

FEBRUARY 2024

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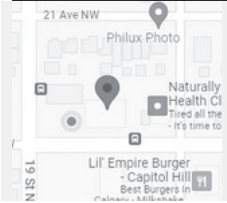


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## News from the Friends of Nose Hill

by Anne Burke

Some features produce a positive response in visitors, as a focus for passive recreation, education, and interpretation; they remain opportunities for interpretation of bedrock themes in the park. Among the landscape features are large sandstone boulders several metres across. Those in north slope coulees may contain fossil clam shells, as remnants of a wave cut terrace which tumbled onto valley glaciers.

The Nose Hill pre-glacial gravels in the eastern portion of the Hill extend throughout the hilltop. In the Burnco gravel pit - and the slopes leading to this area from 19 Street and from Charleswood Drive - several trails and junctions in the south-facing areas are where exposed gravel from the Hill use in the 1960s and 70s would have been visible unless remediation was done with nurse and native grasses, after re-rooting foot traffic while the repair was undertaken.

A review of land uses of Nose Hill revealed that areas more severely damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating. Although rutted trails remained, some already had grass growing in them due to less traffic. Ravine trails were heavily overgrown by tall grasses, thistles, and nettles, so that people used them less.

Firefighting, weeding, and controlled burns with vehicles damaged the plateau and slopes above the Porcupine Valley bike path. Widened and two-track trails are from social use; trail braiding on steeper hillsides due to wet, icy, or poor conditions. An on-hill project was raking to prevent new desire lines. Work was needed on the old motorcross routes up the bluff south of Porcupine Valley and along the Many Owls Valley Road where the trails had been washed out or deeply grooved. Pedestrian use of old vehicle roads slowed regeneration and remediation was warranted.

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



Like our Facebook Page  
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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).



## February is Heart Month

by Alberta Health Services

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

**LET'S TALK**  
A Presentation  
by  
Catherine Laing from the  
Brenda Strafford Centre

Discussion surrounding:  
**Early Indicators of Dementia**

February 13, 2024  
2:00 pm  
Doors at 1:30 pm

~ Apathy  
~ Affective dysregulation  
~ Lack of impulse control  
~ Social inappropriateness  
~ Abnormal perceptions or thoughts

HH-BH Community Centre  
1928 - 14 Avenue NW

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**403-282-2226**

# Age-Friendly Calgary

## Essential numbers for seniors in Calgary

<b>9-1-1</b> Emergency (24-Hour)	<b>403-SENIORS (403-736-4677)</b> 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.
<b>8-1-1</b> Health Link (24-Hour)	<b>403-266-HELP (403-266-4357)</b> 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).
<b>3-1-1</b> City of Calgary (24-Hour)	<b>403-943-1500</b> Access Mental Health
Information on all City of Calgary services. <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> Community Resources (24-Hour)	<b>403-705-3250</b> Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. <b><a href="http://www.ab.211.ca">www.ab.211.ca</a></b>	Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

### 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.

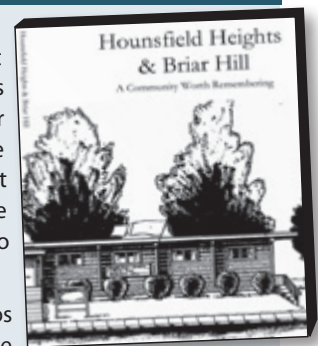


### Mission

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

## Hounsfeld Heights-Briar Hill History Book

A beautiful book about our neighbourhood 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.

**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.

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# 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.*



## Hounsfield Real Estate Update

Last 12 Months Hounsfield  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2023	\$1,699,400.00	\$1,622,500.00
November 2023	\$829,900.00	\$779,000.00
October 2023	\$779,000.00	\$749,000.00
September 2023	\$1,562,450.00	\$1,524,500.00
August 2023	\$639,900.00	\$630,000.00
July 2023	\$407,400.00	\$411,500.00
June 2023	\$719,900.00	\$713,000.00
May 2023	\$874,950.00	\$879,500.00
April 2023	\$2,258,000.00	\$2,150,000.00
March 2023	\$808,394.00	\$777,500.00
February 2023	\$1,013,950.00	\$961,250.00
January 2023	\$530,000.00	\$502,500.00

Last 12 Months Hounsfield  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2023	3	4
November 2023	5	2
October 2023	9	5
September 2023	3	2
August 2023	6	9
July 2023	6	4
June 2023	11	10
May 2023	7	8
April 2023	9	3
March 2023	8	6
February 2023	3	4
January 2023	5	3

To view more detailed information that comprise the above  
MLS averages please visit [hhbh.mycalgary.com](http://hhbh.mycalgary.com)



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# A Friendly Request: Let's Stay Connected in HHBH!

