

AUGUST 2024

DELIVERED MONTHLY TO 1,850 HOUSEHOLDS

your HOUNSFIELD HEIGHTS BRIAR HILL BEACON

A QUIET CENTRAL RESIDENTIAL COMMUNITY WITH FRIENDLY NEIGHBOURS CONNECTED THROUGH ACTIVE PUBLIC SPACES



TO STAY UP TO DATE ON COMMUNITY HAPPENINGS, PLEASE LIKE US AT WWW.FACEBOOK.COM/HHBHCA AND FOLLOW US ON X (TWITTER) @HHBHCA

☎ 403.850.2560

RE/MAX
REAL ESTATE (CENTRAL)



CARDINAL

BY TREVOR RAMAGE

HONESTY • INTEGRITY • EXPERIENCE

CARDINALBYRAMAGE.COM

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



SCAN ME



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

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca

WHAT'S NEW IN OUR NEIGHBOURHOOD



SCAN FOR INFO



Eau Claire Athletic Club, Calgary's new private athletic facility, slated to open in early 2025, in the former YMCA building

Sign up for Emails and Membership Details at ECAthleticClub.ca

OFFICIAL



PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



**Hate Your
Renewal
Rate?
Call Me!**

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



No matter how much you sweat, we can get the stink out!

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

CALL US TODAY AT
403-726-9301
calgaryfreshjock.com

GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

HHBH Community Association Playschool



REASONABLY PRICED OPTION FOR OUR COMMUNITY

Explore Our Playground Spaces Available!

Ongoing Registration

Come check out our program and our LARGE outdoor play space

Cultivate creativity and critical thinking for children ages 3-5 through our play-based learning approach

hhbhplayschool@gmail.com www.hhbhcaplayschool.com

free house dance plus

2020 12th Ave NW
403-282-0555



REGISTER NOW!

KIDS • TEENS • ADULTS

ALL LEVELS • NON-COMPETITIVE • PERFORMANCE DIVISION
ANNUAL & SESSIONAL CLASSES

WWW.FREEHOUSEDANCE.COM



Hounsfield Heights – Briar Hill Community Association

BOARD OF DIRECTORS

COMMITTEE POSITION	NAME	EMAIL	PHONE
President	Marsh, Jeff	president@hh-bh.ca	
1st Vice President and Facilities	Sammet, Gunter	vp@hh-bh.ca	
2nd Vice President	Wong, Kin	2nd.vp@hh-bh.ca	
Treasurer	Winkler, Kathryn	treasurer@hh-bh.ca	
Secretary	Falconi, Sandra	secretary@hh-bh.ca	
Land Use Director	Atkinson, Elizabeth	land.use@hh-bh.ca	
Communications	Falconi, Sandra	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.



Like our Facebook Page
www.facebook.com/hhbhca



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.



Safety Committee Update

At the beginning of June, I reached out to Constable Reinders, to pass on my regrets I wasn't able to attend the month of May's "Let's Talk" session due to work. I asked if there was anything from her presentation or other news that she'd like me to share at the board meeting and in the CA newsletter.

Here is a summary of our communications to share with board and the community.

1. Do not leave anything in your vehicle including sunglasses and garage door openers. It's still surprising how many people do.

2. Please check manually that you have locked your vehicle doors. The "beep-beep" of the remote lock can also be the "beep-beep" of the remote unlocking the car doors!

3. While working in your yard, please close and lock garage doors and the main doors to your house. Often, these doors are left unlocked for easy access, but we forget about them and walk away from the garage to the front yard and now thieves have easy access to tools, bikes, and camping gear for instance. Please lock every door, every time.

4. Be mindful of neighbours and when they are going on holidays. Look out for each other and notice when things "do not add up" such as doors or windows that are open especially overnight or ladders against the house etc. Knowing your neighbours is the best form of crime prevention out there. And it's free!

The Calgary Police Service is looking at a new team, the Community Engagement Response Team. This team will be focusing on crime in very specific high-call response areas, such as encampments near the river, North Hill Mall, and Brentwood Shopping Centre. This team is unfortunately only coming into effect at the end of the summer.

Until that time: if you see an encampment, you can report it on the 311 app, or at the District Three Office. Please use the following CPS email to report any encampments or houses that need the attention of CPS. The email is D3CRO@calgarypolice.ca. The CPS relies on accurate and descriptive information from those living in the community.

Suggestions include having a notepad on the kitchen counter or the dinner table. Write the following information down.

