

AUGUST 2025

DELIVERED MONTHLY TO 1,850 HOUSEHOLDS

your HOUNSFIELD HEIGHTS BRIAR HILL BEACON

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



TO STAY UP TO DATE ON COMMUNITY HAPPENINGS, PLEASE LIKE US AT WWW.FACEBOOK.COM/HHBHCA AND FOLLOW US ON X (TWITTER) @HHBHCA



Beth MacInnis, Realtor®
Real Broker

beth@bethmacinnis.com
403-613-0675
www.bethmacinnis.com



real LUXURY

THE OFFICIAL HOUNSFIELD HEIGHTS-BRIAR HILL COMMUNITY NEWSLETTER | www.hh-bh.ca

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca

bethany
creating caring communities®



Bethany Calgary Redevelopment News

Get project updates at
developmentbethany.com

OFFICIAL
PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

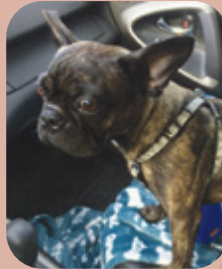
Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

Cats, Canines, & Critters of Calgary



Bugsy, Dalhousie



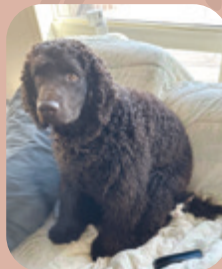
Ella, Mount Royal



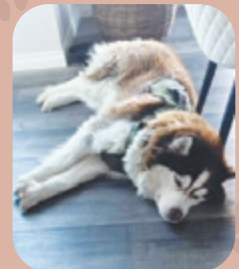
Mac, Evanston



Mango, Evanston



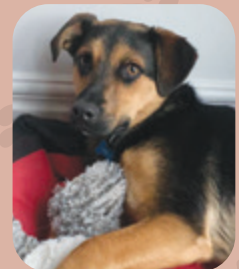
Mick and Turd,
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

To have your pet featured, email news@mycalgary.com

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 | |

Membership # _____

Valid through July 31 2026

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	Marsh, Jeff	president@hh-bh.ca	403-606-2774
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	Scott, Stephen	secretary@hh-bh.ca	
Land Use Director	Atkinson, Elizabeth	land.use@hh-bh.ca	
Communications	Molnar, Deb	communications@hh-bh.ca	
Playschool Education Director	Lindsay, Rhylea	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
Community Engagement Director	Roessingh, Hetty	community.engagement@hh-bh.ca	

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
www.facebook.com/hhbhca



Follow us on X (Twitter)
[@hhbhca](https://twitter.com/hhbhca)

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.



News from the Friends of Nose Hill

by Anne Burke

Long ago, what we know as Alberta was underwater, covered by the ocean and surrounded by tropical forests. As many as 20 major glacial advances and retreats reshaped the landscape, including the continuous plateau of Nose Hill and Lake Calgary. Nose Hill provides spectacular views of the Bow River Valley and the uplands across the valley. Their geological history began in the floodplain of the Bow River which flowed at the top level of the present Hill where the river deposited gravel, sand, and mud. These are relatively thin on the steeper slopes. Nose Hill is bounded by the overflow spillway system, now Beddington and Nose Creek. Big Hill Springs Coulee is what remains.

Erratics are stones, boulders, or big blocks picked up and moved from one place to another during the last ice age. There are many in Nose Hill Park traced to a landslide from Mount Edith Cavell in Jasper National Park; they are part of a series across the Foothills region of Alberta. The Foothills Erratics Train runs from near Hinton, Alberta, to the Montana border. Some large boulders, such as the Nose Hill Buffalo Rubbing Stone, were used centuries ago. You can hike up to the Nose Hill 64 Avenue Glacial Erratic from the parking lot off 14 Street NW. At the top of Nose Hill Park there are several scattered glacial erratics of different sizes grouped close together. The Nose Hill Brisebois Glacial Erratic is between the south Nose Hill Parking Lot at Brisebois Drive and John Laurie Blvd. The Nose Hill Tower Glacial Erratic is on the top of the hill near transmission poles and a small building. Access is by an uphill hike from the North Hill SE Parking Lot along an old access road.

