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– MARK CARNEY

Authorized by the registered agent for the Liberal Party of Canada.



Hounsfield Heights – Briar Hill Community Association

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President	Marsh, Jeff	president@hh-bh.ca	403-606-2774
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	Scott, Stephen	secretary@hh-bh.ca	
Land Use Director	Atkinson, Elizabeth	land.use@hh-bh.ca	
Communications	Molnar, Deb	communications@hh-bh.ca	
Playschool Education Director	Lindsay, Rhylea	education@hh-bh.ca	
Events Planning Director	Sidhu, Tejinder	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
Community Engagement Director	Roessingh, Hetty	community.engagement@hh-bh.ca	

PROGRAM COORDINATORS

Indoor Soccer	Willis, Andrew	indoor.soccer@hh-bh.ca
Outdoor Soccer	Camacho, Germàn	calgarycityfc.ca

COMMUNITY RESOURCES

Louise Riley Library	Johnson, Larissa	larissa.johnson@calgarylibrary.ca
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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.



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[@hhbhca](https://twitter.com/hhbhca)

Have an idea for a great community program or event? Send your ideas to events@hh-bh.ca.

Let's Talk...

April 08, 2025

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

Join us as we continue our Let's Talk series and discover "What Brings People Together" Cst. Ryan Krueger will discuss the provincial SCAN Team (Safer Communities and Neighborhoods) and how citizens can assist the Police with addressing problem houses within their communities.

HH-BH Community Centre 1922 - 14 Ave NW ◀



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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

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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.

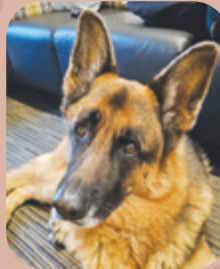
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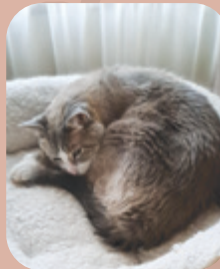
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Peanut, Signal Hill



Roxy, Woodlands



Tony, Quarry Park

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Riley Local Area Plan – Passed Without Amendments on March 4

City council passed the new Riley Local Area Plan (LAP) on March 4, after turning down several amendments that would have mitigated the effects of the plan on our community.

Thank you, everybody who participated in our efforts to be heard. I'm sorry that we got nowhere in the end. Councillor Wong proposed several amendments to roll back to the May/October 2024 version as we asked, for us, for Hillhurst, and West Hillhurst... but the best vote was a 6-6 tie, which is still a failure. The only amendment that passed was dealing with a developer's request to refer and re-examine a set of lots with Heritage status... So, the developer's need passed, the citizens' needs didn't... need we say more...

As I understood it, when the final vote on the basically unchanged LAP came, and only Councillor Wong and Councillor Chabot voted against. I'll be asking some other councillors where their heads were at on this and doing further research to report back on the whole voting process, including the amendments (where more councillors supported our needs). As I said in my speech, it is 100% for developers and activists, 0% for community members...

I am also very disappointed with the city administration, as they once again showed bias and lack of consideration for the citizens. They reiterated that our mitigation ideas could be handled in other ways than the LAP. Before, they suggested that we could express our ideas at Development Permit, but they know as well as we do that if these policies are not in statute, then we have no means to insist on our ideas being followed, developers and file managers can ignore us, and we have no basis for appeal. At the hearing, they threw out that we could have the ideas incorporated in the Land Use Bylaw – but the LUB is supposed to be general and universal, it will not have specific policies for specific communities. The LAP is exactly where these local ideas belong. Councillor Wong also asked city administration to confirm the direct quotes that we had provided from the Transit Oriented Development principles. City administration would not directly admit that, yes indeed, the TOD does say what we quoted. They should be unbiased civil servants and be willing to confirm facts. Finally, they 'defended' their lack of engagement

about the latest revision by saying that they 'mined the previous engagements'. But the previous engagements were not about the latest significant increase in density and impact on our community. New people are affected and now have an opinion and want a say. Many people feel more strongly that this plan goes too far. And none of these current opinions were collected or considered. This lack of engagement on the final revision made a mockery of the whole engagement process.

I want to thank everyone again for taking the time to try to participate in good faith in what should be a democratic process... it's really too bad that we didn't get real compromise and real collaboration in return. I will write further on this in future, and we can discuss as a community what our options are going forward. We can discuss and answer questions at land.use@hh-bh.ca. Please also consider joining our land use email committee to participate in future discussion, to learn about each proposal in our community, and help with community feedback.

