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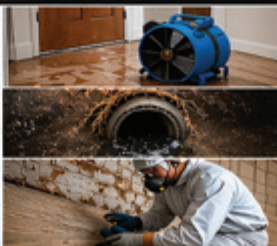
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Together, we can give cats the second chance they deserve.

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HOUNSFIELD HEIGHTS-BRIAR HILL CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Hounsfield Heights – Briar Hill Community Association

BOARD OF DIRECTORS

COMMITTEE POSITION	NAME	CONTACT
President	Marsh, Jeff	president@hh-bh.ca; 403-606-2774
Vice President, Facilities Director, and Education Director	Sammet, Gunter	vp@hh-bh.ca; 403-830-0705
2nd Vice President	Wong, Kin	2nd.vp@hh-bh.ca
Treasurer	Zhu, Sarah	treasurer@hh-bh.ca
Secretary	Winkler, Kathryn	secretary@hh-bh.ca
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Communications Director	Blake, Kaidon	communications@hh-bh.ca
Community Engagement Director	Roessingh, Hetty	community.engagement@hh-bh.ca
Events Planning Director	Vacant	events@hh-bh.ca
Programs Director	Vacant	programs@hh-bh.ca
Strategic Planning Director	Vacant	strategic.planning@hh-bh.ca
Community Safety Director	LeGrandeur, Michelle	community.safety@hh-bh.ca
IT Director	Winkler, Karl	it@hh-bh.ca
Director at Large	Mumford, Val	
Executive Director	Noonan, Val	executive.director@hhbh.ca; 403-282-6634
PROGRAM COORDINATORS		
Indoor Soccer	Willis, Andrew	indoor.soccer@hh-bh.ca
Outdoor Soccer	Camacho, Germàn	calgarycityfc.ca
COMMUNITY RESOURCES		
Louise Riley Library	Johnson, Larissa	larissa.johnson@calgarylibrary.ca

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
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Follow us on X (Twitter)
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Have an idea for a great community program or event? Send your ideas to events@hh-bh.ca.

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.

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**STAMPEDE
BREAKFAST**

PLEASE JOIN US

SATURDAY, JULY 11, 2026

9:00 AM - NOON

Green Park
1404 - 21 Street NW

Sidewalks Are for Walking— Even in Summer

by *The City of Calgary*



Summer school programs, camps, and recreation activities keep school areas active even when classes are out. During these times, sidewalks play an important role in keeping children and families safe.

Parking on sidewalks forces pedestrians—including children, seniors, and people using mobility aids—into the roadway. This increases the risk of collisions and close calls, especially when visibility is limited.

Parking rules around sidewalks help ensure everyone can move safely and predictably. Choosing legal parking options and leaving pedestrian spaces clear supports safer travel for all road users.

Keeping sidewalks clear is a simple way to support safe, welcoming communities during the summer months. Learn more at calgaryparking.com/safeschools.



News from the Friends of Nose Hill

by *Anne Burke*

The 1992 Master Plan Review recommended a Natural Area Management Plan for Nose Hill after a land use study. The job was to document compatible recreational opportunities because of native grasslands with some deciduous shrubs and trees. The Nose Hill Park Trail and Pathway Improvement Plan relied on the earlier research and did further consultation, before concluding that activities in the multi-use zone (top of the Hill) should be separated from all Park native vegetation. Over 86% was Western wheatgrass, Rough fescue - Parry oatgrass, Smooth brome, and Rough fescue-Golden bean. There was strong support to extend the multi-use zone towards the Edgemont entrance but increase habitat protection along the south side of Porcupine Valley. The earlier study assessed the sensitivity of vegetation from recreational trampling (foot traffic). Rough fescue-Golden bean has the greatest distribution in the Park and contributes almost 75% of the moderate to high at-risk areas. Most of the grassland is along the sloped areas of the Park's escarpment. Rough fescue grasslands are significant since they are in great abundance on Nose Hill (up to 35%) but have been lost in much of western Canada. Native Rough fescue grassland along the escarpment is prone to erosion due to more trails and off-trail uses, so having rules will help minimize impact and disturbance to reduce the invasion of non-native species (weeds). Due to its rarity, Nose Hill Park's Rough fescue is a nationally significant ecosite and preservation of the grassland is a great management concern. It is also important to consider that while the native grasslands have higher sensitivity to trampling, heavy recreational use and other disturbances also support the invasion of non-native species (weeds), for which natural recovery times could take several decades.

