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BY TREVOR RAMAGE

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THE OFFICIAL HOUNSFIELD HEIGHTS-BRIAR HILL COMMUNITY NEWSLETTER



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

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.









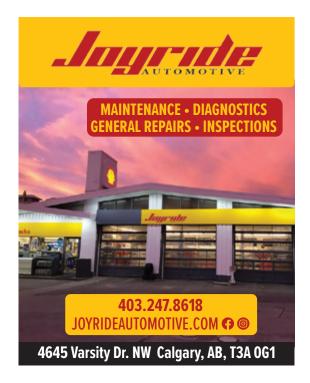




OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

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Let's Talk...

March 12, 2024

TIME: 2:00 pm

Join us on Tuesday, March 12, 2024 for our Let's talk ... session lead by

Dr. Jayna Holroyd- Leduc, Academic Lead, Brenda Strafford Centre on Aging
at the University of Calgary. She is an academic geriatrician with a wealth of
research expertise and leadership experience focused on improving care for older adults.

Dr. Holroyd-Leduc will address the topic of healthy aging.

The keys to healthy aging involve a multi-pronged approach to ensuring cognitive, social, physical and emotional needs are looked after. Eating well, getting enough exercise, regular and sufficient sleep; interaction with friends, neighbors and family; cognitive challenge and having a sense of purpose or 'a reason', and dealing with the normal stresses of aging, are all part of the mix.

HH-BH Community Centre 1928 - 14 Ave NW







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	
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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**

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

Safety in Hounsfield Heights - Briar Hill

by Michelle LeGrandeur, HH/BH Safety Director

With this recent cold snap, one particular crime is significantly on the rise. Vehicle theft. According to a December 8, 2023, Global News report titled "Lock it or Lose it" the latest stats determine vehicle thefts in Alberta in 2023 have grown by 17% compared to 2022 and Calgary is leading the way. In short, there is an average of 57 vehicles stolen each day. In addition, 50% of all vehicles stolen were left running or the keys were inadvertently left in them.

Stolen vehicles are also used to commit other crimes like breaking and entering, robberies, and worse. Our communities would be safer overall if we reduced auto theft. It's recommended if you park your vehicle outside, check your license plates often to ensure that your license plate hasn't been taken and replaced with a stolen license plate. This type of crime recently resulted in a scary and preventable experience by a father and his 15-year-old daughter when the police pulled them over because their license plate was replaced with a stolen one.

Something else to consider, check your auto insurance coverage. It's assumed that your standard auto insurance includes theft. This is often not the case with many auto insurance providers. If you want coverage for theft, you'll have to request theft coverage and pay additional costs to have this coverage. It's not cheap to get auto theft insurance. Many people don't purchase theft insurance because they park in their garages. However, unfortunately vehicles are stolen from public areas. It's not an easy decision to make especially with the increasing cost of living.

Community Resource Officer, Constable Margaret Reinders Update

There have been some break and enters in the HH/BH community. Some are in houses that are unoccupied because they are being renovated or slated for demolitions or because the homeowners are on vacation. The culprits look for uncleared snow on sidewalks and driveways. If possible, hire a snow removal company or have a neighbour clear the snow within a reasonable time. There is also a city bylaw requiring snow be removed within a certain time frame for reduced injuries to pedestrians.

The disorder along the transport corridor has been reduced over the last couple of months. However, the latest numbers during the cold snap are not currently available at this time. Transit has had added new transit cops and more patrols to the corridor which could be the reason for the deduction in disorder.

The incidents inside of North Hill Mall have not decreased. This may be due to a new security company in the mall that is calling the police more frequently instead of ignoring the issue. The mall security is calling police for shoplifting and drug related incidents. As a result of this increased reporting, there have been more police reports filed and arrests made.

All of the food court spaces are now full and other business have opened up within the mall itself. This has led to an increase in foot traffic in and around the mall. This may be a contributing factor to more people phoning the police. Safety resources for example, the Calgary Police Services can be influenced by reporting unwanted incidents. Especially if individuals have warrants out for their arrest. A reminder if there is any situation where you feel as though your safety is compromised, it's recommended you call CPS either the Police Non-urgent line at 403-266-1234 or if it is an emergency call 9-1-1.



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	Information, advice and help accessing programs and benefits for older adults.	
police line at 403-266-1234 to report an incident that is not an emergency.	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)	
8-1-1 Health Link (24-Hour)	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).	
Health advice (including dementia advice) from a registered nurse.		
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.	

VISION AND MISSION



Vision

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

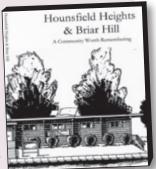


Mission

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 neighbourhood is available to purchase for \$40 from the admin office at the gym. Please contact 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

Telephone language interpretation service available on all lines.