Beth Atkinson

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



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SCAN – The Safer Communities and Neighbourhoods Unit

by Michelle LeGrandeur

A previous *Beacon* shared a resource explaining how residences can participate in ensuring our community stays safe and engaging. One of the resources residences may consider using is S.C.A.N. or Safer Communities and Neighbourhoods.

What is SCAN?

The Safer Communities and Neighbourhoods Unit makes communities safer by using civil legislation to target residential and commercial problem properties in rural and urban Alberta where specified illegal activity is occurring regularly. This includes drug trafficking, prostitution, and gang-related crime.

SCAN holds owners accountable for activity taking place on their property and supports landlords by helping them remove problem tenants who disrupt neighbourhoods and destroy property.

A resource for communities across Alberta, the unit initiates investigations based on citizen tips and works in partnership with residents to increase safety.

How Does SCAN Work?

When a community member reports a problem property to SCAN, the unit will begin an investigation. Once the investigation confirms the activity, investigators will contact the property owner to try and solve the problem informally.

If informal efforts are unsuccessful, SCAN can apply to the courts for a Community Safety Order (CSO) that calls for owners to meet a number of conditions, or for the property to be closed for up to 90 days.

SCAN uses civil legislation to target properties, not people. Any criminal activity uncovered when dealing with these properties is turned over to the police to investigate.

What Are Signs I Can Look for In My Neighbourhood?

The following are common signs of suspicious or illegal activity. Observing one of the following doesn't always signal illegal activity, but if they occur frequently or together, a problem may exist.

Signs to look for include:

- Residents that are rarely seen, distant, or secretive.
- Frequent visitors and usual traffic at odd times of the day or night.
- People repeatedly visiting the property who only come to the door for short durations.
- Increased vehicle or foot traffic.
- Frequent late-night activity.
- Windows blackened or curtains always drawn.
- Extensive investment in home security.
- Neglected property and yard.
- Presence of drug paraphernalia or strange odours coming from the property.
- Residents who regularly meet vehicles near the property for short periods of time.

If you are suspicious of a property, do not investigate it yourself or approach the occupant. Contact local police or SCAN at 1-866-960-SCAN. A complaint can be filed online or by phone. All complaints are confidential.

Accountable and Transparent

- Speak directly to an analyst.
- Direct access to an investigator.

Benefits of SCAN

- Improves community safety.
- Empowers citizens; complaint-driven process.
- Targets property, not individuals.
- Holds property owners accountable for activities on their properties.

Stay well and let's continue to show our appreciation to all of those who continue to service and protect our neighbourhoods.

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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Safety Summary

by HHBH Safety Director

Calgary's community peace officers will temporarily operate under the Calgary Police Service's command following a request from the provincial government to municipalities across Alberta to address the fentanyl crisis. Public Safety Minister Mike Ellis emphasized the need for coordinated law enforcement to tackle fentanyl distribution and social disorder. Mayor Jyoti Gondek highlighted the City's existing collaboration between police, peace officers, and other outreach teams, particularly in high-risk areas like the downtown core and transit network. The Calgary Police Service confirmed the shift in command under the Safer Calgary initiative, aimed at tackling fentanyl and related crime.



News from the Friends of Nose Hill

by Anne Burke

Connect: Calgary's Parks Plan will determine how Calgary's 2,900+ parks are managed, developed, and redeveloped over the next 20 years. A draft will be presented to City Council after review by the Community Development Committee. Parks connect urban communities, but the city is projected to grow to two million people within the next two decades (<https://engage.calgary.ca/parksplan>).

Calgary has over 200 natural areas in the parks system. Our relationship with the natural world is primarily to preserve undisturbed land, wildlife, and native plant communities. In a natural area all uses and activities must comply with the approved habitat management plan to protect the natural environment and not cause damage. New natural areas should be designated. There are different types, but all need to be protected to conserve nature now and for the future. The landscape offers access to the natural world which helps our physical and mental well-being. Special places like Nose Hill, a major natural area, foster stewardship, support biodiversity, and reduce impacts of heat, flooding, and drought. Some areas are sacred spaces for Indigenous Nations and provide opportunities to learn about cultural history.

Controlled burns and animal grazing are encouraged as alternate land management practices. We must assess and update the cost of maintenance to ensure the value of natural areas with a compensation model. We can allow litter-control-only (with guidance) in natural areas to be included in enhanced landscape maintenance requirements. We should develop ten-year operational Habitat Management Plans for all natural areas, including those required as part of the development approval process. Prior to subdivision the developer is responsible for restoration and compensation must be paid to the City when there is damage or disturbance to land dedicated to environmental reserve. Back sloping should not be allowed.

