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# 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 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.*



# CONTENTS

- 7 NEWS FROM THE FRIENDS OF NOSE HILL
- 8 LET'S TALK
- 9 SAFE AND SOUND: COLD WEATHER SAFETY
- 11 COMMUNITY SOCCER
- 14 YOUR CITY OF CALGARY: CREATE MORE MEMORIES AND LESS WASTE THIS HOLIDAY SEASON
- 15 BUSINESS CLASSIFIEDS



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HOUNSFIELD HEIGHTS-BRIAR HILL CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



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# 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
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## 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](http://www.hh-bh.ca).



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

<b>9-1-1</b> Emergency (24-Hour)	<b>403-SENIORS (403-736-4677)</b> The Way In
For EMERGENCY medical, fire, and police response. Call the non-emergency police line at <b>403-266-1234</b> to report an incident that is not an emergency.	Information, advice, and help accessing programs and benefits for older adults.
<b>8-1-1</b> Health Link (24-Hour)	<b>403-266-HELP (403-266-4357)</b> 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).
<b>3-1-1</b> City of Calgary (24-Hour)	<b>403-943-1500</b> Access Mental Health
Information on all City of Calgary services. <a href="http://www.calgary.ca">www.calgary.ca</a> .	Non-urgent advice on navigating the addiction and mental health system.
<b>2-1-1</b> Community Resources (24-Hour)	<b>403-705-3250</b> Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. <a href="http://www.ab.211.ca">www.ab.211.ca</a> .	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

Sites of prehistoric interest relate to the precontact history of Native use and settlement. These valuable archaeological resources represent 10,000+ years of occupation by Native inhabitants of the Calgary region. In all, 45 archaeological sites on Nose Hill have been recorded. Stone feature sites include cairns (a human-made pile of stones as a landmark, marker, or memorial), alignments (arrangements in a straight line or correct relative positions), and stone circles. Archaeological studies of Nose Hill began in the early 1970s. Students from the University of Calgary carried out surveys of the entire Calgary region; five prehistoric sites were recorded in what is now the park. These include three tipi ring sites, a lithic (stone) scatter, and a prehistoric campsite.

When the City planned a municipal park for Nose Hill, a Historical Resources Inventory was required in 1978 within the proposed boundaries. The results were a cairn, ten campsites (two with tipi rings), a glacial erratic, four isolated finds, a kill site, 18 lithic scatters, a rock mound site of overgrown gravel, and six tipi ring sites. The Alberta Government in Edmonton held microfiche copies of permit and research reports, in which existing resources were described. In 1982 and 1983, a spring survey of stone circles along the southern margin of the uplands of Nose Hill recorded 60 new rings. This was followed by a series of field trips in the summer and fall of 1993. Conditions were poor, with high grass. The focus was on undisturbed sites but limited to revisiting all the original sites. Aerial photo mosaics of Nose Hill were prepared. Overlays combining trails and archaeological resources were used to relocate sites in the field. Best estimates of site locations were recorded using a GPS receiver.

# Let's Talk...

## December 9, 2025

TIME: 2:00 pm  
Doors at 1:30 pm

Join us as we continue our Let's Talk series and discuss  
"Writing Memoirs"

Everyone has a story!

Whether you would like to share a brief vignette about a memoir you have received or read, or you are thinking of writing your memoir and are looking for initial ideas for getting started, please join us on Tuesday, Dec. 9, 2025 for 'Let's talk ...' at the HHBH Community Hall!

HH-BH Community Centre 1922 - 14 Ave NW <



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## Cold Weather Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta responds to cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

### Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e. hand covering tips of ears).

### Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.

- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water until fully re-warmed.
- Seek further medical attention as required.

### Hypothermia

- Hypothermia is abnormally low body temperature, less than about 35°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

## Quick and Easy Bruschetta Appetizers

by Jennifer Puri



Affordable and versatile, bruschetta is a deliciously simple tomato and basil combo.

A classic Italian appetizer, bruschetta originated in 15<sup>th</sup> century Italy. Olive growers would grill bread over an open fire to taste their freshly pressed oil. The simple slice of toasted bread later evolved to include cheeses, meats, and olives.