Curried Shrimp and Mixed Greens Salad

by Jennifer Puri



Food from the sea; shrimp have been a popular food source for a very long time. Shrimp are usually smaller than prawns but are similar in taste and texture.

Quick and easy to cook, shrimp can be found in just about every cuisine and are a popular ingredient in appetizers, salads, soups, pastas, and curries.

Shrimp are also recognized for their nutritional value and are a good source of protein, zinc, iron, vitamin B12, Omega 3, and selenium. They are low in calories, fat, and carbohydrates, and are a healthy food source that can fit well into a balanced diet.

Shrimp are lean and high in protein and can be poached, broiled, sautéed, or grilled. A flavourful curry dressing with shrimp like the one in the curried shrimp and mixed greens salad, also makes a delightful appetizer.

Prep Time: 15 minutes

Cook Time: 0

Servings: 4

Ingredients:

- 1 lb. cooked shrimp (peeled and tails removed)
- ½ cup mayonnaise
- ½ tsp. curry powder
- ½ cup Greek yogurt

- 1 green onion, finely sliced
- 1 celery rib, finely chopped
- ¼ tsp. coarsely ground black pepper
- 2 tbsp. chopped coriander leaves
- 150 gm mixed greens

Direction:

- In a small bowl, blend the mayonnaise, curry powder, Greek yoghurt, celery, green onion, and black pepper.
- Next, add the cooked shrimp and coriander leaves and gently mix together. Cover and place in the refrigerator for at least an hour before serving.
- To serve, divide the mixed greens between four salad bowls. Place the shrimp salad on top and garnish with fresh strawberries, melon, or papaya slices if desired.
- Curried shrimp salad can be served with crackers, on a bun, or wrapped in lettuce leaves.

Bon Appétit!



REASONABLY PRICED OPTION FOR OUR COMMUNITY

Explore Our Playground Spaces Available!

Ongoing Registration

Come check out our program and our LARGE outdoor play space

Cultivate creativity and critical thinking for children ages 3-5 through our play-based learning approach

hbbhplayschool@gmail.com www.hbbhcaplayschool.com

HOUNSFIELD HEIGHTS-BRIAR HILL

FREE
EVENT

RESCHEDULED

NEIGHBOUR DAY
SUMMER SOLSTICE
BLOCK PARTY

@ GREEN PARK 1404-21 AVE NW

- > LIVE MUSIC
- > FITSET NINJA
- OBSTACLE COURSE
- > ARTISANS & MAKERS
- > FACE PAINTING
- > DUNK TANK

SATURDAY,
AUGUST 23
@ 2PM TO 6PM

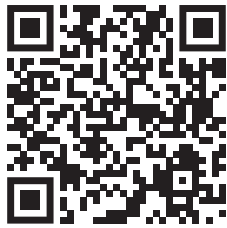
FOR MORE INFORMATION CALL
403-282-6634

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.
We bring you more customers.
We grow your sales.**

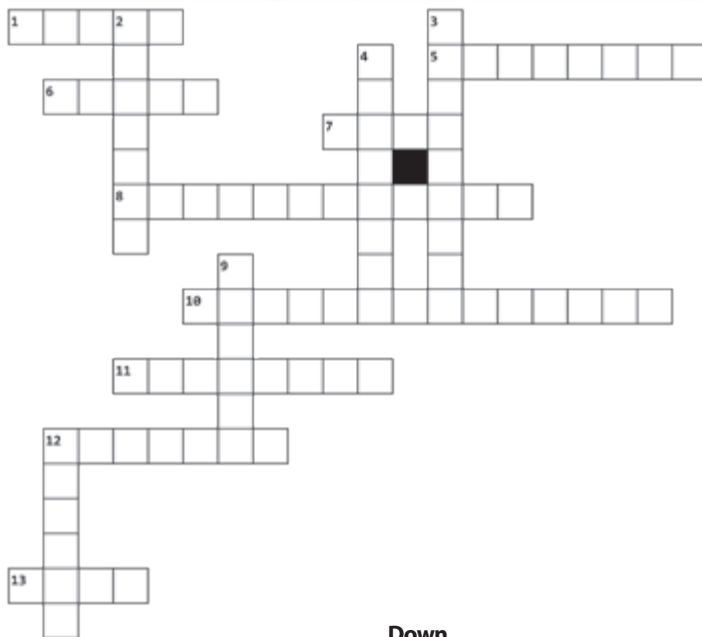
Call 403-720-0762 | grow@greatnewsmedia.ca