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Community Point of View: What Should We Eat?

Critical thinking is the ability to analyse, evaluate, and synthesize information in a systematic and reasoned way. It's not just about solving problems, but also about approaching issues, decisions, or ideas from different perspectives, assessing evidence, and making judgments based on sound reasoning. Unfortunately, we can't always see the forest for the trees when we are inundated by marketing, lobbying, and misinformation – it is sometimes difficult to separate facts from non-facts. So, I thought I would have some fun with AI this month in helping me determine what I should be eating.

This so much reminds me of *Star Trek* when Spock often uses his impeccable logic to outwit various challenges, including tricky situations with computers (sorry for the example, some of you younger ones may not know who Spock is, but he was an icon for many of us growing up). One of the most memorable instances of this is in the original series episode "The Ultimate Computer" (Season 2, Episode 24). In this episode, the U.S.S. Enterprise is testing a new advanced computer system, M-5, designed to control the ship's functions. The computer starts to malfunction, and during a critical moment, Spock uses a pure logical argument to shut it down.

Question: Which Macronutrients Are Considered Essential?

The three main macronutrients are:

1. Carbohydrates

- Function: Provide energy for the body, particularly the brain and nervous system.
- Sources: Grains, fruits, vegetables, legumes, and dairy products.

2. Protein

- Function: Build and repair tissues, including muscles, bones, skin, and hair.
- Sources: Animal products (meat, poultry, fish, eggs, dairy), legumes, beans, lentils, nuts, and seeds.

3. Fats

- Function: Provide energy, help absorb vitamins and maintain healthy skin and hair.

- Sources: Animal products (meat, poultry, fish, eggs, dairy), nuts, seeds, avocados, and olive oil.

Question: Of the macro-nutrients, what aspect of each is essential for good health? Defining essential as the body cannot operate without. Please answer separating into the macro-nutrients categories.

All three macro-nutrients are essential for maintaining optimal health. The human body cannot produce these macro-nutrients on its own and relies on dietary intake to meet its needs.

Here's a breakdown of the essential aspects of each macro-nutrient:

1. Carbohydrates

- Essential aspect: Glucose (a simple carbohydrate) is essential for brain function and energy production.
- Non-essential aspect: Fibre, starches, and other complex carbohydrates are important for digestive health, satiety, and energy production, but the body can adapt to use alternative sources of energy if they are not present.

2. Protein

- Essential aspect: Amino acids (the building blocks of protein) are essential for building and repairing tissues, producing enzymes and hormones, and maintaining fluid balance.
- Non-essential aspect: The body can synthesize some amino acids on its own, but nine essential amino acids (histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine) must be obtained through the diet.

3. Fats

- Essential aspect: Essential fatty acids (EFAs), particularly omega-3 and omega-6 fatty acids, are essential for cell membrane structure and function; hormone production and regulation; inflammation reduction and immune system function.
- Non-essential aspect: The body can synthesize other types of fats, such as saturated and monounsaturated fats, from carbohydrates and proteins. However, EFAs must be obtained through the diet.

Daily Intake Recommendations

1. Carbohydrates: 45 to 65% of total daily calories.
2. Protein: 10 to 35% of total daily calories.
3. Fats: 20 to 35% of total daily calories.

Keep in mind that individual macro-nutrient needs may vary depending on factors such as age, sex, weight, height, and activity level.

Question: (The answer is what I expected but not what I wanted because the amount of carbohydrates is exactly what is causing problems with what metabolic dysfunction so I thought what would happen if I asked AI for an answer without prejudice). Without prejudice.

To answer without prejudice:

1. Carbohydrates

Essential aspect: None. The body can adapt to use alternative sources of energy, such as ketones produced from fat breakdown.

2. Protein

Essential aspect: Essential amino acids (EAAs). The body cannot synthesize EAAs on its own and relies on dietary intake.

3. Fats

Essential aspect: Essential fatty acids (EFAs), specifically alpha-linolenic acid (ALA) and linoleic acid (LA). The body cannot synthesize EFAs and requires dietary intake.

In summary, the essential aspects of macro-nutrients are:

1. Essential amino acids (EAAs) from protein.
2. Essential fatty acids (EFAs) from fat.

Carbohydrates are not essential, as the body can adapt to use alternative energy sources.

