

NOVEMBER 2020

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

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THE OFFICIAL HOUNSFIELD HEIGHTS-BRIAR HILL COMMUNITY NEWSLETTER | 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 – 14th 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 – 14th Avenue NW**

**Register Now
403-282-6634**



Save Food in the Spirit of Waste Reduction Week


Preventing or reducing food waste at home is one way you can help achieve Calgary's waste reduction goals. Saving food also saves you money; the average Canadian throws \$1,100 of food away each year.

Try these tips for saving good food from being tossed in the bin:

- Freeze holiday food scraps for soup stock, such as turkey bones, herbs, and celery/carrot tops.
- Apples ripen 6 to 10 times faster at room temperature. Store apples in the low humidity drawer of the fridge in a breathable bag to maintain freshness.
- Designate the top shelf of your fridge for leftovers and pre-cut vegetables and fruit, so nothing gets forgotten at the back of the fridge.

For food scraps you can't save, learn how to sort it right at calgary.ca/greencart.

Find more tips to prevent food waste at lovefoodhatewaste.ca.



**ANNUAL
GENERAL
MEETING**

Wednesday, November 18, 2020
at 7:00 PM.

Hounsfield Heights-Briar Hill
Community Centre Gymnasium

All interested community
members are invited to attend!

COMMUNITY PROGRAMS

Open Community Gym

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

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

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.



**HHBH Community
Association Playschool**

2020/21 Registration Open Now
Visit hhbhcaplayschool.com
to learn more and to register online

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COME CHECK US OUT!

Drop-In Badminton and Pickleball

To ensure the continued health and safety of our community and staff members, beginning October 1, 2020, Hounsfield Heights-Briar Hill will no longer be accepting cash as a form of payment, and we are introducing a contactless payment system for our drop-in programs.

Our prices will remain the same and you can purchase the Adult 10-visit pass for \$50.00, Seniors (55+) 10-visit pass for \$40.00, and Youth 10-visit pass for \$40.00.

Please call the office at 403-282-6634 to arrange pick-up of your pass.

We can also accept credit card and cheque payments in the office Monday to Friday 8:30 am to 4:00 pm.

Thank you for your understanding.

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

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PRESIDENT'S MESSAGE

November is here and we're close to Christmas, but before I start, I hope HH-BH's ghouls, goblins, generous home owners, businesses, grannies, and grandpas enjoyed two full-moons, mid-Autumn festival events, Thanksgiving, and Halloween in this community of green, orange, red, and yellow!

In the past two months, the HH-BH Community Association (CA) Board has worked hard to close the 2019/2020 community calendar year with the audit of the CA financial records. We have also engaged our Community Playschool Committee to get ready for the new school year under constrained COVID-19 operating guidelines, which limits class sizes to 50% enrollment and restricts children to indoor activities. Notwithstanding these constraints, 'we are all in it together' to provide the community a great place for our children, without having to reduce teaching staff, number of classes, or class hours. To work within these limiting constraints, we are drawing on the financial capacity of the playschool and the community association, while cutting expenses. To learn more about the CA and the direction of the playschool, join us at our Annual General Meeting on Wednesday November 18.

Finally, public safety, public space, public service, and public expense weighs heavy on our minds as we make HH-BH a great community. Over the next few months, we will begin moving to the next municipal election and I ask our residents to pay attention to the issues, the future, and be prepared to ask the Mayor and Ward 7 candidates, "What will you do to ensure quality public services are delivered in a taxpayer affordable manner?"

Meaning of the Month

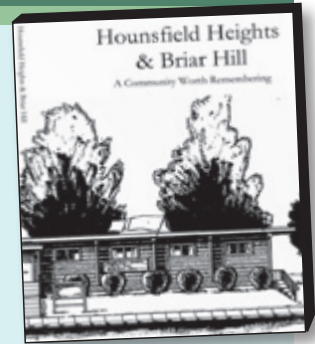


November's name comes from the Latin "novem", meaning "nine". This is because in the Roman calendar, November was the ninth month of the year out of ten. With the addition of January and February at the hands of Julius Caesar, November became the eleventh month of the year, as we know it today.



