

NOVEMBER 2024

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

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MEMBERSHIPS

Your annual membership is good through July 31, 2025 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 2024-25

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 2025

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.

1001 17 ST NW
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8 AVE NW

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Bethany Calgary Redevelopment News

Get project updates at
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Let's Talk...

Nov. 12, 2024

TIME: 2:00 pm
Doors at 1:30 pm

Join us as Corinne Spronken from Alberta Health speaks about the importance of the Green Sleeve program and Advance Care Planning
Your Green Sleeve goes with you through Alberta's healthcare system. In an emergency, healthcare providers can look at your Green Sleeve and quickly know your healthcare wishes.

HH-BH Community Centre 1922 - 14 Ave NW

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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.



Like our Facebook Page
www.facebook.com/hhbhca



Follow us on X (Twitter)
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Have an idea for a great community program or event? Send your ideas to events@hh-bh.ca.





Hounsfield Heights - Briar Hill Community Association

ANNUAL GENERAL MEETING

NOVEMBER 28, 2024

TIME: 7:00 PM

LOCATION: 1922 - 14 Avenue NW
Hounsfield Heights-Briar Hill
Community Center

Joke of the Month

Dogs can't operate MRI machines.

But catscan.



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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.

SAFE AND SOUND

Stay Steady: It's Fall Prevention Month

by Calgary and area Primary Care Networks

It's not unusual to occasionally take a tumble — uneven sidewalks, slippery conditions in the winter, or even misjudging the height of a stair are all common culprits.

As we age, falls become an increasing health concern.

"Falls are a significant health concern for seniors," says Faiza Karim, a registered occupational therapist with the Primary Care Network (PCN). "They are the leading cause of injury in older Canadians."

The Ripple Effects of a Fall

Up to one-third of seniors experience one fall per year. As the rate of falls goes up, so does the reason for concern. For people over the age of 65, falls are the source of 85% of injury-related hospitalizations, including almost all hip fractures. They are also the leading cause of injury-related deaths for seniors.

Falls can also contribute to social isolation, affecting mental health and well-being. Karim says after a fall, some people will become more afraid to move — concerned about falling again — and may not do as many activities.

Tips for Preventing Falls

Raising awareness and actively preventing falls is important to maintaining health and safety, particularly for older adults. Simple measures may include:

- Staying active to maintain balance, strength, and flexibility
- Keeping floors clutter free
- Wearing supportive, well-fitting footwear, both inside and outside of your home
- Reviewing medications with your family doctor or a pharmacist to understand side effects



Find Support

If you or a loved one is considered at risk, or there has been an increase in the number of near-misses or falls, talk to your family doctor.

You can also access free health support through the Primary Care Network. Visit albertapcns.ca to learn more.

Riley Local Area Plan Referred to Administration For More Work By IPC – May Get Worse

The City is continuing to develop a new Riley Local Area Plan (LAP) for our community. This will replace the Hounsfield Heights – Briar Hill Area Redevelopment Plan (ARP), which has guided the redevelopment of our neighbourhood since the 1980s. The City circulated their latest Phase 4 LAP draft online – look at engage.calgary.ca/Riley/Realize. Their plan still makes fundamental changes to our community, including six and four storey apartments permitted to replace single-family homes in a significant portion of our community, six storeys permitted below the Hounsfield Heights escarpment, and narrow infill homes permitted throughout.

The initial council hearing on this plan was on October 16, and it did not go well. We spoke about reasonable compromise and the effects on our community, and proposed amendments, but none of our concerns were heard. Rather, some councillors and speakers emphasized that there isn't enough density imposed on our community. They emphasized the distance from the LRT, as if it is everything, never mind who or what is already there. They are calling for administration to impose up to twelve storeys on our neighbourhood, as they are proposing for Banff Trail currently, and to extend the area for apartments and H-GO much further into our community. They also talk about equity, but I would argue that every existing community that are now near the LRT stations should be respected, and density should be a reasonable compromise between the ideal high density at a station and the original family neighbourhood. I'm not arguing that our neighbourhood should be special, everyone's forever homes matter! Further, the Municipal Development Plan and Transit Oriented Development guidelines state that existing stable communities should be respected. The MDP says "ensure infill development complements the established character of the area and does not create dramatic contrasts in the physical development pattern", but neither the current proposal nor suggested changes on referral do this.

At the end of the hearing, the committee voted 4-3 to refer the plan back to administration, with the message to add more density, not less. This referral goes (went)

before full council on October 29, and there is some chance that we can get it voted down then. The full plan was to go before council on December 3, but it may not now, if the referral stands. Please come out to the Community Association Annual General Meeting on November 28, to learn more about this issue and what we can do!

The Community Association (CA) understands that some density increase is needed and inevitable. We have been seeking reasonable compromise, that preserves the character, beauty, and environment of our home neighbourhood whilst adding density. We continue to feel that the very high density on the mall site should be balanced with less dense/tall options within the core of the community. We oppose six storey apartments permitted below the Hounsfield Heights escarpment, blocking off the community with excessive height – four storeys here would fit with existing multifamily residences, encourage retention of existing affordable condos, and respect the community and adjacent parks above. We have been asking for phrasing in the LAP to discourage narrow infills, preferring well-designed semi-detached homes that maintain the proportions of the homes around them, to mitigate the effects of increased density on the community character. And we continue to ask for the North Hill Mall plan to explicitly include indoor access to shopping for tower residents.

Community members may wish to consider expressing their opinions directly to council (themayor@calgary.ca, ward07@calgary.ca, our councillor Terry Wong, and similarly for the rest of the 14 councillors – ward01@calgary.ca etc.), in addition to coming to the Annual General Meeting to discuss the issues. We can discuss and answer questions at land.use@hh-bh.ca.

