

SEPTEMBER 2020

DELIVERED MONTHLY TO 1,800 HOUSEHOLDS

# your **HOUNSFIELD** HEIGHTS **BRIAR** HILL BEACON

A QUIET CENTRAL RESIDENTIAL COMMUNITY WITH FRIENDLY NEIGHBOURS CONNECTED THROUGH ACTIVE PUBLIC SPACES



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THE OFFICIAL HOUNSFIELD HEIGHTS-BRIAR HILL COMMUNITY NEWSLETTER | [www.hh-bh.ca](http://www.hh-bh.ca)

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## Art Classes for Seniors Get Creative

This is a free art program for Community Members of the Hounsfield Heights-Briar Hill Community Association.

The class is taught by Patricia Leahy, and will take you through the basics of pencil drawing, color pencil drawing, water colors and acrylic painting.

Materials provided.

Beginning October 2020

Monday afternoons 2:00pm – 3:30pm

Maximum of 6 people for the classes.

Don't miss out – book your spot now.

Hounsfield Heights-Briar Hill Community Association

1928 – 14<sup>th</sup> Avenue NW, Calgary

403-282-6634 to reserve your space

## Reap the Benefits of a Healthy Mind and Body

**Great exercise and a fun way  
to stay fit**

**Beginning in October  
Mondays 1:00 pm – 1:45 pm**

- ❖ **Core Strengthening**
- ❖ **Pilates**
- ❖ **Yoga**
- ❖ **Sit & Be Fit**
- ❖ **Dance**

**Free Program for Community Members of  
Hounsfield Heights-Briar Hill  
1928 – 14<sup>th</sup> Avenue NW**

**Register Now  
403-282-6634**



## COMMUNITY PROGRAMS

### Open Community Gym

**Closed until further notice.**

Hounsfield Heights – Briar Hill Community Association is happy to offer free open gym time to our community on Friday evenings when we have no rentals.

Please follow the link below or call 403-282-6634 to confirm dates & times for this month!

<http://www.hh-bh.ca/community-open-gym-free/>

### HHBH Badminton Program 2019-2020

**Closed until further notice.**

Hounsfield Heights Briar Hill Community Association is excited about our new partnership with Badminton Alberta to provide badminton programs in our community. <http://www.hh-bh.ca/badminton/>

### Drop-in Programs

**Closed until further notice.**

Badminton - Tuesday to Friday

9:00 am to 12:00 pm

(3 courts)

Pickleball - Tuesday to Friday - 1:00 pm to 3:30 pm

(3 courts) <http://www.hh-bh.ca/drop-in-gym/>

**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 and the Hounsfield Heights-Briar Hill 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 Hounsfield Heights-Briar Hill Community and/or Residents' Association does 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.*



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## PRESIDENT'S MESSAGE

What is the right term for HH-BH community residents? Calgary - Calgarians, Edmonton - Edmontonians, Vancouver - Vancouverites, HH-BH ... I say, 'Champions', 'Defenders', 'Winners'. Well, this is the way I felt after listening and being a part of a strong contingent of residents at Calgary City Council presenting their views on a land use re-designation that would have allowed three residential buildings to be built on two lots where there used to be only one house. I'm sure the City Planner and developer did not expect Council to reject this re-designation as there was strong support from the Mayor and our Ward Councillor.

Onto even hotter times - July ended very warm and August is starting even hotter and not only due to the weather. After a warm farewell reception for Dennis Tinkler, our former General Manager, we had an even warmer reception for our new Executive Director, Val Noonan. Please join me in extending the community welcome to a great candidate in our selection process.

Just as hot, the Community Centre has been repainted and the gymnasium floors refinished to start the 2020-2021 season. This will be just in time for the start of our programs in September, a fall community get together in November, followed by our Annual General Meeting in mid-November. Dust off your shoes and learn how you can join in these community events and become a member of the HH-BH Community Association Board.

Finally, a great big thank you to our Board and staff who have worked hard through the summer to prepare HH-BH for a great fall season. Oh, yeah...NHL Playoffs are back...support local and buy your liquid refreshments, takeout meals and snacks, and other treats from the neighbouring business community.



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pets  
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# SENIOR HH-BH NEWS

by Patricia Leahy

COVID-19 is often more severe in people over 60 or with health conditions like lung or heart disease, diabetes, or conditions that affect their immune system.

## High-Risk Activities

COVID-19 can be transmitted by touching objects or surfaces the virus has landed on, then touching your eyes, nose, or mouth.