SCAN ME



August Crossword

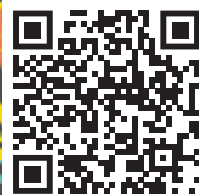


Across

1. This classic Disney film about a young deer premiered in August 1942.
5. Canadian astronaut, Chris _____, was born in Sarnia, Ontario on August 29, 1959.
6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
7. *The Wizard of Oz* premiered on August 15, 1939, and was based upon the book written by Lyman Frank _____.
8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, _____.
10. In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and _____.
12. The _____ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
13. International _____ Handers Day is observed annually on August 13.

Down

2. In August 2008, the _____ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
4. Delia Owen's murder mystery novel, *Where the _____ Sing*, was published in August 2018.
9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
12. Inventor Isaac _____ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.



Visit bit.ly/mycalgary
answers or scan the QR
code for the answers

Essential Fatty Acids

by Barb

Earlier this year, I wrote an article on essential macro-nutrients. As a quick recap, the three essential macro-nutrients are:

- Fats (fatty acids)
- Proteins (amino acids)
- Carbohydrates (glucose, sugars, starches)

Now, let’s dive deeper into each, starting with fatty acids—a topic often misunderstood and unfairly maligned.

Why Fatty Acids Matter

Fatty acids are the building blocks of lipids—fats and oils found in all living organisms. Despite their essential role, fats have been demonized in popular culture. Among the three macro-nutrients, fats actually account for the largest portion of the body’s composition.

Typical Human Body Composition

Category	Whole Body	Brain
Water	55 to 60%	75 to 80%
Proteins (Amino Acids)	15 to 20%	8%
Fats (Lipids, Fatty Acids)	10 to 30%	10 to 12%
Carbohydrates	<1%	<1%
Minerals and Micro-Nutrients	4 to 5%	

Fun fact: In one *Star Trek* episode, humans were described as “bags of mostly water”—and it’s surprisingly accurate!

Of the three macro-nutrients, fats and proteins make up the bulk of both body and brain composition. Carbohydrates are present in much smaller quantities, even less than minerals and micro-nutrients.

The brain, although only 2% of your body weight, consumes 20% of your total energy. That’s why nutrition plays such a key role in mental health and cognitive performance.

Two Other Crucial Categories for Brain Health:

- Minerals and Micro-Nutrients – Includes sodium, potassium, calcium, magnesium, iron, and zinc. All are essential for proper nerve signalling.
- Neurotransmitters – Chemical messengers like dopamine, serotonin, and acetylcholine regulate mood, cognition, and overall brain function.



What Is a Fatty Acid?

Fatty acids are long molecules composed of carbon (C), hydrogen (H), and oxygen (O). They typically have:

- A hydrocarbon tail ($\text{CH}_3\text{--CH}_2\text{--CH}_2\text{--}\dots$)
- A carboxyl group (--COOH) at one end

A quick refresher in organic chemistry: atoms form bonds to stabilize their outer electron shells. For example:

- Sodium and lithium each have a lone outer electron they tend to lose—making them highly reactive.
- Hydrogen (one electron) and oxygen (eight electrons) bond together in specific patterns to form stable molecules like water (H_2O).