Soft cheeses like goat cheese, ricotta, or brie can create a unique flavour. This recipe uses bleu cheese and slices of French bread, but you can also use ciabatta bread instead. Bruschetta can be served warm or cold as part of an appetizer platter.

Bruschetta pairs well with pastas and salads, grilled chicken, or fish. Leftovers can be refrigerated for two to three days in an airtight container.

**Prep Time:** 15 minutes

**Cook Time:** 10 minutes

**Servings:** 4 to 6

### Ingredients:

- 4 cups of chopped tomatoes
- 2 tbsps. chopped basil
- ¼ cup chopped red onion
- 6 tbsps. extra virgin olive oil
- 1 loaf of French bread

- ½ cup mayonnaise
- ½ cup crumbled bleu cheese
- ¾ tsp. dry mustard
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 1 tbsps. white wine vinegar

### Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Slice French bread into ½-inch-thick slices and then cut into half. Lightly brush slices with olive oil on both sides, place on a baking sheet and bake in oven for 10 minutes or until lightly brown.
3. Prepare tomato mixture by mixing together tomatoes, red onion, basil, salt, pepper, 2 tbsps. of olive oil, and the white wine vinegar.
4. In a separate bowl gently mix together mayonnaise, mustard, and crumbled bleu cheese.
5. Spread the cheese mixture on the toasts then top with the tomato mixture. Garnish with fresh basil leaves and serve.

Bon Appétit!





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## WORD OF THE MONTH

**FINAGLE: VERB (FUH-NAY-GL)**

To get something by indirect, involved, or devious means.

*She tried to finagle her way into the VIP party.*



# The Art of Finding Work: When Job Searching You Are Being Compared

by Nick Kossovan



Job hunting is a ‘winner takes all’ competition in which you’re compared and judged against other applicants. Putting in an application for a job is no different from entering a baking or short story contest. However, there’s one difference: there’s no second place—silver medal—nor does “everyone win for doing their best,” hence why giving participation trophies does a disservice to children; it fails to prepare them for two universal life truths that they’ll one day confront:

1. Everything in life is earned. (Yes, birthright exceptions exist. Choosing to squander your time and energy, resenting those who’re an exception doesn’t change this truism.), and
2. Sometimes, your best isn’t good enough to beat those you’re up against.

Job searching intensifies these truths.

Irrespective of your feelings about the “fairness” of having to do “what it takes,” you don’t rise through the ranks of whatever career path you’ve chosen by being meek. Be it corporate, artistic endeavours, athletics, or military, without a competitive spirit, you won’t have a career comparable to someone who does. Thus, generally (keyword) speaking, CEOs of Fortune 500 companies, higher-ranking military officers, celebrities, and elite athletes tend to be hyper-competitive.

I keep the following phrase from American author Ashley Antoinette in my head: “You can’t compete where you don’t compare.”

When entering any competition, for instance, job searching, it’s crucial to understand the standards and benchmarks—your ego may insist you have the skills and qualifications. But do you really against those which you’ll be compared; therefore, consider the following:

### Awareness of Standards

Knowing and accepting what employers in your profession and industry will most likely expect from you is critical.

If you’re applying for any job requiring strong writing skills (e.g., grant writer, content creator, communications manager), it’s a given that your writing skills need to be well above average. When applying for a sales position, your sales record and ability to sell yourself will be evaluated.

Along with industry and profession expectations, employers evaluate applicants based on the expectation of applying professionally.

I repeatedly see sloppy applications and an unprofessional appearance as the biggest hindrance to a successful job search. Even with all the online job search advice, typos, grammatical errors, incomplete LinkedIn profiles, and dressing inappropriately for interviews—dress for the position you’re interviewing for—are common. In 2025, there’s still a strong conservative element in the workplace, albeit not as strong as before.

### Self-Assessment

You can identify your strengths and weaknesses by honestly comparing yourself to those you’re competing against. My advice: To be competitive and considered a contender, focus on your strengths (read: lead with) and be less concerned about your weaknesses.