Activities that carry this risk are not recommended, even with physical distancing in place, including:

- sharing food, drinks, or utensils
- sharing equipment
- close-range conversations
- direct physical contact or touch with people outside of your household

Given the above, once you personally feel safe given the risk of COVID-19 and feel comfortable practicing the directives for the minimization of risk of infection that are current and continuously updated by the Alberta



government, join us. We will be hosting free Art and General Exercise classes for seniors on Mondays, starting September 7, as follows:

**Exercise** – 1:00 pm. A combination of senior-friendly exercises, which will include alignment, yoga, dance, and seated movement.

**Art** – 2:00 pm. Drawing and painting techniques will be explored; supplies are provided.

## 5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

### Nearby Community Newsletter Magazines:

**To Advertise Call 403 720 0762**  
**Email [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)**

## GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

# MEMBERSHIPS

Your annual membership is good through July 31, 2020 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 2020-21

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 2020*

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.*



# Hounsfield Heights – Briar Hill Community Association BOARD OF DIRECTORS

COMMITTEE POSITION	NAME	EMAIL	PHONE
President	Wong, Terry	president@hh-bh.ca	
Past President	Allan, Jeff	past.president@hh-bh.ca	
1st Vice President & Programs	Sandahl, Carol	vp@hh-bh.ca	
2nd Vice President & Facilities Director	Sammet, Gunter	2nd.vp@hh-bh.ca	
Treasurer	Winkler, Kathryn	treasurer@hh-bh.ca	
Secretary	VACANT	secretary@hh-bh.ca	
Land Use Director	Marsh, Jeff (Interim)	land.use@hh-bh.ca	
Education Director	Leahy, Patricia	education@hh-bh.ca	
Sears Plume Director	VACANT	sears.plume@hh-bh.ca	
Communications Director	Berg, Laura-Marie	communications@hh-bh.ca	
Community Safety Director	LeGrandeur, Michelle	community.safety@hh-bh.ca	
Community Safety Director	Scratch, Jason	community.safety@hh-bh.ca	
Events Planning Director	VACANT	events@hh-bh.ca	
IT Director	Kin Wong	it@hh-bh.ca	
Strategic Planning Director	Jeff Marsh	strategic.planning@hh-bh.ca	
General Manager	Dennis Tinkler	general.manager@hh-bh.ca	403-282-6634

## PROGRAM COORDINATORS

Indoor Soccer	Darcy Cumming	indoor.soccer@hh-bh.ca	
Outdoor Soccer	Jen Clee	outdoor.soccer@hh-bh.ca	
Youth Badminton	Theresa Cowan	badminton@hh-bh.ca	

## COMMUNITY RESOURCES

Louise Riley Library	Allison Thomson	allison.thomson@calgarypubliclibrary.com	403-221-2047
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Board listing will be updated in January Beacon to reflect directors elected in November's AGM.

## CONTACT

**Mailing Address:** Box 65086, RPO North Hill Calgary, AB T2N 4T6

Board Room / Gym - 1922 – 14 Avenue N.W.

**Parking:** west of the Louise Riley Library, accessed via the library drive-way. 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

The HH-BH Gym and Boardroom schedule can be viewed at [www.hh-bh.ca](http://www.hh-bh.ca).

For the latest news, programs and events, please visit our Official HH-BH Community Association website at [www.hh-bh.ca](http://www.hh-bh.ca).



Like our Facebook Page - [www.facebook.com/hhbhca](https://www.facebook.com/hhbhca)



Follow us on Twitter @hhbhca

Have an idea for a great community program or event? Send your ideas to [vp@hh-bh.ca](mailto:vp@hh-bh.ca).



With the days of summer in full swing, our thoughts are on the typical things we do during this season, such as picnicking in a park, walking to a favorite ice cream shop or just enjoying a refreshment on the porch on a warm summer evening. I can't help but wonder how many of us stop to reflect on why we are able to enjoy these moments. Perhaps one of the reasons is because we live in a neighbourhood where we "feel" safe.

Though being safe and "feeling" safe are intertwined, they are different yet equal in importance. The questions I'm asking you to consider are, "what makes you feel safe in your community?" and "do you feel safe because you know your neighbors or because you have motion detector lights on your property?" Research has identified that being part of a community can have a positive effect on one's mental health and emotional well-being, along with having a sense of belonging and social connectedness. When an individual "feels safe" in a neighbourhood, there is greater social interaction and an increase in neighbourhood trust.

Here are some suggestions to "feel safe" in our homes because when we feel safe in our home, we are more likely to participate and engage more within our community, which is a benefit to everyone. We feel safe when our senses, especially our hearing and sight senses are satisfied. Some suggestions to satisfy those hearing and sight senses to feel safe are:

1. Brighten up your surroundings in your outdoor and indoor spaces. Having energy-efficient lights on in lesser used parts of the home or a nightlight.
2. Shut out the night. Before it becomes totally dark, close the blinds or curtains on your windows. Even though you can't see outside, others can see inside.
3. Avoid the dark, overgrown corners of your yard at night. If possible, try to keep especially large trees or scrubs maintained so areas with limited visibility are reduced.
4. Fix any creaks or groans that occur when Mother Nature's wind decides to blow.
5. Play music or turn on the T.V. at night to keep the hearing sense calm.
6. Know your neighbours and exchange information such as contact, vacation plans or even shift work schedules. Unwanted events don't only happen in the dark or at night.

