

MAY 2025

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GAMES & PUZZLES

Guess the Video Game!

1. This video game was developed and published by Atari in 1972, making it one of the earliest and most well-known video games.
2. With over 300 million copies sold, this is the best-selling video game of all time.
3. Physicist William Higinbotham created the very first game called _____; and no, it's not what you think!
4. A video game classic, the character of Mario was originally called _____.
5. Beginning as a joke, this 1999 Nintendo 64 game included an unlikely rap about its main characters.
6. The Stalfos are the only enemy creatures to appear in every edition of this video game since its creation.

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 CODE FOR THE
 ANSWERS!**



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ANIMAL ABUSE

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ANIMAL ABANDONMENT

END ANIMAL CRUELTY

To report animal cruelty call 403-205-4455

Learn more at CalgaryHumane.ca



Hounsfield Heights – Briar Hill Community Association BOARD OF DIRECTORS

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

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*Happy,
Mother's
Day!*



SCAN ME

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)

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.

403-SENIORS

(403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

8-1-1

Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

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)

Information on all City of Calgary services. www.calgary.ca.

403-943-1500

Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

2-1-1

Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

403-705-3250

Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

Cats, Canines, & Critters of Calgary



Honey, Woodcreek



Kona, Woodlands



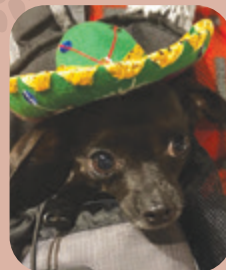
Marjory, Walden



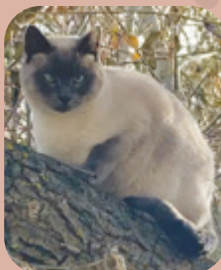
Mavis, Calgary



Puff the Magic Dragon, McKenzie Towne



Riley, Woodbine



Serendipity, Calgary



Tita, New Brighton

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3-1-1 Calgary Mobile App

Over 90 City services in your hand. Whether you're reporting a pothole, requesting snow removal, or sharing feedback, the Calgary 3-1-1 app makes it easy to request City services right from your smartphone.

- **Effortless Reporting:** Describe your concern, snap a photo, pinpoint the location, and submit in just a few taps.
- **Real-Time Updates:** Track the status of your requests and receive timely notifications.
- **User-Friendly Interface:** Navigate through the app with ease and find the services you need quickly.
- **Now with multiple photo uploads and a City of Calgary news feed.**

With the 3-1-1 Calgary app, residents and City employees can work together in keeping Calgary at its best. The information and photo you provide allow City employees to assess, prioritize, and efficiently respond to your requests.

After 3-1-1 sends your service requests to the right City department for action, you can always check the status of your request through the 3-1-1 app, online, or by calling 3-1-1.

What Kind of Services are Available on the 3-1-1 App?

App users can ask for assistance, request information, and report concerns and issues anywhere in Calgary, including safety and bylaw concerns, property tax information, potholes, licensing, inspections as well as apply to The City's Fair Entry program.

While certain services on the app change seasonally, here is a sample of what's available:

Snow and Ice: Report snow and ice on roadways and pathways; report snow and ice not shovelled from City sidewalks (adjacent to private land) 24 hours after snow has stopped falling.

Garbage and Debris: Report or request clearing of debris from City roadways and clearing debris found in back lane/sidewalk/boulevard; report garbage concerns in a park; report maintenance concerns on private property.

Graffiti: Report graffiti concerns on private, public property, utility boxes, utility poles, mailboxes, news and courier boxes.

Long Grass and Weeds: Long grass or weeds (higher than 15 cm or 6 inches) on private property, parks and along public thoroughfares and on residential medians.

Parks and Trees: Report irrigation, pathway, and tree concerns (maintenance and tree protection from development).

Roads Maintenance: Report cracks, potholes, or uneven surfaces requiring repair; street cleaning; sidewalk, curb and gutter repair; request pick-up of dead animal from roadway.

Roads Traffic Signal Lights: Report traffic signal devices where there is a timing concern or report a traffic signal or pedestrian signal light which requires repair.