In conclusion, while carbohydrates are indeed comforting, satisfying, tasty, and maybe even addicting – it is not essential though they recommended it forms 45 to 65% of our diet. I would consider this a win for the human. Just my opinion.

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HOUNSFIELD HEIGHTS-BRIAR HILL CONTENT**

News, Events, & More 	Crime Statistics 	Real Estate Statistics 
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Collection Days Are Changing in April

by *The City of Calgary*

Starting April 22, many Calgary households will see blue, black, or green cart pick-up days moving to improve routes. These updates also align with the return of city-wide weekly green cart collection. The new collection schedules will be available on calgary.ca/cartschedule by April 8. Check your schedule to:

- Find out whether your blue, black, or green cart pick-up day is changing.
- Know when your weekly green cart begins.

Collection schedule changes update automatically if you have signed up for reminders.

Did you know that The City provides free reminders for your blue, black, and green cart pick-up days? All you need to do is sign up! When it's time to put your carts out for collection, we'll send you a reminder. When you sign up, you will get:

- Instant access to your pick-up schedule.
- Notifications about any changes to your collection schedule.
- Useful tips for using your blue, green, and black carts.

It's Easy!

Option 1: Go to calgary.ca/cartschedule.

- Type your address in the search box to view your collection days.
- Click on 'Get a reminder' to receive your preferred method. Choose to be notified by email, calendar, or phone, either the day before or the day of your collection.

Option 2: Download the Garbage Day App onto your phone.

- Available on the App Store or Google Play.
- Set notifications to remind you of your cart collection days.

Never miss another cart collection day again.

Vaping and Youth

by *Alberta Health Services*



Vapes or e-cigarettes are one of the most popular ways of consuming substances such as nicotine, cannabis, or chemical flavouring among youth. This trend has spiked over the years due to marketing around it being “safer” than cigarettes. What we do know is that any use of vaping can cause harm.

There is still a lot more information needed but below is what we do know when addressing vaping among youth.

Educate Yourself and Others

You do not have to be an expert on the topic but it's important to understand the basics and have access to knowledge on the facts and where to access supports and resources.

Educate Children and Youth

We want schools and natural supports to teach and implement lesson plans as soon as possible. At home we want to share the facts, have open conversations about safety, and support healthy choices. There are free lesson plans and information for different age ranges so you can have the conversations in ways that make sense to them!

Focus on Prevention

To help reduce rates of use among youth we need to implement effective prevention strategies that teach life skills, involves young people that are led by young people, and connect youth to the community. This helps strengthen core social competencies such as problem solving, decision making, and critical thinking.

Have open conversations about vaping with the young people in your life. This will help build relationships and trust so if there are questions, you are the person they will lean towards!

GAMES & PUZZLES

Guess the Flower!

1. This flower's colour depends on the acidity of the soil.
2. Named after the Greek messenger of the gods, this flower comes in nearly all colours of the rainbow except red.
3. Despite misconceptions, this spring-blooming bulbous plant is not officially the Dutch national flower.
4. This prickly pink plant became Alberta's floral emblem in 1930.
5. The national flower of South Africa belongs to one of the oldest families of flowering plants on Earth – approximately 300 million years!
6. This flower's Greek name, Galanthus, translates to "milk flower".



SCAN THE QR
CODE FOR THE
ANSWERS!

Word of the Month



Ebullient: adjective
(ih-buhl-yuhnt)

Liveliness, enthusiasm,
overflowing with
excitement.

He was in quite
an ebullient mood.



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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.



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List Price: \$2,099,000

MLS #A2198350

Timeless custom-built home with abundant light, near parks and community sportsplex. Features include in-floor heating, a chef's kitchen with butler's pantry, and a family-friendly mudroom.

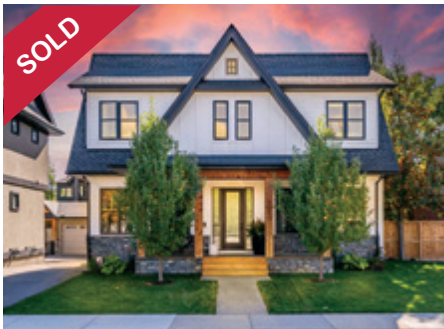


613, 1020 9 Avenue SE

List Price: \$459,900

MLS #A2195494

Modern living with prime walkability, sleek design, and unobstructed views. Features include in-suite laundry, titled underground parking, and a shared rooftop patio.



1913 3 Avenue NW

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6528 Lombardy Crescent SW

List Price: \$1,299,900

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