7. If possible, have some sort of security system. There are many simple methods that can be used such as putting security bars on basement windows or even having a noisy "furry friend" within the home.

In addition, please give some thought to "What doesn't make you feel safe?" Perhaps it is a group of youths hanging around an area not intended for that purpose. Or maybe it's observing an individual who looks to be sleeping on the ground in the park by the C-Train station. The reason I ask you to consider what makes you feel unsafe is because until our community can identify and define what makes residents "feel unsafe", the necessary approaches and actions to resolve these issues can't be explored. Appreciating as well though, even once we do successfully determine what makes our residents feel uncomfortable, it's only the beginning. These issues didn't occur overnight, nor will they be solved overnight. Ideas and recommendations will be tried with the realistic understanding that some solutions will bring success, and some will not. It's up to us, as a community, to decide how important "feeling safe" in our community really is. I appreciate you giving my questions some thought and helping set the direction for meeting the community's safety needs.

## BRAIN GAMES SUDOKU

		5			8			
			4			7		2
1	7			3	6			4
8			1		4		5	
		7				4		
	3		9		5			8
7			5	8			3	1
9		3			1			
			3			8		

FIND SOLUTION ON PAGE 8

## Staying Open is in Your Hands

As we head into fall and prepare to go back to school and work, staying open is in your hands. In a recent survey, 99% of Calgarians say that they know what to do to stop the spread of COVID-19; now it's time to put that knowledge to the test.

### These steps are our best defence against COVID-19:

- When you go out, spread out. Keep 2 metres of distance between yourself and others.
- If you cannot consistently maintain a safe physical distance of 2 metres from others, wear a face covering. Face coverings are meant to control what comes out of the wearer's mouth and nose and are worn to protect people around them - not to provide protection for the wearer.
- Continue to wash your hands, especially before you go outside, and again when you return home. Good hand hygiene will help to limit the spread of COVID-19.
- If you are feeling unwell, stay home to protect others and limit the spread.

For more information, visit [alberta.ca/covid19](http://alberta.ca/covid19) or [calgary.ca/covid19](http://calgary.ca/covid19).

## BRAIN GAMES SUDOKU

4	2	5	7	1	8	6	9	3
3	6	8	4	5	9	7	1	2
1	7	9	2	3	6	5	8	4
8	9	2	1	6	4	3	5	7
5	1	7	8	2	3	4	6	9
6	3	4	9	7	5	1	2	8
7	4	6	5	8	2	9	3	1
9	8	3	6	4	1	2	7	5
2	5	1	3	9	7	8	4	6



## Pet Anxiety Prevention

*Dr. Christian Jones*

Several people have asked about what they can do to minimize stress for their pets as people return to a somewhat normal routine and start spending less time at the house. I will start by saying many pets will not have any issues with this switch, while others will have a harder time. The first thing to do is start getting your pets used to times when you are not home. If possible, leave them at home for a shorter period of a time to start, 15 to 30 minutes, and after a while, increase to several hours. This way, when you do need to start working outside of the house again, it will not be as much of a change for them. For most animals, it is the first half hour of being alone that is critical, so something to keep your fuzzy friends occupied during departure is great. One possible strategy is introducing activities that can encourage them to have fun when home alone, such as you hiding a toy like a Kong stuffed with food. Make sure things are only hidden on the ground level so you are not teaching your pets to jump on furniture or look for food on counters. For people with two or more pets, make sure that the access to food while you are gone does not create a situation of possessiveness or resource guarding, which could result in a fight. Also, some dogs may not be safe to leave home along with a chew toy if they are voracious chewers. If separation anxiety does start to develop, talking to your vet may be helpful to come up with strategies of either training, medical treatment, or a combination of both.



## Back-to-School Safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as roadways become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play—road safety is a shared responsibility.

### Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles—other than those that are parked—in school zones or playground zones, during posted hours.

### Around school buses

- Flashing amber lights mean a bus is slowing down to stop—motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights—unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**LOCAL MORTGAGE BROKER:** Your mortgage may be costing you thousands more than you need to pay! As a local mortgage professional, I have helped your neighbours navigate their purchase, refinance, and renewal options. Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Verico Avenue Financial Real Estate Solutions.