Sign Infractions and Traffic Signs: Report sign maintenance issues on fixed or permanent traffic signage and poles along roadways; requests for new road-markings and crosswalks (no flashing lights); report temporary sign infractions on boulevards.

Street and Park Lights: Report streetlight maintenance or damage (along roadways) or lighting concerns within a park.

Taxi, Limousine, and Business Licence: Report a taxi or limousine compliment; taxi or limousine concern; business licence concern.

Water and Sewer: Report catch basin and catch basin grate concerns; a fire hydrant issue; manhole damage or discharge; manhole too high or low.

Other: Report other concerns not listed on the 3-1-1 mobile app.



Let's Talk...

May 13, 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".**

**Michelle LeGrandeur, HHBH Safety Director, will
bring us up-to-date on what the Safety Committee
has been involved with over the past year, and
provide some insight into Safe, Engaged
Communities.**

Hope to see you all there!

HH-BH Community Centre 1922 - 14 Ave NW

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HOUNSFIELD HEIGHTS-BRIAR HILL CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
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What are the Key Factors for Longevity and What Aspects Differentiate Men and Women?

by Barb

Longevity is influenced by a combination of genetic, lifestyle, environmental, and social factors. While many of these factors apply universally, there are notable differences between men and women in terms of lifespan and health outcomes. Below is a breakdown of aspects that differentiate men and women:

Differences Between Men and Women in Longevity

1. Biological Factors

- **Hormone:** Oestrogen in women has protective effects on cardiovascular health, while testosterone in men may increase the risk of certain conditions.
- **Chromosomes:** Women have two X chromosomes, which may provide a genetic backup if one is damaged. Men have one X and one Y chromosome, making them more vulnerable to genetic mutations.
- **Immune System:** Women generally have stronger immune responses, which may protect against infections but also increase the risk of autoimmune diseases.

2. Lifespan

- **Women Live Longer:** On average, women outlive men by about 5 to 7 years globally. This gap is attributed to biological, behavioural, and social factors.
- **Aging Process:** Women tend to age more slowly at the cellular level, possibly due to hormonal and genetic differences.

3. Disease Risk

- **Cardiovascular Disease:** Men are at higher risk of heart disease at a younger age, while women's risk increases after menopause.
- **Cancer:** Men are more likely to die from cancer, while women are more likely to develop autoimmune diseases.
- **Osteoporosis:** Women are at higher risk due to lower bone density and hormonal changes after menopause.

4. Behavioural Factors

- **Risk-Taking:** Men are more likely to engage in risky behaviours (e.g., smoking, excessive drinking, dangerous driving), which can shorten lifespan.
- **Healthcare Utilization:** Women are more likely to seek preventive care and report health issues early, while men often delay medical attention.

5. Social and Emotional Factors

- **Social Connections:** Women tend to have stronger social networks, which are linked to better mental and physical health.
- **Stress Response:** Women may cope with stress differently, often seeking social support, while men may internalize stress, leading to health issues.

6. Occupational Hazards

- **Workplace Risks:** Men are more likely to work in high-risk occupations (e.g., construction, mining), increasing exposure to accidents and injuries.
- **Work-Life Balance:** Women often juggle multiple roles (e.g., career, caregiving), which can lead to stress but also foster resilience.

7. Cultural and Societal Roles

- **Gender Norms:** Societal expectations may influence health behaviours, such as men being less likely to express emotions or seek help.
- **Caregiving:** Women are more likely to be caregivers, which can impact their health but also provide a sense of purpose.

Conclusion

While both men and women benefit from healthy lifestyle choices, biological, behavioural, and social differences contribute to the longevity gap between the sexes. Women tend to live longer due to a combination of hormonal advantages, stronger immune systems, and better healthcare utilization. Men, on the other hand, face higher risks from cardiovascular disease, cancer, and risky behaviours. By addressing these gender-specific factors—such as encouraging men to seek preventive care and supporting women's mental health—both sexes can improve their chances of living longer, healthier lives.