Hounsfield Heights- Briar Hill History Book

A beautiful book about our neighborhood is available to purchase for \$40.00 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.



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, refinancing, and renewal options.



Contact ANITA for a Quote
403-771-8771 • anita@anitamortgage.ca



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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	Val Noonan	general.manager@hh-bh.ca	403-282-6634
Seniors' Program Director	Patricia Leahy		

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

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.

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

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

Dog Off-Leash Areas in Parks

Calgary is fortunate to have 150 public off-leash areas in our multi-use parks for Calgarians and their dogs to enjoy. Calgary may have the largest number of off-leash areas and combined amount of off-leash space (more than 1,250 hectares) in North America. These off-leash designations make up for approximately 17% of the total Calgary Parks inventory and equates to almost 1,600 Canadian Football League fields. Even so, the City of Calgary is continually working on improving and adding off-leash areas to Calgary.

Off-Leash Area Rules:

- Dogs must be on-leash in all public spaces in Calgary, unless otherwise indicated by a posted sign that the area is an off-leash area. If a listed off-leash area and posted sign differs, the posted sign is considered correct.
- Dogs must be under their owner's control at all times. In off-leash areas, this means dogs must be able to respond to their owner's voice, sound, or visual commands. This will help protect your dog from unforeseen hazards such as cars, unfriendly dogs, or coyotes.
- In on-leash and off-leash areas, dog owners must pick up and properly dispose of their pet's feces. Dog owners are also required to carry a "suitable means" (e.g. plastic bag) for picking up their pet's feces.
- All parking lots are on-leash, including parking lots for designated off-leash areas.
- Dogs are not permitted within five meters of "No Dog Areas" whether a sign is posted or not. No dog areas include play structures, school grounds, wading pool/swimming areas, sports fields, golf courses, or cemeteries.
- All areas within natural environment parks, including asphalt pathways, are on-leash unless designated as an off-leash area with a sign.
- No dogs are allowed in Inglewood Bird Sanctuary and Inglewood Wildlands, or off the pathways in the Weaselhead Natural Environment Park, in order to protect sensitive wildlife habitat.
- Learn more about the Responsible Pet Ownership Bylaw.

Taking Your Dog on Calgary's Pathways

- Dogs on pathways must be on a leash no greater than two meters in length. Please stay to the right of the pathway at all times.



- It is against the Responsible Pet Ownership Bylaw to ride a bike or in-line skate with your dog. This could be unsafe for your pet, yourself, and other pathway users.
- Dogs may not interfere with, or obstruct, other pathway users.
- Dogs considered to be extremely aggressive must be muzzled and harnessed or leashed. The leash should be no greater than one meter in length, and the dog handler should be over 18 years of age.

Wildlife and Your Dog

It is illegal for dogs to harass wildlife encountered in our parks and natural areas - this includes barking at and biting other animals.

Be cautious if a wild animal is sighted and leash your dog immediately. Exit the park if you feel a threat to yourself or your dog. To report the sighting of a wild animal or a problem with wildlife within the Calgary city limits, please contact Alberta Fish & Wildlife at 403-297-6423.

Although coyotes mainly feed on small mammals such as mice, they have on a few occasions attacked and killed pets. If you want to ensure the safety of your dog, keep it on a leash at all times (even in a designated off-leash area). Coyotes are generally no threat to people, but should be treated with respect and never approached or fed. For more information on coyotes, visit our Urban Coyotes page.

Porcupines do not shoot quills; they actually need to touch their targets. Keep your dog away from porcupines as it can be an expensive and painful process for you and your pet to have the quills removed.

Off-Leash Ambassador Program

Calgary Community Standards is currently recruiting volunteers to participate in the Off-Leash Ambassador Program, a pilot project that began in the Egerts and Bowmont Parks off-leash areas. We are now expanding to all quadrants of the city and need ambassadors city-wide. If you are interested in volunteering with this program, please register for the Off-Leash Ambassador Program online..

