

JUNE 2025

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DROP-OFF LOCATION:
150 Martinbrook Rd NE,
Calgary, AB T3J 3E3

or we can send a volunteer to pick up the items



FOR MORE DETAILS:
Email us at
contactsabconnections@gmail.com
or call (403) 708-7924

Visit our Facebook page:
www.facebook.com/sabconnections2025





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.



Like our Facebook Page
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[@hhbhca](https://twitter.com/hhbhca)



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

What is 2-1-1?

In Canada, 2-1-1 is a free, confidential information and referral service that connects individuals with local community and social services. It is available 24/7 by phone, text, and web chat. 2-1-1 helps people find information and resources related to various needs, including food banks, income assistance, legal support, mental health resources, housing, and more.

Here's a more detailed breakdown:

- **Purpose:** 2-1-1 serves as a bridge between people in need and the various community, health, social, and government services available in their area.
- **Availability:** It's accessible across Canada, offering services in over 170 languages.
- **How it Helps:** By dialling or texting 2-1-1, individuals can access information and referrals for a wide range of social services.
- **Who it Helps:** 2-1-1 supports people facing challenges like food insecurity, housing instability, financial difficulties, and mental health concerns.

Key features:

- **Free and Confidential:** The service is accessible at no cost and maintains the confidentiality of individuals seeking help.
- **Multi-Lingual:** 2-1-1 is available in numerous languages to accommodate diverse communities.
- **24/7 Access:** Individuals can reach 2-1-1 anytime they need support.

Example of what it connects people to:

- Food banks and meal programs
- Income assistance programs
- Legal aid and resources
- Mental health and addiction support
- Housing options
- Support for seniors, newcomers, and more

Joke of the Month



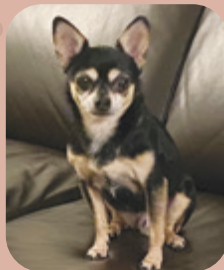
Why was the cellphone
scared to go to
the dentist?

He didn't want him to
remove his blue tooth.

Cats, Canines, & Critters of Calgary



Bart, Heritage Park



Chico, Shawnessy



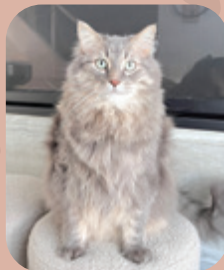
Elsbeth, Airdrie



Harry, Lakeview



Icy, North
Glenmore Park



Jagger, Richmond



Millie, North
Glenmore Park

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

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)

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.

8-1-1

Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1

City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

2-1-1

Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

403-SENIORS

(403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-

4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500

Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250

Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

SAFE AND SOUND

Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres* high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

Let's Talk...

June 10, 2025

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

**Join us as we continue our Let's Talk series and discover
"What Brings People Together?".**

**Marian Mulligan, Programs Manager, from the Calgary
Horticultural Society will offer a Gardening Workshop
where participants will be able to "make and take" a
small pot of flowers and/or beans to take home.**

Hope to see you there!

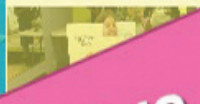
HH-BH Community Centre 1922 - 14 Ave NW ◀

Hounsfield Heights-Briar Hill

NEIGHBOUR DAY

SUMMER Solstice

Block Party



DUNK TANK

SLIP N SLIDE

FITSET NINJA

OBSTACLE

LIVE MUSIC

COURSE

Join us for a fun, active, and
engaging Neighbour Day at
Green Park

SATURDAY, JUNE 21, 2025

2:00 pm - 6:00 pm



Green Park
1407 - 21 Street NW

Spatchcock Chicken

Asian Fusion

You are going to need a chicken around 3 lbs or 1.5 kg. It will likely take about ten minutes preparation or less depending on knife skills and about an hour cooking time. Preparation is going to be fast so personally; I start with turning on the oven before preparing. Set the temperature around 400°F, 425°F if you want to cook faster.

Spatchcocking a chicken involves removing the backbone and flattening the chicken to a more consistent thickness, this allows for faster cooking times, and crispier skin.

Preparing the Chicken (AI)

- Pat the chicken dry with paper towels, then position it breast-side down on a cutting board.
- Use kitchen shears to cut along both sides of the spine, removing it completely. Reserve the backbone for homemade chicken stock or pan jus.
- Flip the chicken over and press down on the breastbone to flatten it.

Preparing the Chicken (my way)

- Use a cleaver and cut the backbone on the tail end of the bird, use one hand to steady the cleaver and use your other hand to give it a whack on the dull side of the blade. We are not trying to remove the backbone; it is not necessary unless you want to harvest it for soup stock, but that backbone will have so much more flavour after roasting.
- Stand the bird up on the neck opening and place the cleaver at the incision that you just made. A small amount of pressure will glide the blade to the other end of the bird.
- Place the bird on the cutting board skin side up, pull open the backside slightly to facilitate flattening of the bird. Apply pressure to the breastbone of the bird as if you were giving it CPR, this will break some of the rib bones to allow the bird to be flattened. Arrange the thighs and legs to allow for even browning of the skin.