Just my two cents worth, I believe women have better intuition than men, it is more likely the same in general. However, I think women are more likely to listen and act on their intuition which helps them make safer choices and go to the doctor when they think something is wrong. Out of all the points made, I personally believe that strong thigh muscles (strength, flexibility, and balance – just look at who comes out to do yoga) and a strong social network will likely have the best chance to drive all the other factors in the right direction. I think what was true a century ago is still true today.





News from the Friends of Nose Hill

by Anne Burke

We were contacted about restoration work at Nose Hill. Alberta Native Plant Rescue has some native grasses they've rescued from development sites around Calgary and can plant them out. Past stewardship projects were in Fish Creek Park and Cochrane area. Native species are popular but are at increasing risk from invasive species (weeds) and land development. This Volunteer Group gathers a variety of native grasses and rare plants, then safely relocates them. Some are rough fescue grass, the Prairie sage, blanket flower, blazing star, yarrow, and more. When the native grassland restoration project involves sharing seedlings with the public, participants should bring clean tools and be dressed appropriately.

This year's World Migratory Bird Day theme, Shared Spaces: Creating Bird-friendly Cities and Communities, highlights the urgent need for urban planning and protecting birds. It's time to rally our community and Calgary is certified as bird friendly. Saturday, May 10 marks peak spring migration in Canada. Every action counts to help save bird lives. <https://www.birdday.ca/>.

Nature Alberta is the coordinator of Important Bird and Biodiversity Areas (IBAs) for Habitat Stewardship, enlisting community and government support. National partners include Birds Canada and Nature Canada. The program was initiated in the 1980s by BirdLife International. Nature Alberta is responsible for recruiting volunteer caretakers who collect bird data; they conduct at least one bird count per year (preferably during migration) and submit the results to eBird Canada. Some other duties are conducting site assessments, restoring habitat, raising awareness, and advocacy efforts. There are currently over 600 IBAs across Canada, including 48 in Alberta all viewable on a Google map. An online directory tracks locations, birds, habitats, threats, and conservation issues. You can access the database, interactive maps, desktop tools, and downloadable PDF maps at <https://naturealberta.ca/habitat-stewardship/>.

YOUR CITY OF CALGARY

Create a Beautiful and Resilient YardSmart Yard This Spring!

by The City of Calgary

A YardSmart yard stays beautiful longer during hot and dry weather compared to yards completely planted with grass. The City's YardSmart program provides helpful resources that show you how to plan, build, and maintain your yard, including:

- Layouts and plant lists for all over your yard – wet, full sun, partial sun, and shade areas.
- Easy to follow information on planting, watering, and maintenance.
- How-to videos including how to garden on a budget and creating a pollinator-friendly yard.

Remember, new plants need lots of water to get established, especially during the heat of summer. You can do your part to reduce your water consumption and help your yard and garden retain moisture by:

- Installing a rain barrel to use in your yard and garden. It is a simple, yet effective way to reduce your water use by acting as a backup source of water.
- Only giving plants the water they need.
- Mowing less often to keep your grass five to seven cm (two to three inches) high to shade the soil.
- Replacing portions of your lawn with garden features that use less water and help absorb rainwater such as low water-use perennials and shrubs, lawn alternatives, or groundcovers.
- Adding good quality soil to help retain moisture and mulch on top to reduce evaporation.

To learn more about how to create a beautiful, resilient yard and garden that uses less water, visit calgary.ca/YardSmart.



Window and Balcony Safety

by Alberta Health Services



With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.