Beth Atkinson

Director – Land Use, Hounsfield Heights – Briar Hill Community Association





News from the Friends of Nose Hill

by Anne Burke

For two weeks in fall 2024 about 800 goats grazed a 58-hectare area of the Rubbing Stone Hill Natural Parkland Zone in Nose Hill Park. The number of goats has increased from past years because it allows the same amount to be done in half the time. Like elk and bison, the herd of livestock reduces overgrown vegetation, shrubs, and trees in grasslands. Parking was limited when the Nose Hill 64 Avenue NW parking lot partially closed to accommodate moving the goats in and out of the park. Program Ambassadors were on site at Nose Hill Rubbing Stone Hill north of the parking lot. As a precaution, parts of the park and pathways were temporarily fenced off to public access during this grazing period. Park users were asked to follow all posted signage and closures. They were not to approach the goats and were directed to avoid electric fences used to contain the animals. Cyclists should have slowed down near grazing areas. Visitor dogs had to be kept on leash for their safety because off-leash herding dogs were working in the park.

In 2016 City Council approved an amendment to the Parks and Pathways bylaw to permit targeted grazing and help recover rough fescue habitat. Depending on terrain, there have also been goats in Confluence Park, McHugh Bluff, and Ralph Klein Park, while sheep were used in an area of the Weaselhead. Goats are preferred for woody material and undergrowth, but sheep are considered better for pasture-like areas. Other methods of vegetation control combine mechanical (hand pulling) and chemical spraying. The use of grazing comes with value added for biodiversity which helps native seeds to germinate and grow. The City gains both citizen interest and engagement to promote public education.

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Meet the New Librarian at Louise Riley

by Barbara Green

"Libraries aren't the quiet study places they used to be," according to Keitha Langston, who became Louise Riley's librarian in August. Speaking to a "Let's Talk" session at the community hall, she described the new role of libraries as places for people to gather and for lifelong learning of all kinds, not just book learning.

And she didn't "shush" us once.

"The thing that shocked me most when I came to work here was the vast number of programs – it's bananas!" she said. Louise Riley Library delivered 659 programs last year, including kids' story hours, reading, and English language help for kids and adults, and even tech support.

"You can come in every Tuesday morning to get help with whatever device you have," she said.

And you won't be alone. Our "small but mighty" local library was the site of 260,000 visits last year. Langston said our library's visitors' tastes skew toward literary items, with 75% of patrons having post-secondary education.

But the early learners are also well represented. Our library was named after a local children's librarian and author, and programs for children have always been a strong focus here. Recently, a family made a donation to the library earmarked for the children's area at Louise Riley, so expect renovations in the next year or two. Langston said the library typically doesn't close during renovation, but "it may get messy."

If you haven't checked out the library in person or online lately, there's more that might surprise you:

- Memberships are free and don't expire.
- Your library card is loaded with \$5 worth of printing each month (10 cents per page black and white, 20 cents colour).
- No late fees.
- Access to job search help, language learning, physical and mental wellness support.
- Borrow more than books, movies, and music - everything from laptops to musical instruments.

Of course, you don't have to walk into a library to access its resources - check out the CPL's Digital Library, including Kanopy for streaming movies and Libby for digital and audiobooks, plus a wide range of video tutorials, newspapers, and magazines.

And if you can't find the answer online yourself, call the library hotline: 403-260-2600.

"Let's Talk" is an opportunity to get together with neighbours and learn about a wide variety of topics. Join us in the community hall boardroom the second Tuesday of each month at 2:00 pm.

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RIVER HORSE

Did you know that hippopotamuses can't swim! Despite spending most of their time in the water (almost 16 hours per day) they are unable to float on the water because of their dense bones. Instead, they gallop, quite gracefully, on the riverbed.

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Call for Vendors

Holiday Market

DECEMBER 14TH Saturday

9:00 am - 4:00 pm
 Hounsfeld Heights - Briar Hill Community Center
 1922 - 14 Ave. NW
 403-282-6634

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Making Time to Remember

Have you ever wondered why Canadians and Americans don't celebrate Thanksgiving at the same time?

Following the Great War in 1919, the Parliament of Canada, like other countries of the British Empire, passed legislation to mark November 11 as Armistice Day.

The day was intended to celebrate the Allied victory in the First World War but quickly became a day of remembrance for those who had died in WWI and conflicts before.

At the time, Thanksgiving was celebrated on the second Monday in November and this put the two occasions on the same date much of the time. Activities of remembrance often conflicted with the celebration of Thanksgiving.

Many Canadians are not aware of a campaign that started in 1928, by many veterans and their families, to change the date of Thanksgiving Day. Early remembrance ceremonies were observed primarily within the military community but with the passage of time it became an occasion for the general population to show appreciation and remembrance.

In 1931, Parliament decreed that Armistice Day would become known as Remembrance Day and be marked on November 11 every year. It reflected the public sentiment that the occasion should focus on the memory and sacrifices of those who served and died in defence of our nation instead of celebrating the political and military successes that led to victory in WWI.

At the same time, they decreed that Thanksgiving would be moved to the second Monday in October. In the United States, Thanksgiving is still celebrated in November, and they conduct their remembrance activities during the Memorial Day weekend in May.

This November 11, Canadians will again pause to remember those who bravely volunteered at great risk to serve Canada, to go abroad to fight hate and oppression and to protect our peaceful nation.

Lest we forget.

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News, Events, & More



Crime Statistics



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2022 7 Avenue NW

List Price: \$1,799,900

MLS #A2165143

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List Price: \$799,900

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List Price: \$1,699,900

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