In the heart of Calgary, there's a special place we call home: Hounsfield Heights-Briar Hill. It's not just any neighbourhood; it's a place buzzing with community spirit, steeped in history, and blessed with green spaces that take your breath away.

But like any great place, we've got our share of challenges – rising crime, the threat of urban development to our green areas, and a sense of isolation creeping among us, thanks to the whirlwind pace of digital life and our ever-changing demographics.

Here's where you come in. We need to beef up our communication game to tackle these challenges head-on. Your contact info isn't just a detail; it's the key to building a tighter, more in-the-know community.

Here's why it matters:

## Staying in the Loop

**Quick Heads-Up:** With your details, we can zip important news, event updates, and urgent alerts straight to you. It's about keeping everyone in the loop and in the know.

**Emergency Alerts:** If things go sideways – think natural disasters, health scares, or security issues – we can hit you up fast with critical info to keep you and yours safe.

## Planning Our Future

**Your Voice Matters:** As our neighbourhood evolves, we need your take on local developments and changes. Your input is vital for decisions that affect us all.

**Volunteer Callouts:** A lot of what we do runs on volunteer power. With a solid contact list, rallying our community heroes becomes a breeze.

## Safety First

**Be Safety Smart:** Sharing info about dodgy activities, safety tips, and working together for our security. That's essential.

**Crisis Buddies:** When a crisis hits, like power cuts or wild weather, we're better together. Sharing resources gets easier when we know how to reach out.

## Getting Involved

**Fun Times Ahead:** The more you know, the more you can jump into fun stuff like our Stampede Breakfast, Summer Solstice, or Community Clean-up. It's all about living it up together.

**Chat With Us:** Got thoughts, concerns, or bright ideas? Easy communication means you can share them with us anytime, keeping our community dialogue buzzing.

So, how about it? Sharing your contact details with the community association is a simple move for a healthier, happier neighbourhood.

## Here's How to Share Your Information

We'd love to hear from you about how you'd like to stay in touch. Just pick your favourite way to communicate from the options below and drop us a line. Oh, and don't forget to include your address so we know which awesome household you're from.

Email: Shoot us a message at [communications@hh-bh.ca](mailto:communications@hh-bh.ca).

Call or Text: Ring us at 403-606-2774.

Snail Mail: Send it over to HHBH Community Association, Box 65086, RPO North Hill, Calgary, AB, T2N 4T6.

Drop By: Swing by our Community Hall / Gym at 1922 14 Ave NW (right behind Fire Station #10).

Socials: Slide into our DMs (or public feed) on Facebook, Twitter, or Instagram at @hhbhca.

And rest assured, your info will only be used for community stuff – no third-party sharing. Ever. Let's work together to keep HHBH the incredible community we all know and love!



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BY TREVOR RAMAGE



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311 15 Street NW

List Price: \$1,395,000

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1.5



2163

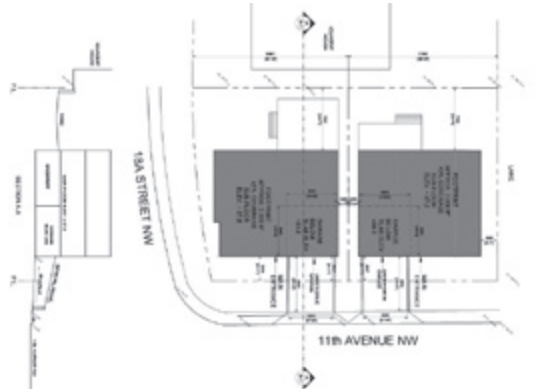


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