Seasoning

1. Flip the bird over, skin side down. Sprinkle evenly over the inside of the bird the following:
 - 2 teaspoons of garlic powder
 - 2 teaspoons of onion powder
 - 2 teaspoons of five spice powder (can be found in any Asian grocery store – common barbecue spice)
 - 2 teaspoons of sea salt or seasoned salt



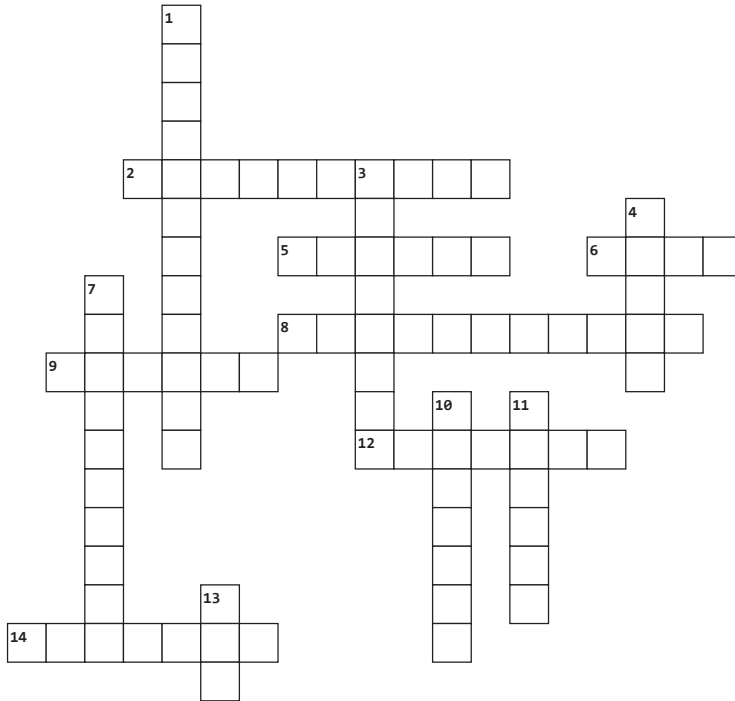
- You may need to rub the seasoning to get more even distribution as five spice powder tends to clump.
2. Flip the bird over, skin side up.
 3. Drizzle some fat over the skin of the bird, melted butter or expressed sunflower oil. Manufactured seed oil is not so good for you. Olive and avocado oil are always good, but I don't like using it in high heat. Rub the oil to give even coverage. Oil allows the skin to crisp rather than burn.
 4. Sprinkle with 2 teaspoons of seasoned salt. I prefer seasoned salt as it gives it nice colour to the final product and tastes good as well.

Cooking

1. Put the bird on a flat pan lined with parchment paper. Arrange the bird nicely with even exposure to the heat. You can do a single pan meal by surrounding the bird with some vegetables.
2. Stick the bird in the oven.
3. I would do 30 minutes with the skin side up for even browning. Flip over for 20 minutes with skin side down – don't leave it longer as five spice powder can burn. Flip back to skin side up for the last 10 minutes to finish. You can also do nothing, and it will still come out pretty good.
4. Internal temperature should reach 165°F (74°C) in the thickest part of the bird.
5. Take the bird out of the oven and let it rest for 10 minutes before serving.

This is the first time that I have noted how this was done as I typically don't follow a recipe to the letter. In my humble opinion, it was better than store-bought, ready-to-eat chicken. Typically, our family finishes 60 to 70% of a Costco chicken in one sitting. Being a bigger bird, I was surprised after leaving half the bird ready for dinner on the table for 10 minutes, 95% was consumed. End result, 90% of the whole bird was consumed which is always a sign of a success.

June Crossword



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

Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, _____ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George _____ was first published on June 8, 1949.
12. Charles Blondin crossed _____ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in _____, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam _____, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironie" and "Hand in My Pocket", Alanis _____ celebrates her birthday on June 1.
10. Avril _____'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.

Stop Apologizing Already

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.

Celebrate Neighbour Day!

by The City of Calgary

Celebrate Neighbour Day in your community on Saturday, June 21! Get involved in this year's event by gathering with your neighbours for a block party or community event. In addition to the many neighbourhood events taking place across the city on June 21, Sport Calgary's All Sport One Day will also give children a free opportunity to try a new sport, while collecting donations of used sports equipment.

Neighbour Day is our city's annual celebration of community spirit and connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Get to know your neighbours—whether through a friendly chat or a helping hand, small connections build stronger communities and a greater sense of belonging and wellbeing.

Show us how you're celebrating! Share your photos on social media using #YYCNeighbourDay.

To see Neighbour Day events in your community visit calgary.ca/NeighbourDay.





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ADAIR TREE CARE LTD. PROFESSIONAL ARBORISTS: Calgary's trusted arborists since 1997. Expert tree pruning, removal, stump grinding, pest and disease management, fertilization, and planting. We love your trees! 403-686-6030, www.adairtreecare.com.

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.

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.



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News, Events, & More



Crime Statistics



Real Estate Statistics



WORD OF THE MONTH

Acumen: noun
(uh-kyoo-muhn, ak-yuh-)

A keenness; the ability to make quick, good decisions.

Her sharp business acumen meant she would be a great CEO at the company.



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.

MEMBERSHIPS

Your annual membership is good through July 31, 2025 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 2024-25

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 2025

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.

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HAPPY
Father's
DAY



SCAN ME

CARDINAL

BY TREVOR RAMAGE



RE/MAX FIRST

📞 403.850.2560



4.5



3285



2308 7 Avenue NW

List Price: \$2,099,900

MLS #A2215981

Striking design, thoughtful details, unbeatable location. Features include a chef's kitchen and seamless indoor-outdoor living.



3.5



2784



816 24 Avenue NW

List Price: \$2,150,000

MLS #A2218224

Family-friendly, this home features front and back patios, a dream kitchen, a triple-heated garage, a finished basement with a wet bar and built-in play area, and is just steps away from parks.



3.5



1910



911 36 Street NW

List Price: \$1,049,900

Congratulations to my clients on a successful sale. So grateful for your trust, cheers to what's next.



3



2903



274103 112 Street West (Foothills County)

List Price: \$1,750,000

Sincere congratulations to long-time clients on securing a beautiful piece of land. Enjoy bringing your vision to life.

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

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