

JULY 2024

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AND GALLOP ON OVER

to the HH-BH CA

STAMPEDE BREAKFAST

JULY 13, 2024

9:00 AM - HIGH NOON

Green Park 1419 - 20A Street NW

Enjoy a traditional cowboy breakfast with
pancakes, sausages and beans.

Live country music by
"May Contain Alcohol"



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

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



Happy Dominion Day, eh!

Canada Day is celebrated annually on July 1. But did you know that before 1982, it was called Dominion Day? This name reflected Canada's status as a self-governing colony within the British Empire. However, in 1982 it was changed to the patriotic name we know and love today to better assert Canada's independence



News from the Friends of Nose Hill

by Anne Burke

The guided free Nose Hill Flower Walk on Tuesday, July 9 at 7:00 pm will meet at the parking lot on 14 Street and 64 Avenue NW. You are also invited to another exciting plan for a pair of weed pulls at the south-end of Nose Hill by the Winter Club, on Saturday, July 13 and Sunday, July 21 from 9:00 to 11:30 am. The Nose Hill ecologist (andrew.phelps@calgary.ca) says, for dense infestations, that early season pulling allows for a more effective application of herbicide throughout the whole plant later. July and early August are the busiest times to catch many weed species before they go to seed. Events are booked early to beat the heat. Jim Davis, the Program Coordinator for Activations and Education for Calgary Parks and Open Spaces, will assist and said to let him know of any questions at jim.davis@calgary.ca. He wrote: "Yes, we have been working to schedule two volunteer projects to address Canada and Notting Thistle at Nose Hill Park. The current plan is to start at 9:00 am on both days, ending around 11:30 am. We will be meeting at the Park's parking lot at the corner of the Winter Club and working on the south-end of the park, moving clockwise to the west/north. The event is open to up to twenty volunteers working alongside a couple of Parks' staff who will give safety and task demos and bring all required tools. Prospective volunteers should wear closed-toe shoes and long pants, clothing suitable for weather conditions that day, and bring gloves if they have them. We also will have gloves available. Parks' staff will map the event, track weed removals, and drop them at a designated facility".

Cleaning Services

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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.

Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



Know the signs of STROKE

- F** **Face**
is it drooping?
- A** **Arms**
can you raise both?
- S** **Speech**
is it slurred or jumbled?
- T** **Time**
to call 9-1-1

Beat stroke
Call 9-1-1 FAST

heartandstroke.ca/FAST
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News, Events, & More



Crime Statistics



Real Estate Statistics



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Calgary Confederation
Len Webber, MP
 2020 – 10 St NW
 Calgary, AB T2M 3M2
 ☎ 403-220-0888
 ✉ len.webber@parl.gc.ca

It Costs Everyone

Car theft is becoming a massive cost for every Canadian because the problem is getting out of control and the criminals are far ahead of law enforcement. Car theft is up over 35% since 2015.

Car theft provides a major source of funding for terrorist and crime organizations to the tune of over \$1 billion per year.

Car theft now costs the insurance industry more than \$1.5 billion, meaning every Canadian must pay more each month. This is because 1,000 vehicles are stolen each week. Each car stolen usually results in an insurance claim which means you are paying more for insurance — the more that are stolen, the more you pay.

The federal government’s lax rules on crime mean that repeat offenders are usually released on bail within hours of arrest. Once released they often go and promptly reoffend. Even after offenders have been convicted, they often get house arrest. This means that they can just walk out their front door and be on the streets again immediately, stealing cars and terrorizing our neighbourhoods.

Canada needs a government that will hit the brakes on car theft, protect your property, and bring home safe streets. I think we need to: increase the mandatory minimum penalty from six months to three years for a third offence; remove eligibility for house arrest if convicted of motor vehicle theft; create a new, specific aggravating factor where the offence of motor vehicle theft is committed for the benefit of organized crime; and, repeal catch-and-release rules in Bill C-75 to ensure that repeat offenders get jail, not bail.

It’s time to drive down insurance costs and that starts with putting the brakes on auto theft.



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SCAN FOR INFO

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ECAthleticClub.ca



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2236 Bowness Road NW

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