is in a great location on a quiet street close to parks and schools. Highlights include stainless steel appliances, a well-lit bonus room, a spacious deck and a newly fenced backyard.



1339 9 Street NW

List Price: \$899,900

Providing guidance in listing and negotiations is paramount. Warmest congratulations to my sellers.



204 Snowberry Circle

List Price: \$1,649,900

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