Now, let’s break down a simple fatty acid chain:

1. CH_3 (Methyl Group) – Starts the chain
2. CH_2 (Methylene Units) – Extend the chain
3. COOH (Carboxyl Group) – Ends the chain

Types of Fatty Acids

1. Saturated Fatty Acids:

- Contain only single bonds between carbon atoms
- Very stable and less reactive
- Solid at room temperature (animal fats, coconut oil)
- High smoke point—good for cooking at high heat

2. Unsaturated Fatty Acids:

- Contain one or more double bonds between carbon atoms (just take the previous fatty acid and any two adjacent C, remove a H from each C and replace with a double bond between the two C atoms)
- More reactive and less stable
- Liquid at room temperature (olive oil, flaxseed oil)
- Lower smoke point – more delicate and heat-sensitive

Essential Fatty Acids

These are polyunsaturated fats the body cannot produce on its own, so they must come from your diet. The two main types are:

Omega-3 (Alpha-linolenic acid, ALA): Supports brain development, cognitive function, and mental health.

Sources:

- Fatty fish: salmon, mackerel, sardines, herring, trout
- Seeds and nuts: flaxseeds, chia seeds, walnuts
- Oils: flaxseed oil, fish oil, algae oil

Omega-6 (Linoleic acid, LA): Plays a role in cell function and metabolism.

Sources:

- Vegetable oils: sunflower, safflower, soybean, corn
- Nuts and seeds: almonds, cashews, sunflower seeds, sesame
- Poultry: chicken, turkey
- Whole grains: some varieties contain omega-6

Balancing Omega-3 and Omega-6

The typical North American diet is heavy in omega-6, especially from processed foods, which can promote inflammation when out of balance with omega-3. To maintain a healthier ratio:

- Prioritize fatty fish and omega-3-rich plants
- Choose oils like olive oil instead of processed seed oils
- Limit processed foods high in refined seed oils

Barb's Two Cents (IMHO)

Growing up, fried foods were cooked in beef tallow or lard—both stable saturated fats. Then came the shift to cheaper seed oils, hailed as healthier. But based on what we now understand about chemistry, saturated

fats handle high heat better because they're already "happy" (chemically stable). Ironically, our collective health has worsened since the switch.

And what if you want your fats to be solid, like in a pie crust? Enter hydrogenation—a process that turns unsaturated fats into saturated ones by removing double bonds. Sounds good in theory, but the resulting trans fats aren't quite what nature intended. Think Crisco and margarine: even ants prefer real butter!

Some oils, like corn or canola, are marketed as rich in omega-6—but they often lack omega-3 entirely. And honestly—if you squeeze a corn kernel, does your hand get oily?

There's a growing movement to move away from seed oils. Personally, I'm wary of anything that's been chemically extracted, refined, deodorized, and sanitized beyond recognition. That doesn't exactly scream "healthy food."

Final Thoughts

Understand your fats. Don't fear them. Respect their chemistry, source, and balance in your diet. Stay healthy and enjoy the sunshine!



free house dance plus
2020 12th Ave NW
403-282-0555

REGISTER NOW!
SUMMER & FALL PROGRAMS

KIDS • TEENS • ADULTS
ALL LEVELS • NON-COMPETITIVE • PERFORMANCE DIVISION
ANNUAL & SESSIONAL CLASSES • SUMMER CAMPS
WWW.FREEHOUSEDANCE.COM



the Gutter Doctor®
Home Exterior Services

GUTTER CLEAN, FIX & INSTALL
FASCIA • SOFFIT • ROOFING
GUTTER GUARDS • WINDOW CLEAN
SIDING • CLADDING • HEAT CABLES

403-714-0711 • gutterdoctor.ca

The Art of Finding Work: Rare is the Jobseeker Who Does Their Homework

by Nick Kossovan

In the late '90s, I was interviewing for a call centre management position with a well-known insurance company. Karl, my interviewer, and I clicked. Small talk revealed we shared a love of golf and agreed that Rhum Corner makes the best mojitos in Toronto. Karl seemed impressed by my STAR stories and experience creating incentive programs that drove sales. Forty minutes into the interview, Karl asked, "Knowing you'd be interviewing here, did you call the call centre?"

I hadn't.

I didn't get the job.

Hard lesson learned.

Since my interview with Karl, I have always made it a point to contact the company's call centre, use their products if I'm not a current user, speak to previous employees, and review recent media coverage. My goal is to gather as much information as possible, which I can leverage in my interview. If it's a job I'm eager to land, I'll gather information to mention in my cover letter.