MEMBERSHIPS

Your annual membership is good through July 31, 2026 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 2025-26

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 | |

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Valid through July 31 2026

Annual membership (including GST) is :

\$20 per household

\$10 for seniors

Paid by: cash cheque

**Send cheques payable to Hounsfield Heights-Briar Hill Community Association
Box 65086 RPO North Hill, Calgary AB T2N 4T6**

Privacy Consent: By providing the personal information on this form you are consenting to HH-BH Community Association's collection and use of that information for the purposes of providing you a membership in the community association. This information will be stored in a database of community members for the sole use of the Association. The Association will not sell, barter or lease membership lists or information. We may retain this information until nine months after expiry date of the membership.

Photo Gallery

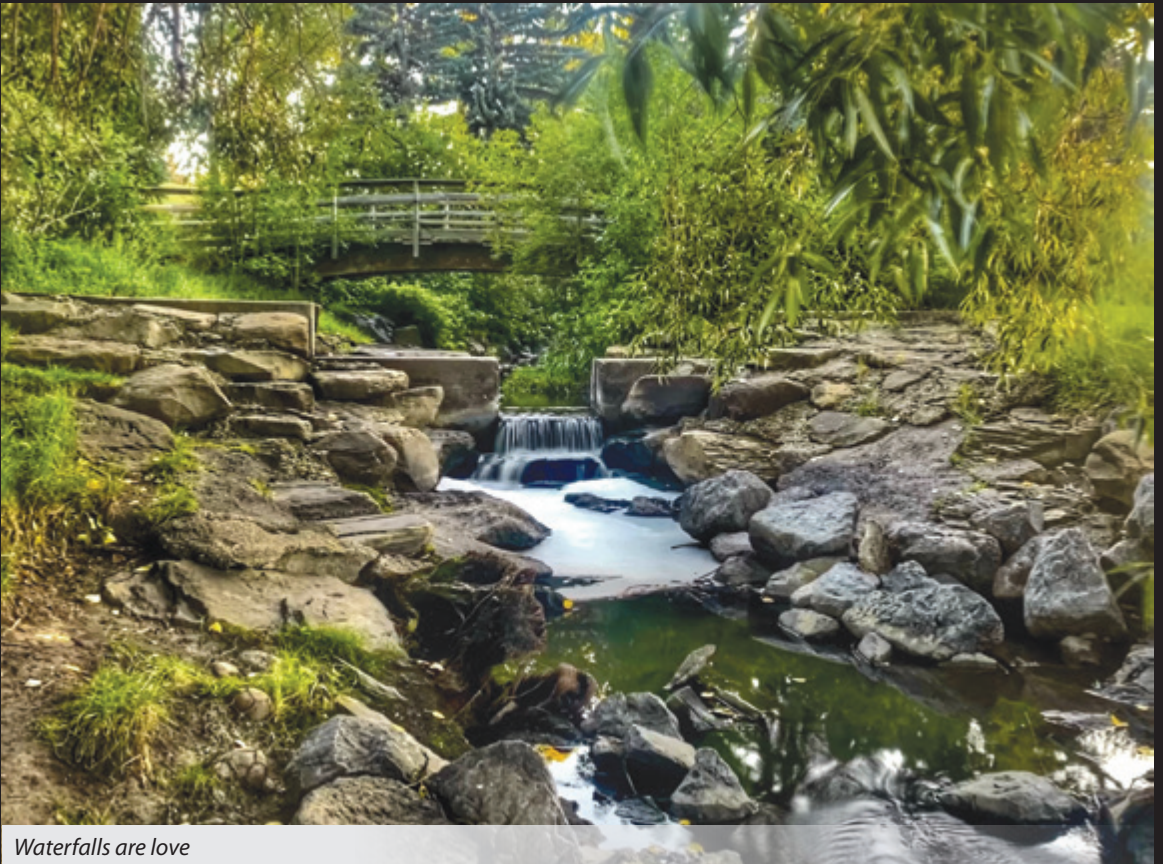
Images by Syed Adeel Hussain



Green Ravine



Secret Boardwalk



Waterfalls are love

July 30 is National Cheesecake Day!



Try baking one of your own to celebrate!

Ingredients

- 2 cups of graham crumbs
- 1/2 cup of butter or margarine, melted
- 1/4 cup of white granulated sugar
- 2 tsp of nutmeg (optional, make it whatever flavour you would like)
- 2 blocks of cream cheese (6oz)
- 1/2 cup sour cream
- 3/4 cups of white granulated sugar
- 2 eggs
- 1 tbsp vanilla extract, or vanilla bean paste

Instructions

1. Preheat oven to 325° F. The lower temperature will help the centre cook without burning the exterior.
2. In your 9' spring pan or baking dish, pour in your graham crumb, 1/4 cup of sugar and melted butter. Using your hands gently combine everything until it becomes equally incorporated. It should feel like wet sand. If mix seems too dry you can add a little more butter to help it stick.
3. Spread the mixture evenly across the base of the pan and firmly press down into an even layer. Feel free to use a heavy glass or another pan to help pack it down.
4. Set aside while preparing the filling.
5. In a large bowl add your cream cheese blocks, sour cream, nutmeg, and sugar.
6. Beat the two ingredients together either with a hand mixer on speed 2, or by hand if you prefer. We are looking for the mixture to be smooth and fluffy.
7. Add the eggs and vanilla and continue mixing. At the end you should have a smooth, thick batter that coats the blades of your mixer.