News, Events, & More Crime Statistics Real Estate Statistics



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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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 First Name - Children:		2.		
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:		Membership #		
☐ Land Use	☐ Membership Drive	Valid through July 31 2024		
☐ Green Space/Reforestation	☐ Children's Programs	Annual membership (including GST) is :		
☐ Fundraising	☐ Seniors' Programs	□ \$20 per household		
☐ Facilities/Ice Rink	☐ Sports Programs	☐ \$10 for seniors		
☐ Communications/Newsletter	r ☐ Social Activities			
☐ Other		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.

YOUR CITY OF CALGARY

What to Do with Old, Broken, or Unwanted Items?

by the City of Calgary Waste and Recycling Services

There's always clutter that needs to get cleared out of closets, the basement, and the garage, but do you know what to do with all those unwanted items?

The 'What Goes Where' online search tool helps you figure out what to do with your old stuff!

The search tool will let you know:

- What items can go in your blue, black, and green bins
- Where to donate usable items
- How to safely dispose of hazardous items

You can look up hundreds of different items from televisions, light bulbs, toys, bicycles, furniture, and so much more. Try the 'What Goes Where' tool today at calgary.ca/whatgoeswhere.





HOUNSFIELD HEIGHTS - BRIAR HILL COMMUNITY SOCCER

April 17 to June 26 REGISTRATION OPENS JAN 12

https://hhbh.getcommunal.com/member/memberships/available

- Active Start: U4, U5 and U6 (2020-2019-2018) \$87/child Wednesdays from 5:15 to 6:00 PM
- Fundamentals: U7, U8 and U9 (2017-2016-2015) \$107/child Wednesdays from 6:00 to 7:00 PM
- Learning to Train: U10, U11 and U12 (2014-2013-2012) \$130/child Wednesday from 6:00 to 7:15 PM (Community Matches T/D)
- Location: Hounsfield Heights Briar Hill Community Association (1928 14 Ave NW)
- To Register: www.calgarycityfc.ca
- You must register by March 15th, LATE fees of \$15 apply after March 15th.





WINNIE IS CANADIAN

In World War I. Canadian soldier Harry Colebourn adopted a black bear cub, Winnipeg (Winnie). Donated to the London Zoo in 1914, Winnie captured the heart of Christopher Robin Milne. He named his teddy bear after her, inspiring A. A. Milne's creation of the timeless Winnie the Pooh stories. The rest is cuddly, whimsical history!



BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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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 | Licensed by Avenue Financial.

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LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.







Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

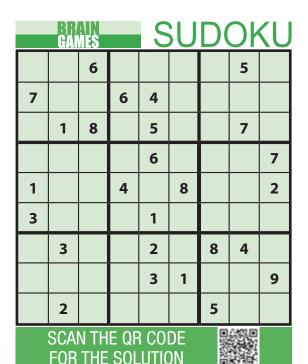
• Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.

- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank.
 Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1.







by Anne Burke

As many of you are aware, there is an annual global community science competition which documents urban diversity in 460 cities.

Find Wildlife. Take a Picture or Record. Share! Public bioblitzes are held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organisms in urban areas. Since parks are for everyone, use only designated pathways and trails. Respect wildlife and keep your distance. Use designated garbage bins. Keep dogs leashed and pick up after them. Respect other visitors.

The 2023 City Nature Challenge involved taking pictures from April 28 to May 1, and then identifying them. In all there were over 1.8 million observations, nearly 58,000 species, and 66,394 participants. For example, Urban Bee Flies were among one of the species identified and they are important pollinators in Calgary. One of Calgary's most observed butterflies, in spring and fall, was the Mourning Cloak. Common Greenshield Lichen and Red-stemmed Feather Moss were also observed in Calgary. A Water Strider was observed in Bowness Park. A Boreal Chorus Frog was also observed in a threatened wetland of Calgary. The Canada Goose in Calgary's urban ecosystem was also observed. An Orange-Crowned Warbler in Weaslehead Natural Area was also identified. Find pictures of all these species and more at www.citizenblitz.ca/.

Yes, the City Nature Challenge will take place again this year. The dates for the event are April 26 to April 29: Taking pictures of wild plants and animals. April 30 to May 5: Identifying what was found. Canadian and global results will be announced on Monday May 6, 2024. This will be the sixth year for Calgary Region participation and there are awards for the top cities. It can be any plant, animal, or any other evidence of life found in the City. Take a picture of what you find or record a sound. Be sure to note the location. Share your observations. The set up for the project page, working with the global organizer team for materials, and more can be found at: www.inaturalist.ca/projects/city-nature-challenge-2024-calgary-metropolitan-region.

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*Based on Total Dollar Sales Volume for a Single Office