"Last night, I called your call centre and waited more than three minutes before speaking with Stacy, who was pleasant. What's the average wait time for customers calling the Bank of Galicia call centre? While managing NOLA Bank's 60-seat call centre, I reduced the average wait time from 2:45 minutes to less than 42 seconds by..."

Candidates who've done their homework are few and far between, and those who have always stood out in my mind.

When I say "homework," I'm not talking about visiting the company's website and simply reviewing the rudimentary aspects of the business, such as what they do, annual revenue, the name of the CEO, and such. I'm talking about doing a deep dive—thinking like a private investigator—looking to uncover possible pain points (read: challenges) the employer is experiencing, such as my above example regarding average wait time and explaining how you'd resolve it.



In preparation for an interview, start by visiting the company's website; then go the extra mile. Here are some examples:

Call the employer's call centre (or visit their stores, branches, dealerships, etc.)

Since I'm in the call centre management space, my interviews have been for call centre management positions. Karl's question made me realize that calling the employer's call centre to gauge its performance is worthwhile, even if only to understand what I'm getting into and what challenges I'll encounter. Whether you're applying for a call centre management position or not, calling the company's call centre will give you an insight into the company's culture and how important customer service is to the employer,

In my case, I'll call the employer's call centre several times and assess how easy it is to navigate their IVR (Interactive Voice Response), how long it takes for an agent to answer my call, how their agents introduce themselves, etc. During the interview, I'll discuss my experiences with the call centre and how I would resolve any issues.

Experience the employer's product

While overseeing Crocs' customer service department, I had to hire several agents. Although all the candidates I interviewed knew what Crocs did, few wore them. Several candidates even admitted they weren't "a fan of" Crocs. Crocs have been a part of my life for a few years, so when I interviewed with Crocs, I wore a pair of my Crocs, which my interviewer and to-be boss noticed. During the interview, I shared the good and bad aspects of wearing Crocs, how I felt Crocs compared to Birkenstock, Skechers, Teva, and Vans, and how I see Crocs positioned in the footwear market.

Demonstrating that you use the employer's products and why you choose them over their competitors will give you an edge over other candidates. What employer wouldn't want to hire one of their fans, someone enthusiastic about their brand? If you have never experienced the employer's product(s), you should do so and let your interviewer know what you think.

Imagine you're interviewing for a social media manager position at a Mexican restaurant chain called Taco Loco. You've never eaten at a Taco Loco before, so you go to Taco Loco for lunch two days before your interview.

"The other day, I had lunch at your Dundas Square location. I had the Tres Quesabirria Tacos. Both the food and the atmosphere were on point. Something you should consider is offering keto-friendly and gluten-free options since these diets have become mainstream. As Taco Loco's social media manager, I'd lean more towards creating behind-the-scenes content, such as videos of meal preparations and customer testimonials, instead of simply posting pictures of dishes. Furthermore, I would increase followers and engagement by offering a 25% off coupon to anyone who follows Taco Loco's Instagram account or by hosting a contest where you can win a \$200 Taco Loco gift card by posting a selfie of yourself eating at Taco Loco and tagging Taco Loco."

Other ways to do in-depth homework:

- Read the company's annual report.
- Read reviews and look for common complaints.
- Google [company name] under 'News.'
- Speak to current and former employees.

Doing more homework than most job seekers shows that you're committed to contributing to the company's success, making it harder not to hire you.



Time to Renew Your Mortgage?

Don't Settle –
Discover Better Rates
and Options! Get
Ready to Save Big!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

CROCODILE TONGUE



Do you know the difference between an alligator and a crocodile? Well, although there are many reasons these two beauties are unique, one of the most interesting is their tongues. A crocodile cannot stick its tongue out! So, if you are being mocked – it's probably an alligator.

Mail-In Ballots for Calgary's 2025 General Election Available by Request

by The City of Calgary

Calgary's General Election will take place on October 20, 2025, and eligible voters can now request a special (mail-in) ballot if they are unable to go to a voting station during the Advance Vote or on Election Day. Voters must meet eligibility requirements to receive a mail-in ballot.

