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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

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1. _____

2. _____

First Name - Children: _____

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| <input type="checkbox"/> Other | |

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Valid through July 31 2024

Annual membership (including
GST) is :

- \$20 per household
- \$10 for seniors

Paid by: cash cheque

Send cheques payable to **Hounsfeld 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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Huge Flakes!

Although some are skeptical of the record, according to the Guinness World Records, the largest snowflake ever recorded came down in Missoula, Montana. In 1887, this city measured a single snowflake that was 15 inches in diameter! That's about the height of a bowling pin!





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.



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



Let's Talk...

May 14, 2024

TIME: 2:00 pm

Join us on May 14 at 2:00 pm – 3:00 pm at the HHBH Community Centre as Constable Margaret Reinders, Community Resource Officer, Zone 3-4, for a session distinguishing between being a "good neighbour or a worried neighbour?"

Where is the balance between building a engaged, safe and caring community and being a bit "too worried"?

HH-BH Community Centre 1928 - 14 Ave NW



HBH Community Association Playschool

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Alberta Healthy Living Program - Calgary

by Michelle LeGrandeur, HH BH Safety Director

It's no secret life can be busy and finding time to care for ourselves or those we care about can be challenging at the best of times. When looking for resources on how to support my own health, a fellow health care provider told me about the Alberta Healthy Living Programs offered through AHS.

There are 79 of these different free, online, and in-person programs that are offered on various dates and times. The Alberta Healthy Living Programs deliver educational and relevant programs with information that can be applied to our daily routines. Programs range from nutrition, exercise, stress, and particular conditions such as celiac disease, osteoporosis/bone health, obstructive sleep apnea, and many more. Check them out. Maybe there's a program that will improve the quality of your day. In addition to the link, there are examples of the different programs offered with a brief description. Hope you find this AHS resource beneficial.

The link to the 79 different Alberta Healthy Living Programs is <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1005671>.

Examples

1. Conserving Your Energy

Are your symptoms of fatigue interfering with daily life? This two-session class with an occupational therapist will help you understand:

- The different types of fatigue and how to identify them.
- What may be making your fatigue worse.
- How to address extreme fatigue symptoms.
- Ways to manage your fatigue.

2. Better Breathing

Breathing can feel challenging for many reasons. We do not usually think about our breathing and how our breathing can change. Focusing on your breathing can help you manage stress, anxiety, and some symptoms of different health conditions. All adults can find this class helpful. Come join a respiratory therapist to talk about:

- Using breathing to manage everyday life.
- Breathing effectively during exercise.
- Ways to breathe better.
- Guided practice for better breathing.

3. Managing Emotional Eating

In these two-part and three-part online classes, you will learn:

- To understand what influences your food choices.
- To be aware of your food triggers, such as emotions, situations, events, and cravings.
- How to form a healthy relationship with food.
- Skills, tools, and strategies for long-term healthy eating habits.

4. Moving You Towards Healthier Sleep

What can I expect to learn? This class will explore the importance of sleep and how it impacts our health and life. Topics include:

- Lifestyle changes that you can make to improve the quality and quantity of sleep.
- Current sleep status, identifying challenges.
- Understanding sleep. This class is for anyone who wants to sleep better.

5. Stress

Stress is a part of life, and it can easily become overwhelming. Join one of our two- or three-part online classes to learn about:

- What stress is and what causes it?
- How stress can affect your life and chronic condition(s).
- Ways to prevent or reduce stress.
- Healthy ways to manage stress.

6. Understanding the Experience of Grief

This class provides information and support for people who are grieving the loss of a loved one and those who support them. A social worker will talk about the following:

What grief and loss look like and how it impacts your daily life.

- What we know about grief.
- How to care for yourself when grieving.
- How to cope on special days, anniversaries, and holidays.
- How to help someone who is grieving a loss.

There's an easy step by step process to follow to register for these programs. Other than an email address and what area of the province I lived in, to confirm registration, no other personal information had to be given. In addition, during the online program I attended, there was no expectation to participate in any way. The program's notes (in my program it was power point slides) were made available prior to the program and used during the program itself for those who like to prepare ahead of time. Again, hope there's a program that you find useful.