- Type, model, make of cars.
- Times of day the cars come and go.
- Frequency of the cars. Three times a week or always on Monday and Wednesdays between these specific times.
- The type of activity. Someone goes inside for five minutes and comes out with a bag.
- Don't need license plates but do need the times and especially the description of the individuals and/or the cars.

Most vulnerable people are dressed in dark colours or black, so if you give a description please focus on backpacks, hats, bikes, or bags that they are carrying. Also, their footwear. A thief may have a change of clothes or ditch a jacket, but they don't change their footwear. In addition, the direction they are traveling in and how, such as by foot or bike, this will allow the CPS to have an idea on where to start searching for these individuals first.

Hopefully by incorporating these simple but proven habits, the safety of our community overall will improve as well as continue to build the HH/BH Community Association partnerships with CPS and other resource agencies.



Word of the Month

Mellifluous: adjective
(muh-lif-loo-uhs)

Sweet or smooth sounding,
as in a voice or string of words.

She believed Spanish to be the most
mellifluous language in the world.



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.

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.
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.

Telephone language interpretation service available on all lines.

Bottle Depot Day

by Cheryl Dunkley

Off to the bottle depot, six bags in tow
Loading up the car is finally done, Let's go!
Parking is scarce, line up out the door.
There's room on the sidewalk for barely one more.

Once inside, there's workers counting fast,
They do this for hours, how long can they last?
The noise, the clatter, everything is sticky.
No one is smiling, the job is too icky.

The cash machine states the refund to obtain.
Today the machine is broken, back to human help
once again.
Don't go on Monday, after a big weekend of sports.
Remember to tip the workers for all their sorts.

The thousands of recyclables in giant bags piled up
to the sky
Where do they end up, one wonders how and why...



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.

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 **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.

Recap of Ward 7 Council of Communities Gathering on Seniors

In June, Ward 7 Councillor Terry Wong hosted a Council of Communities Gathering focusing on seniors, bringing together representatives from local agencies and the City of Calgary to discuss resources and support available to seniors in our community.

The gathering commenced with a presentation from the Seniors Age-Friendly initiative, highlighting their collaborative efforts with various agencies to enhance winter safety for seniors and support those transitioning through changes in transportation, such as the loss of a driver's license.

Stephanie Wong from the City of Calgary's Recreation Program Active Aging shared valuable insights into programs designed to promote active lifestyles among seniors:

1. Prescription Program: Seniors can obtain a "prescription" from their physician, allowing them either ten free entries into city-run facilities or a 25% discount on gym memberships and other fitness activities.

2. "Fair Play" Subsidies: These subsidies cover essential services such as grass mowing, pet neutering, and feeding assistance ensuring seniors can maintain their quality of life.

Additionally, Unison at Kerby Centre, a prominent not-for-profit organization, was highlighted for its comprehensive services tailored to individuals aged 50 and above. Their offerings span from housing solutions to recreational activities and much more. For more information on their services, visit unisonalberta.com.

The gathering underscored the importance of community collaboration and support in ensuring our seniors lead fulfilling lives. It provided valuable insights into available resources, fostering a stronger, more connected community for all ages.




international Left-Handers Day

August 13 is a special day for those who have the unique distinction of being left-handed. Approximately 10% of the global population are left-handed. But don't fret, left-handers! Some influential people who share your uniqueness include Prince William, Barack Obama, Justin Bieber, Oprah Winfrey, and Jennifer Lawrence, just to name a few.

Cleaning Services <input checked="" type="checkbox"/> Dry Cleaning <input checked="" type="checkbox"/> Tablecloths <input checked="" type="checkbox"/> Napkins <input checked="" type="checkbox"/> Table Skirts <input checked="" type="checkbox"/> Chair Covers <input checked="" type="checkbox"/> Massage Sheets <input checked="" type="checkbox"/> Face Cradles <input checked="" type="checkbox"/> Gym Towels <input checked="" type="checkbox"/> Face Cloths <input checked="" type="checkbox"/> Chef Coats <input checked="" type="checkbox"/> Coveralls <input checked="" type="checkbox"/> Microfibre Cloths <input checked="" type="checkbox"/> Dish Rags	Mat Rentals <input checked="" type="checkbox"/> Standard <input checked="" type="checkbox"/> Waterhog <input checked="" type="checkbox"/> Scraper <input checked="" type="checkbox"/> Logo Paper Products <input checked="" type="checkbox"/> Tork Dispensers <input checked="" type="checkbox"/> Paper Towel <input checked="" type="checkbox"/> Centre Pulls <input checked="" type="checkbox"/> Toilet Paper <input checked="" type="checkbox"/> Facial Tissues	CALGARY MAT & LINEN SERVICES Pick-Up & Drop-Off Services  calgarymatandlinen.com 403-279-5554
--	--	---