Visit Elections Calgary or call 403-476-4100 to request a mail-in package. The last day to request a mail-in ballot to be mailed to you is October 3, 2025. Requests after this date will need to be picked up in person at the Elections Calgary office.

Information about Calgary's upcoming General Election, including mail-in ballots and voter eligibility can be found at www.electionscalgary.ca.

Precision. Integrity. Results.

Prana Developments delivers meticulous craftsmanship and honest service. No surprises, no shortcuts—just quality work done right the first time.

Find out more about us at
pranadevelopments.ca • 403-561-0643



PRANA DEVELOPMENTS
Breathe new life into your space



Summer Is a Great Time to Try Something New in Calgary Parks

by The City of Calgary

Are you looking for ways to keep the young people in your life and yourself active with fun, free activities this summer? Calgary's parks have so much to offer. Ward off boredom and stay busy with new adventures all summer by trying the following activities.

- **Cool off with a trip to a spray park or wading pool that you haven't visited before.** Check out calgary.ca/sprayparks for a list of all City spray parks and wading pools. Did you know that select parks also have aquatic wheelchairs that you can borrow for free?
- **Explore a new playground.** Check out the playground finder map on calgary.ca that has all City playgrounds, including inclusive playgrounds (square icons) with something for everyone. The map includes information about the play surface for each playground (e.g., gravel or inclusive playgrounds that have accessible rubber surfaces).
- **Golf, disc golf, bike pump tracks, and more.** The City has seven City of Calgary courses, family golf nights and several youth programs, and golf lessons. Our parks also have four permanent and some temporary disc golf courses for you to enjoy during a nice summer day. Take a break during your bike ride along the City's regional pathway to try a bike pump track. Find out where you can play beach volleyball this summer and much more at calgary.ca.



BUSINESS CLASSIFIEDS

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

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

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.

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.

HILLHURST/SUNNYSIDE CARPENTER/CONTRACTOR: Carpenter for home or office renos or repairs. From small fixes to full renos. Whatever you need - framing, drywall and taping, painting, bathrooms and basements. Clean, safe work. Prompt service. 403-286-1788.

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.

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.

EXPERT RENOVATIONS & PROPERTY MAINTENANCE SOLUTIONS: Interior/exterior; simple fixes to more complicated projects. Plumbing & electrical fixes; full reno for bathrooms, kitchen upgrades & more. Specializing in older homes, pre-sale updates, stone & tile work installations & maintenance. Local, licensed, insured. We offer free consultations. Property Managers welcome. Call 403-992-5574.

GUTTER DOCTOR! Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

PASSPORT TO THE ARTS SHOW & SALE: Sun. Sept. 14 from 10 am-4 pm | Free Admission | Gate Prizes | 1124 15th STREET NW Calgary: Art, music, poetry & local authors sale. Music by The Fragments from 12-2pm. Approx. 20 local artists in various media including ceramics, jewelry, fibre arts, painting, card making. Support local! Details: <https://passporttothearts.ca>.

**SCAN HERE TO VIEW ADDITIONAL
HOUNSFIELD HEIGHTS-BRIAR HILL CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



CARDINAL

BY TREVOR RAMAGE



RE/MAX FIRST

☎ 403.850.2560



1877



310 11 Street NW

List Price: \$1,299,900

MLS #A2234557

Prime location with elegant character and elevated comfort. Features include modern updates and an oversized double garage.



2004



2603 30 Street SW

List Price: \$1,097,500

MLS #A2232123

Timeless style meets modern farmhouse charm. Features include thoughtful upgrades throughout and sun-filled living spaces.



2784



816 24 Avenue NW

List Price: \$2,150,000

Congratulations to my clients on the successful sale of their property. Thank you for your trust.



1261



1, 1925 32 Street SW

List Price: \$589,900

Congratulations to my amazing first-time homebuyers. Cheers to new beginnings and big dreams.

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

CARDINALBYRAMAGE.COM