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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.

Making a Difference at 83

by Barb Green



Jong Lee says he's lucky, but a short conversation with the 83-year-old pickleball enthusiast reveals that his success in life has a lot more to do with hard work, staying active, and contributing to his community wherever he goes.

He started life and received his training as a chemical engineer in South Korea, emigrating to Canada as soon as he had raised enough money for the plane fare in 1967. It was a good time to put his skills to use in the country's burgeoning resource sector after completing his graduate study degrees in Chemical Engineering and Petroleum Engineering from the University of Alberta.

He worked for Petro-Canada for 30 years and retired in 2007. After a few years of consulting work, he gradually began taking on more volunteering at Confederation Park 55+ Senior Centre chorus, Calgary Food Bank, Kananaskis Trail maintenance, and many other volunteering and recreational activities. "I like keeping busy and connecting with all sorts of different places," he says.

He started playing pickleball at HHBH about five or six years ago, has made some good friends there and recently got his wife involved too. He helps run a Confederation Park Senior Centre call centre for seniors who need help with their computers (even though he laughingly says he's "in the same boat" himself these days) and adds his voice to two choruses (Harmony First and the Calgary Korean Canadian chorus).

A few years ago, he learned that his former employer, now Suncor, had added retirees in its program encouraging volunteerism. Through Benevity, the program allows retirees to record their volunteer hours and, when verified, receive \$17/hour that they can then distribute to charities and non-profit groups of their choice.

Mr. Lee went to the trouble of having HHBH Community Association added to Suncor's list of eligible non-profits to receive funding through this program, and says he's been "lucky enough to do it two years so far," even though he's a Varsity resident.

It seems like we're the lucky ones to have him on the pickleball court and in our community!



Neighbour Day Art Festival

Saturday, June 15 from 10am - 3pm

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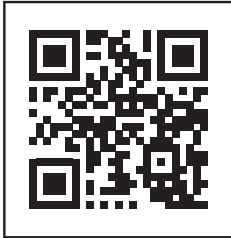
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The Riley Communities Local Area Plan is ready.

Wondering what the Plan's all about?

③ The Riley Communities Local Area Plan sets the vision for the evolution of your community over the next 30 years, including direction on future development and community improvements.

③ A few of the key ideas in the Plan include:

- Increase housing choice and affordability
- Incentivize heritage retention in the Riley communities
- Foster vibrant transit station areas
- Improve pedestrian and cycling pathways
- Enhance local parks and open spaces

Change is gradual, but having a plan in place to guide change – from proposals for new homes and businesses to future investment into community spaces – helps ensure change is aligned to the future vision for the Plan Area.

Visit calgary.ca/Riley to:

- ③ Check out the final draft Riley Communities Local Area Plan.
- ③ Learn how public input informed the Plan.
- ③ Find out about upcoming public information sessions (online and in person).



Healthy Aging: How Do We Do It?

by Barb Green

The first “Boomers” will turn 80 within the next year, and the question of how to age well has never been more relevant.

That’s why Hetty Roessingh dedicated a series of “Let’s Talk” sessions at the HHBH community hall to different aspects of healthy aging.

“Many of us are thinking about how to age well and we know services are already overwhelmed ... what can we do?” she asked, introducing speaker Dr Jayna Holroyd-Leduc, a geriatrician and Academic Lead (Brenda Strafford Centre on Aging at the University of Calgary).

“The fastest-growing segment of the population in Canada is people over 85 years of age ... it’s a mark of the success of Canadian society, but many of these people are living with chronic diseases and illnesses,” she said.

“Things that used to kill people in middle age don’t anymore – that includes heart disease, cancers, and diabetes. And that’s great. But we’re seeing more frailty now too.”

Dr Jayna Holroyd-Leduc described frailty as a state of increased vulnerability to adverse health outcomes relative to others the same age, and reduced ability to cope with minor health stresses.

She was quick to point out that frailty is not synonymous with aging. “Twenty-five per cent of people over 65 are living with some form of frailty – but that means that 75 per cent aren’t!” she said. Even by the age of 85, only about 50 per cent are living with frailty.