8. You've made it! This is the easy part. Simply pour your batter overtop of the prepared base, smooth out the top to make it as even as possible, and place it in the oven. Let it bake for 45 minutes to an hour. If you're feeling fancy, you can spray some water into the oven around the halfway point. This steams the oven and can give the cheesecake a more even tone. You know it is done when you gently shake the pan and there is little to no movement in the centre
9. Remove from the oven, rest at room temperature until completely cooled, and enjoy your delicious cheesecake.

July's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you were given a travel pass, but could only visit fictional places (think myths, fairytales, movies, or books), where would you go, and how would you pass the time?

Dear reader,

When I considered this delightful question, one place instantly captured my imagination: Hobbiton from *Lord of the Rings*. The thought of stepping into that beautiful, safe, cozy world evokes a powerful sense of nostalgia and longing for a pastoral life. Since watching that movie decades ago, I have thought about how idyllic life would be in Hobbiton. The soft, rolling hills, lush green grass, and livestock in the paddocks create such a romantic setting.

Hobbiton represents an escape from the chaos and harsh realities of the world. Life in Hobbiton is quiet and simple, offering a refreshing break from our busy modern life.

In this charming world, I would spend my days in the paddocks, tending to my flock of sheep. Every seed I plant would thrive and grow enormous, plump, and absolutely delicious fruit and vegetables. I would also enjoy gathering wildflowers and decorating my home with them, brightening up the enclosed hobbit home with colour and life. In this fantasy, they wouldn't make me sneeze, and I wouldn't be allergic to them!

A life in Hobbiton would force me to be present and grateful for the beauty of everyday life, which is something I could use more of. However, knowing my restless nature, I may eventually grow bored with the monotony and seek out some excitement. Good thing wizards come to visit, and Middle Earth is close by.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



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It was a pleasure working with past clients. Welcome back to Calgary.

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