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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).



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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).





**LET'S TALK**  
A Presentation  
by  
Stop the Towers Group



**Discussion surrounding**

- ~ The private sale of public parklands
- ~ Impacts on Glenmore Reservoir Parklands
- ~ Pedestrian safety & emergency vehicles access

**January 09, 2024**  
2:00 pm  
Doors at 1:30 pm

HH-BH Community Centre  
1928 - 14 Avenue NW

**BARKER'S**  
• FINE DRY CLEANING •



**PICK UP & DELIVERY SERVICES**

**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.

## VISION AND MISSION



### Vision

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

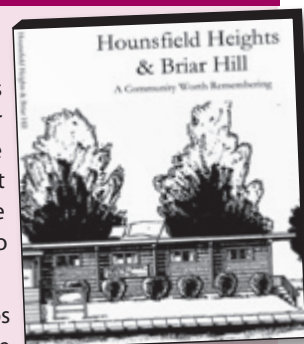


### Mission

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

## 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.

### SCAN HERE TO VIEW ADDITIONAL HOUNSFIELD HEIGHTS-BRIAR HILL CONTENT

#### News, Events, & More



#### Crime Statistics



#### Real Estate Statistics



### CO-OP PLAYSCHOOL

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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 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.*



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

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### Small Change, Big Impact

In 2021, the House of Commons unanimously passed my Private Members Bill C-210. This Bill allows Canadians to indicate their willingness to become an organ and tissue donor through their tax forms.

This past tax season, the question appeared on the annual tax forms in Ontario and Nunavut.

The government has now revealed that 2,450,000 Canadians in Ontario and Nunavut indicated that they want to become an organ and tissue donor on their tax return. This provides hope for the 4,700 Canadians awaiting a life-saving transplant.

This sensible approach will save lives of Canadians who are in desperate need of a transplant. Other provinces, including Alberta, did not participate in the first tax year this option was made available. The overwhelming success of this initiative in Ontario and Nunavut will surely encourage other provinces to participate this coming tax season.

I have worked for over a decade to improve the outcomes for Canadians in need of a life-saving transplant. When I was a Member of the Alberta Legislature in 2013, I brought forward legislation that created the Alberta organ and tissue donor registry and implemented the donor heart designation on Alberta drivers' licences.

When I was elected to Ottawa, I worked hard to get this common-sense Bill passed. I am overwhelmed with the success of this initiative, and I foresee the day when Canada could be the first nation without a transplant waiting list.

It should be noted that when Canadians indicate that they intend to become an organ and tissue donor through their tax form, their contact information is passed along to their provincial and territorial registries so that they can finalize the registration process. There is never a sharing of your health information with the Canada Revenue Agency.



# Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.

- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

### Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.





## News from the Friends of Nose Hill

by Anne Burke

Along the many 1959 vehicle trails, a great deal of severe damage occurred on slope crests and the top of hummocky areas (i.e., a small knoll or mound above ground). Although regeneration was slow, the amount of scarring evident in 1982 photographs was less than in 1969. Many of the deeply cut and rutted trails were along the 24th Street alignment. There were significant vehicle impacts on the bluffs north and south of Porcupine Valley. The hillside due west of the Berkley Gate parking lot was heavily scarred, as were the ravine slopes and trail up the north face of the bluff that rises from the south side of the Valley. In 1990, Canadian Western Natural Gas was granted a utility metre easement in the park on the slopes marking the Park's northern boundary. Adjacent construction projects involved temporary removal of post-and-cable fencing to deposit waste in the MacEwan Glen Ravine.

Between 1982 and 1990, walkers and cyclists expanded the already extensive trail network. In 1993, trail conditions and user data were collected during the period of 20 July to 20 September from the glacial moraine (the plateau and side slopes), ravines (such as Many Owls and Porcupine Valley), and disturbed land. Use of Nose Hill was greater in the afternoon and evenings. A total of 631 people used pathways versus 200 on trails. More walkers used pathways while those with dogs used ravines. On weekends more users spent time in the ravines. Almost three times as many users were recorded using the Hill plateau and side slopes, rather than ravines, during the week. Survey work was done by pairs of volunteers from Friends of Nose Hill, Nose Hill Communities Board, and the Calgary Field Naturalists Society.

## Exciting News on Project Refresh!



We're thrilled to announce the completion of Project Refresh, spearheaded by the tireless efforts of Linda Barron to beautify what are often forgotten and not-so-appealing structures in our public areas. This initiative has transformed ordinary garbage bins in Hounsfield Heights-Briar Hill into captivating works of art.

In a unique blend of community involvement and aesthetic enhancement, residents were given an opportunity to "adopt" a bin. They contributed by submitting cherished photographs of their pets, which now adorn these bins, turning them into vibrant, eye-catching landmarks.

These are some snapshots of these transformed bins - a testament to the project's success! Check out these delightful, pet-adorned bins brightening up our neighbourhood!

# BUSINESS CLASSIFIEDS

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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](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

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## Say Cheese? Or Maybe Not...

Back in the 1840s, instead of saying "cheese," folks opted for "prunes" during photo sessions. Flashing a big grin was considered juvenile at the time. A savvy London photographer advised people to say "prunes" to maintain a more composed expression. This practice, predating the modern "fish face" selfie, harks back a good 180 years.



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BY TREVOR RAMAGE



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*Cheers to a year filled with joy, laughter, and endless possibilities! Happy New Year 2024!*



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MLS #A2093040

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**238 Auburn Glen Drive SE**

**List Price: \$769,900**

MLS #A2093042

Many thanks to my client for entrusting me with this opportunity. Congratulations on the successful sale of your exceptional and rare home.



**807 21 Avenue SE**

**List Price: \$599,900**

MLS #A2090497

Boasting abundant southern exposure, features include recently upgraded windows, main floor laundry and a parking pad beyond a visually delightful landscaped, fenced backyard.



**1720 48 Avenue SW**

**List Price: \$1,099,900**

Turning the key to a new chapter. Warmest congratulations to past and new clients.

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

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