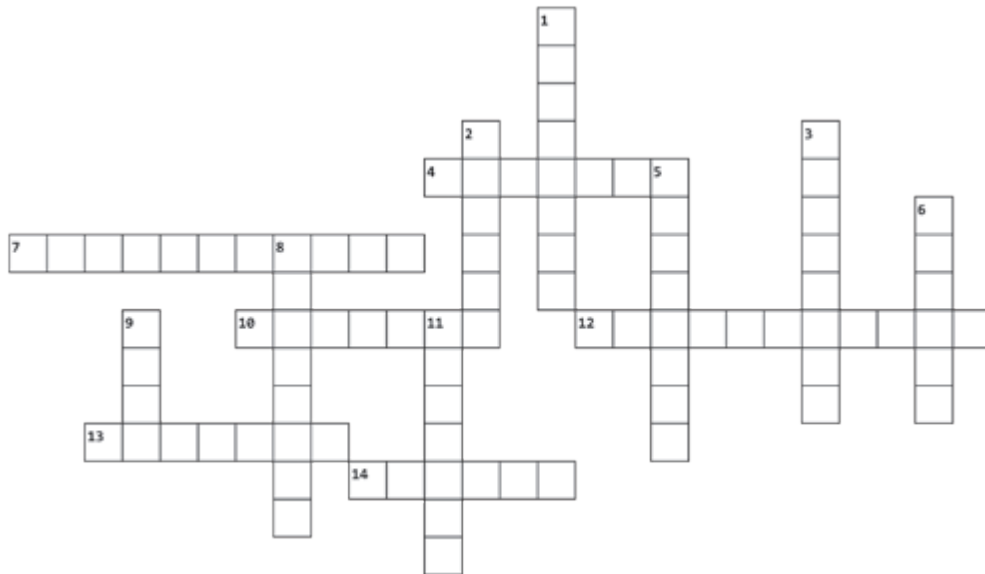
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

May Crossword



Down

1. Cory _____, famous for his role as Finn Hudson on *Glee*, was born on May 11, 1982, in Calgary, Alberta.
2. The first _____ Awards were held on May 4, 1959, with Ella Fitzgerald winning the award for Best Jazz Vocal Performance.
3. *Astrophysics for People in a Hurry* by Neil _____ Tyson was originally published in May 2017.
5. On May 8, 1980, the World Health Organization declared that this disease, caused by the variola virus, had been eradicated.
6. Fashion designer, Coco _____, released her eponymous perfume, _____ No. 5, on May 5, 1921.
8. Canadians celebrate the birthday of this Queen on May 19.
9. The month of May is named after _____, the Greek goddess of growth, fertility, and spring.
11. The Canadian government established the North-West _____ Police on May 23, 1873.

Across

4. This popular TV sitcom aired its series finale "The Last One" on May 6, 2004, in the United States.
7. Pyotr Ilyich _____ was a guest conductor for the opening of Music Hall (now Carnegie Hall) on May 5, 1891.
10. On May 16, 1929, the first _____ Awards were held with the silent film *Wings* winning Best Picture.
12. The first-ever race of the Formula 1 World Championship was held on May 13, 1950, at this iconic English circuit, which is still used today.
13. Amelia _____ started her first transatlantic solo flight on May 20, 1932, departing from Harbour Grace, Newfoundland.
14. *The _____ Reloaded* was released on May 15, 2003, starring Canadian actor Keanu Reeves and Canadian actress Carrie-Anne Moss.



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BUTTER KEEP A SECRET!

Have you heard the rumor about butter?
Never mind, I shouldn't be spreading it.

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

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GST) is :

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- ☐ \$10 for seniors

Paid by: cash ☐ cheque ☐

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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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BRAIN GAMES

SUDOKU

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3								1

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CARDINAL

BY TREVOR RAMAGE



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3.5



1910



911 36 Street NW

List Price: \$1,049,900

MLS #A2204242

Tucked away on a quiet, tree-lined street, just steps from the Bow River Pathway and minutes to top hospitals and downtown. Features include a chef's kitchen, vaulted ceilings and spa-like ensuite.



1



1017



721 19 Street NW

List Price: \$875,000

MLS #A2203071

A prime development corner lot with a west-facing backyard, across from a park. Features include an updated kitchen, renovated bath and flexible living space.



2.5



1401



1721B 1 Avenue NW

List Price: \$725,000

Congratulations to my clients on their successful sale. Your time and patience were instrumental in achieving this excellent outcome.



2.5



3106



64 Willow Park Green SE

List Price: \$1,550,000

Sincere congratulations to my client on their recent purchase. It has been a genuine pleasure to collaborate with you once again.

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

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