MEMBERSHIPS

Your annual membership is good through July 31, 2021 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 2021

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.



The Beacon is one of the ways the Safety Committee reaches out to our community to provide relevant and useful information when it comes to safety. The Safety Committee invests time and effort into exploring the different resources and methods practiced with the hope of working towards creating a safer community for our residents.

This month's Beacon submission is about revisiting some of the safety information shared in previous Beacons. It's a chance to take inventory and provide direction as to how residents of the community can stay involved and be part of this vital partnership.

Let's begin.

Did you have a chance to read about:

1. Transit Watch: "See something, Say something"

There are 3 ways to report a concern:

a) Text message (who, what, where and how)

To discreetly report immediate safety concerns, text 74100. Photos can be sent, and the text will be acknowledged and you will be texted back with follow up questions.

b) C-train platforms and Max purple stations have help phones.

Press the help button until it clicks and a green light comes on. Tell the operator what the situation is.

c) Personal Phones

Call 403-262-1000, Option #1 to report a concern.

2. Enmax Power Services Corporation's Residential "Bright Night" Program. The HH/BH community qualifies for this! Specific lightening can be installed in dark areas such as back alleys. The cost is about \$18.00/month and the expense can be shared by several neighbours.

3. How to file a police report and the importance of reporting. Along with how to report graffiti, vandalism, provide a drug tip, and Crime Stoppers information.

4. Using different social media platforms. Such as the Nextdoor app or the Facebook-owned "WhatsApp" app.

5. The Calgary Police Services 9:00 pm checklist. Remove valuable from vehicles, close overhead garage

door, lock all windows, and turn on an exterior light.

6. The Alberta based "Safer Communities and Neighbourhoods" (SCAN) unit. It focuses on illegal activities occurring on properties. It is confidential and empowers residents.

7. Explanation defining Social Disorders and Acquisitive Crimes. This is outlined by Calgary Police Services (CPS).

8. Crime Prevention Through Environmental Design (CEPTED). How to make our property safer by considering the following:

a) Nature surveillance - directed to keep intruders under observation.

b) Natural Access Control - concept directed at decreasing crime opportunities.

c) Territorial Reinforcement - the sense of ownership that the design creates for the space

9. Information on Alpha House. This includes what their role is, how you can contact them, and what to do if you find a needle.

Safety doesn't have to be complicated. It's all the day-to-day little things that make the difference. For example, do you know how to report a burned out or broken streetlight? It's easy. This is how you do it:

1) Select New request in your 311 app.

2) Scroll to the very bottom and under "other", click Report Concern Not Listed.

3) At the very top under add photo is the www.calgary.ca/streetlight. Click here and it has an interactive map that you can use.

Hopefully this recap of what has been published in previous Beacons has been informative and useful.

With regard to news going forward, the Safety Committee members have been invited to participate in a meeting with the newly assembled Task Force, along with an additional meeting with Councillor Druh Farrell's office about the residents of HH/BH safety concerns. I look forward to reporting back on that in the next Beacon newsletter.

Stay healthy and safe.

BUSINESS CLASSIFIEDS

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

HOUNSFIELD HEIGHTS | BRIAR HILL 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 | 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, 403-269-2707.

SNOW REMOVAL, CHRISTMAS LIGHTS & LANDSCAPING: Snow removal starting at \$130. Christmas light installation, window cleaning, or gutter cleaning, \$99. Pressure washing starting at \$99. Conditions apply. BBB member. 4.2 Google star rating. Call 403-265-4769. YardBustersLandscaping.com.

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Did You Crow?

Crows have been known to hold grudges against people! Although humans have a difficult time telling crows apart, crow can easily remember and recognize human faces. This is called The Crow Paradox.



SAFE & SOUND

Yielding to Emergency Vehicles

Time is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road:

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use any available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.

When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving in the lane next to a stopped emergency vehicle, including tow trucks, with their lights activated. If you're not in the lane next to the stopped vehicles, reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.



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