**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](http://www.communitymediation.ca), 403-269-2707.

**LANDSCAPING & WEEKLY YARD CARE:** Snow removal starting at \$120 per month. Garden bed design, mulch, rock, and sod installation. Stone patios, walkways, raised beds and rock walls. Affordable fence and deck construction. Window or gutter cleaning starting at \$89. A+ Member of BBB, Licensed, insured. Seniors' discount. Call or e-mail 403-265-4769. [YardBustersLandscaping.com](http://YardBustersLandscaping.com).

**AVON:** Community representative. Avon highlights special prices in a beautiful new brochure every 2 weeks. Skin care, make-up, body-care, fragrance, clothing, shoes, jewellery, and much more! For a FREE brochure, please contact Donna at [devangelista@shaw.ca](mailto:devangelista@shaw.ca), call 403-605-7305, or shop the collection from my e-store: [www.avon.ca/boutique/donnaevangelista](http://www.avon.ca/boutique/donnaevangelista).

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### Safely Dispose of Household Hazardous Waste

Household hazardous items such as propane tanks, oil and chemicals don't belong in your carts. If a container has a hazardous symbol, bring it to a household hazardous drop-off location, even empty containers. Other hazardous items include bear spray canisters, paint and paint cans, automotive batteries, nail polish and remover, and gas or oil.

- Store items in a safe place out of reach of children and pets until you can dispose of them
- Place leftover chemicals in a clearly labeled, sealed container – use the original container if possible
- Take these items to a City landfill or designated fire station for safe disposal
- Reduce your hazardous waste by choosing greener alternatives, like shaving soap instead of aerosol shaving cream

For details and locations, visit [www.calgary.ca/hhw](http://www.calgary.ca/hhw).



**2020/21 Registration Open Now**  
 Visit [hhbhcaplayschool.com](http://hhbhcaplayschool.com)  
 to learn more and to register online



## News from the Friends of Nose Hill

by Anne Burke

In July, the Glenbow Museum asked Albertans to submit letters, photos, and drawings or illustrations. "Dear Glenbow" was a project intended to record personal testimonies as a way for us (and future generations) to understand this unprecedented period. "During the worldwide pandemic, what are the things you have experienced over the past few months? What is important to you right now? What are your hopes for the future? Your letter can be as long or as short as you need it to be." If you sent a submission as part of this project, it will be incorporated into the Glenbow's permanent collection.

When we put out a call, we asked our supporters to share their thoughts. "Perhaps interested users of Nose Hill could compose a short piece about their experiences when using the Park. What did you observe during the 'lockdown/stay home' period, in the latter part of March through late May? Do you have stories about nature, wildlife, people enjoying their time on the Hill? How can you transform that into a perspective from the Hill?"

A natural area is a park or portion of a park where the primary role is the protection of an undisturbed or relatively undisturbed area of land with a natural or native plant community. The Natural Areas Management Plan provides guidance. Maintenance methods like mowing and weed control will be different for natural habitat areas than for ornamental parks. As well, people and pets may be restricted to certain parts of natural environment areas in order to protect the plants and animals native to the site. Increasing park usage where it is unsustainable is prohibited. Where recreational use and the long-term survival of significant habitats conflict, protection of the resource will take precedence.

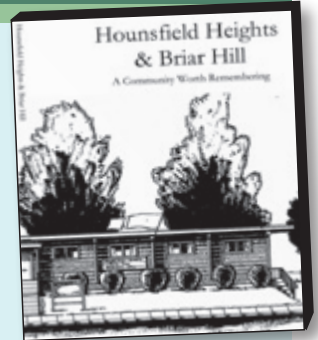
# RE-OPENING?

# let us help you GET THE WORD OUT.

**GREAT NEWS MEDIA**  
LEADERS IN COMMUNITY FOCUSED MARKETING

## Hounsfield Heights- Briar Hill History Book

A beautiful book about our neighborhood is available for purchase for \$40.00 from the admin office at the gym. Please contact [admin@hh-bh.ca](mailto: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.



BAG-HALF-FULL

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Email: [baghalffullyyc@gmail.com](mailto:baghalffullyyc@gmail.com)



☎ 403.850.2560

Stay safe and be well.



620 16A Street NW

List Price: \$1,379,900

Mutual excitement shared with clients. Thank you for trusting me with my marketing that resulted in a sale prior to listing on MLS. Congratulations!



1916 10 Avenue NW

List Price: \$2,490,000 - C4300144

Easily entertain & enjoy the indoors and outdoors without feeling limited.



1415 21A Street NW

List Price: \$800,000

Congratulations to my buyer. Welcome to the neighbourhood.



143 Rocky Vista Terrace NW

List Price: \$399,900

A "Common" connection. Congratulations on the purchase of your new home.

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