In terms of what we can do to stay in the group without frailty, she identified four key factors:

- Smoking – don’t.
- Alcohol – no more than two drinks per week.
- Exercise – at least 150 minutes of moderate activity per week, including cardiovascular, resistance, balance and stretching. “It doesn’t have to be fancy or expensive – walking and swimming provide good cardio, heavy gardening can provide strength and resistance training, and yoga and Tai Chi are great ways to work on flexibility and balance.” She added that staying active seems well correlated with reducing the risk of dementia too.
- Nutrition – eat good, well-balanced meals and avoid highly processed food.

In addition, she highlighted the need to stay on top of our vision and hearing as we age. Hearing loss can be very isolating and is correlated with a higher risk of dementia. Also, while Covid was the third highest cause of death during the pandemic, in non-Covid times flu and colds are the eighth leading cause of death. “Keep up with your vaccines,” the doctor advised.

Finally, stay connected with your community. Recent Blue Zone studies of places with higher life expectancy all indicate that strong connections with others is a big factor in aging well.

Speaking of which ... hope to see you soon at a Let’s Talk session. They’re held the second Tuesday of the month in the boardroom at the community hall, 2:00 pm.



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Window and Balcony Safety

from 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.

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Growing A Community from The Ground Up

by Barb Green

As we are all spending more time these days thinking about what makes HHHB the kind of community we want to live in and how new zoning and local area plans may change it, it's a great time to emphasize that more than land use designation, more than the green spaces, what makes a great community is its people.

And a rock-solid reminder of that fact sits at the southeast corner of 14 Ave and 19 St NW: the marker bearing our community's name, and the garden surrounding it.

Longtime community resident and volunteer Carol Sandahl championed the design and installation of the neighbourhood marker and, true to her well-established pattern of being willing to put some sweat equity into the community improvements she wanted to see, she also spent several years tending and weeding the little garden surrounding the rock, often with a friend and neighbour by her side.



The community and her legacy in it were important enough to Carol, that local friends got together for a visit in Green Park, and then a visit to the neighbourhood rock and garden shortly before she died in 2021.

Since then, longtime community volunteers Brenda Domeij, Sharon Trottier, Bonny Pratt, and Laura Morrison have continued to embellish and beautify the space, sometimes with plants from their own gardens.

"A group of us -- Carol, Bonny, Laura, Sharon, and myself-- worked hard at removing the landscape fabric as the dandelions and weeds had taken a solid hold of the soil," Brenda recalls. "We had to dig up everything and relocate the blue salvia, pink yarrow, catmint, day lilies and some of the grasses."

"The first year we added bigfoot geranium, coral bells, dianthus, autumn joy, creeping jenny, pussytoes, sedum, globe flowers, fleece flower, calendula and some spurge," she continues with a list that is almost an incantation, full of magical plant names, colours, and textures. "We have had to replace, relocate, or trim back plants as time has gone along, as some flourish and others don't.

We are also remediating the soil (from the city free compost) because the soil has a lot of clay."

"Ultimately, we are trying to create a garden of various perennials with different heights that bloom throughout the summer," she concludes.

Sharon Trottier gives Domeij credit for leading the yearly gardening sessions, which have become easier year by year. "The plants in there are more self-reliant, drought-tolerant and hare resilient (sometimes), with the objective of having something of interest in the bed throughout the seasons and complement the rock," she explains.

If you have spare perennials you would like to see planted at the Rock, please give Brenda a call at 403-289-4050. "We'd be happy to pick them up to see if we could place them in the Rock Garden or find them a new home," she says.



Growing a Community

Great to see some neighbourhood volunteers taking independent initiative to do some spring gardening cleanup around our community rock sign last week! Taking pride in our community is the best compliment that we can pay it! Thank you so much!



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How Much Is Too Much?

As we conclude another tax season, many Canadians are asking where all their tax money is going. Canadians work hard to pay their taxes and they rightfully expect it to be spent wisely.

The reality is the current government has been spending money at a much higher rate than it collects taxes to pay for it and so our debt keeps increasing. Our national debt has more than doubled since 2015 and now sits at a whopping \$2.2 trillion (\$2,200,000,000,000).