SCAN HERE TO VIEW ADDITIONAL HOUNSFIELD HEIGHTS-BRIAR HILL CONTENT

News, Events, & More 	Crime Statistics 	Real Estate Statistics 
---	--	---



Gutter Doctor 403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

BUSINESS CLASSIFIEDS

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

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

ADAIR TREE CARE LTD. PROFESSIONAL ARBORISTS: Calgary's trusted arborists since 1997. Expert tree pruning, removal, stump grinding, pest and disease management, fertilization, and planting. We love your trees! 403-686-6030, www.adairtreecare.com.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

CAPSTONE ENGINEERING ACADEMY: Enroll now for grades 1 to 9 STEM education at Vivo for Healthier Generations Rec. Centre! Featuring a full Alberta curriculum with immersive, hands-on Engineering and Technology focus. Secure your spot for September classes now! See our website for more information and to apply: www.capstoneacad.ca.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

HOUNSFIELD HEIGHTS/BRIAR HILL CARPENTER/ CONTRACTOR: Licensed and insured carpenter for home or office renos or repairs. From small fixes to full renos. Whatever you need - framing, drywall and taping, painting, bathrooms and basements. Clean, safe work. Prompt service. 403-286-1788.

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.



News from the Friends of Nose Hill

by Anne Burke

Urban green spaces enhance our lives in cities. Parks serve as spaces for physical activity, mental health, social contact, and connection with nature across Canada. As sanctuaries, they strengthen our bonds with nature and promote biodiversity. According to the 2023 Canadian City Parks Report, parks had high use and reflected great value during the period studied. Indeed, 94% of cities reported increased use of parks in the last year. Parks were also used more in the winter for 50% of Canadians and 73% expected this use to continue. Of all park types, Canadians say they preferred to visit local neighbourhood parks (71%), natural areas (61%), and trails (60%) for nearby green spaces. Community Park groups continued to use their local parks across the country.

There were interviews with 44 senior parks staff from 30 municipalities, who shared challenges they are facing, the projects and people that inspire them, and the vision for the future of city parks. About 64% of city residents said they visit parks two to three times per week or more, including 29% who visit every day or almost every day; while 51% of city residents said they'd like to spend more time in parks than they currently do. Addressing impacts from climate change/extreme weather is one of the challenges for 94% of cities; 60% said they feel equipped with the knowledge and tools to address climate change through their work in parks. Only 57% of cities agreed that most parks are well-designed and planned to withstand the impacts of climate change, but 3% strongly agreed. When many informal parallel bike trails lead to the same place, "during certain periods of the year, maybe we close the park and allow wildlife to migrate through it." See: ccpr.parkpeople.ca/2023/ for more on this report.

bethany.
creating caring communities

Bethany Calgary Redevelopment News

Get project updates at developmentbethany.com

BRAIN GAMES **SUDOKU**

7					9			4
	3			4			1	
		9	2			3		
9						1		
	4						8	
		2						6
		4			3	5		
	2			1			6	
1			6					9

SCAN THE QR CODE FOR THE SOLUTION

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.



BARKER'S

• FINE DRY CLEANING •

PICK UP & DELIVERY SERVICES

403-282-2226

CARDINAL

BY TREVOR RAMAGE



RE/MAX®

REAL ESTATE (CENTRAL)

☎ 403.850.2560



1827 11 Avenue NW

List Price: \$1,550,000

MLS # A2144295

Discover blissful living with stunning downtown vistas. Features include meticulous construction and landscaping, a bright open floor plan, a lower-level walkout, and a dream garage with a lift. Enjoy the urban vibe with easy access to transit, schools, medical facilities and Kensington's delights.



1112, 222 Riverfront Avenue SW

List Price: \$459,900

Congratulations to wonderful clients and friends on the sale of their condo in the heart of Eau Claire.



141 24 Avenue SW

List Price: \$550,000

Heartfelt congratulations to a new client who is becoming a homeowner for the first time.



305 Crystal Green Rise (Okotoks, AB)

List Price: \$809,900

Congratulations to new clients. Welcome to Alberta!

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

CARDINALBYRAMAGE.COM



SCAN ME



#1 OFFICE WORLDWIDE
*Based on Total Dollar Sales
Volume for a Single Office