My “go with your strengths” story:

Years ago, over a Thai lunch, I asked my then-boss how he managed to work so fluidly. He never seemed stressed; it was as if he floated through his workday, accomplishing high-level tasks. His answer: “I work with my strengths. As long as my weaknesses do not hinder me from doing my job, I don’t spend time and energy trying to overcome them. I spend my time and energy improving my strengths.” The food wasn’t memorable,



but my then-boss's words were. As a result of ignoring my non-detrimental weaknesses and focusing on my strengths, I've become a stronger competitor and have benefited from it.

### **Strategic Positioning**

Knowing where you stand in relation to your competitors helps you improve your strategy.

The words uttered by another ex-boss during what I think was a friendly dust-up some 20 years ago, "There's always someone younger, more skilled, and hungrier than you," have stayed with me all these years. His words remind me that I must always be at least one step ahead of those nipping at my heels. I've seen many careers implode because the person rested on their laurels.

It's surprising how many people don't try to stay relevant by learning and becoming proficient in the technological advances affecting their profession and industry, AI being the latest.

Demonstrating continuous learning and adaptation is what employers like to see in candidates and their employees.

Always know where your skills and experience stand and what you can offer employers in terms of measurable value. Calling yourself "talent," as many nowadays do without quantifying how your supposed talent will make money for an employer, isn't a compelling argument for why an employer should hire you.

I hear from many job seekers experiencing the "Silver Medal Curse," where they land interviews and then hear, "We went with someone else." Clearly, their resume and LinkedIn profile are competitive, which anyone can achieve with all the resume help available. However, one thing no one can do for you is your interviews, the meetings where the hiring manager assesses your suitability for the position and the company and compares you to the other candidates they're interviewing.

My tip for making your interviewer see you as a contender for the job is to prepare specific examples that showcase your skills and achievements and aligning them with the job requirements. The best strategy for beating your competition is to show employers that you are a winner who has produced measurable value (key) for your previous employers.



## **It's Christmastime in Calgary**

*by Garth Paul Ukrainetz*

It's Christmastime in Calgary  
In foothills west a silent night  
The constellations fill the sky  
Forever sharing starry light

The whitetail deer in Nose Hill Park  
Prancing over city's glow  
Sweet homes of dancing candlelight  
Gentle as the falling snow

And high on top of every tree  
The stars and angels overlook  
For bleak and icy winter hearts  
The melting grace of warm chinook

It's Christmastime in Calgary  
Though heights of mountains cold in snow  
Our gifts stay warm beneath the trees  
Wrapped with love by River Bow

# Create More Memories and Less Waste This Holiday Season

by The City of Calgary - Waste and Recycling Services



The holidays bring joy—and extra waste. We generate about 25% more this time of year from wrapping paper, packaging, and leftover food. Small changes can make a big impact:

- Give experiences instead of things. Time together creates lasting memories.
- Make or repurpose gifts. Handmade or passed-down items tell a story.
- Wrap creatively. Reuse bags, bows, or wrap with fabric.
- Shop with purpose. Plan ahead and choose thoughtful gifts.
- Reduce food waste. Stick to a grocery list, use leftovers, or send extras home with guests.

### Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options:

- Green Cart Pickup: Remove decorations, cut into small pieces, and place in your green cart.
- Drop-Off (until January 31): Take your undecorated, unbagged tree to a designated site.

Find locations at [calgary.ca/christmastree](https://calgary.ca/christmastree).

### Holiday Collection Changes

Please note blue, black, and green cart pickup date changes in your community!

- Thursday, December 25 moves to Monday, December 22.
- Thursday, January 1 moves to Monday, December 29.

Regular Thursday collection resumes January 8. Check your schedule at [calgary.ca/cartschedule](https://calgary.ca/cartschedule).

Thank you for helping keep Calgary clean and green. Happy holidays!

# Protect Your Household Water Lines and Meter from Freezing

by The City of Calgary



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit [calgary.ca/frozenpipes](https://calgary.ca/frozenpipes) to learn more, including actions you can take if you suspect you have frozen pipes.

Merry Christmas



AND A HAPPY 2026, FROM THE

HH-BH Community Association  
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# CARDINAL

BY TREVOR RAMAGE



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SOLD



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SOLD



1



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