The problem with a debt so large is that it requires us to pay more in 'debt servicing' charges. In 2023/24, we paid \$46.5 billion which is 36% higher than the year before.

In fact, we will spend more to carry this massive debt each year than we do on healthcare. We spend \$16 billion more on carrying this debt than we do on childcare benefits. Imagine what we could afford if we were not spending that money each year just to carry debt.

Most concerning is the fact that interest payments are up 36%, but revenues are up by just 3%. Canada cannot afford to keep paying out more than it collects – something has to give.

Recent Nanos polling shows 63% of Canadians want the government to lower its expenses. Interestingly, 38% of respondents want the money that would be saved to go toward repaying government debt, while 25% want tax cuts. Only 9% want higher spending and most of this group want higher taxes to pay for it. Only 2% want increased spending through more borrowing.

Canada cannot afford more debt. Nothing will put our precious social programs more at risk than to have them based on a weak fiscal foundation. If Canadians want to ensure our social programs and benefits programs are there when we need them, we need to get our spending under control.





News from the Friends of Nose Hill

by Anne Burke

A breeding bird monitoring survey in Nose Hill Park recorded a total of 70 species. Of 44 species tested, 22 were nesting and 22 were only visitors. Another 26 were random observations (not part of the survey). Birds flying over and not using the habitat were excluded from analysis. To assess how populations have changed over time, when a previous study was compared, a few species occurred in one year but not in both. However, the overall decline was in nesting grassland birds. The recent test recorded all birds observed during the breeding season (early June to early July) for ten minutes between sunrise and 10:00 am. A total of 23 circular plots surveyed on eight occasions were recorded with GPS technology and mapped. The habitats described and photographed were mostly tall or low shrub and woodland. The result was the disappearance of four (and decline of three) nesting grassland bird species. Here are some of the causes: human disturbance, loss of native grassland by non-native plants, lack of grazing, climate change, bird species outside Calgary, and off-leash dogs on the escarpment (slopes), especially during the breeding season. For effective conservation and management strategies, City Parks must continue to monitor breeding birds. World Migratory Bird Day was created in 1993 and celebrates a migratory bird's spectacular migration; it is dedicated to raising awareness about the need to conserve migratory birds and their habitat. Aligning with the cyclic nature of bird migration in different hemispheres, it is officially celebrated on the second Saturday of May in Canada and the U.S, so on Saturday, 11 May in 2024. The official theme will focus on the topic of insects and their importance for migratory birds. For more information and resources, visit www.birdday.ca.

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ADAIR TREE CARE LTD. PROFESSIONAL ARBORISTS: Calgary's trusted arborists since 1997. Expert tree pruning, removal, stump grinding, pest and disease management, fertilization, and planting. We love your trees! 403-686-6030, www.adairtreecare.com.

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.

BUSINESS CLASSIFIEDS


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.

ARBOUR BIRTH CENTER: Is expanding the roster of casual cleaners to work as needed after births; no guaranteed hours. Training is provided at \$17 per hour. Once working independently, pay is \$60 per suite for cleaning, starting laundry, and restocking. English language at a level to read and understand instructions. Contact arbourinfo@shaw.ca.

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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

TERRAVIEW LAWN CARE & LAWN PAINTING: Lawn painting; enjoy a nice green lawn while saving water! Drought friendly! Spring cleanups, power raking, aerating, slit-seeding, etc. Weekly and bi-weekly mowing and yard maintenance services. Reasonable rates. Ron | 403-669-4671 or Craig | 403-819-7905. View us on Facebook at www.Facebook.com/TerraViewLawnCare.



the Gutter Doctor 403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

MAY THE FOURTH BE WITH YOU

The original Star Wars trilogy could have ended very differently if George Lucas had gone with his first idea. Luke Skywalker almost took a dark detour following in his father, Darth Vader's footsteps. Ultimately, the team decided against this and good prevailed over the dark side.

Word of the Month

Salubrious: adjective (sa-lu-bri-ous)

Something which encourages or is beneficial to a person's well-being or health.

The couple had a salubrious session with their therapist.

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