

MARCH 2025

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## Bethany Calgary Redevelopment News

Get project updates at [developmentbethany.com](http://developmentbethany.com)

## Epilepsy Awareness Month

Shine a Light on Epilepsy

MARCH 26  
**Purple Day**



**Light up the Night in Violet Vibes!** Light up your homes, offices, and public spaces in purple to show your solidarity.

**Dress in Grape Glory!** Show your support by wearing purple clothing or accessories on March 26th.

**Spark a Purple Revolution!** Be a part of the change! Donate or start a fundraiser.



[epilepsycalgary.com](http://epilepsycalgary.com)

Share your purple moments using  
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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	Sidhu, Tejinder	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).



Like our Facebook Page  
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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](mailto:events@hh-bh.ca).

# CASINO



HOUNSFIELD HEIGHTS-BRIAR HILL

## FUNDRAISER

**VOLUNTEERS NEEDED!**

**MARCH 18 - 19, 2025**

Cowboys Casino

421 - 12 Ave SE, Calgary

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<https://www.signupgenius.com/go/10C0F4DA8AE28A1FDC25-54335010-casino>  
or call 403-282-6634

# Riley Local Area Plan – Scheduled for Final Approval March 4

City council is considering the approval of the new the Riley Local Area Plan (LAP) on March 4 – if you receive this newsletter before then, please consider participating in the public hearing and expressing your views. There may be further lobbyists that push for yet more apartments permitted in our community, so we do need to continue to express our concerns and message of reasonable compromise to council. Community members can also express their opinions directly to council (themayor@calgary.ca, ward07@calgary.ca, our Councillor Terry Wong, and similarly for the rest of the 14 councillors – ward01@calgary.ca etc.). We can discuss and answer questions at land.use@hh-bh.ca.

The latest proposal can be found here: <https://engage.calgary.ca/Riley/Realize>, click on their “Proposed Riley Communities Local Area Plan click here”, for the whole LAP document, and scroll down for an interactive scanner that highlights the striking comparison of the Scale Map and Urban Form Map, from May 2024 to December 2024.



Note how the city now has twelve storey areas to our community, including in places where currently there are single-family homes. They changed the area between 14 Street and 15 Street NW from three and four storey to twelve storey, even though the access to the area north of 11 Ave NW is very poor (from the lane off the north end of 15 Street), and the area between 11 Ave and 10 Ave is very sloped. None of these lots would have practical access off 14 Street, and the burden of traffic, parking etc. will fall to 15

Street. There are also issues with large structures in these locations, as the Sears gas plume is beneath this area. Comments about these practical concerns were not heeded in the “conversation series”, only the distance to the Lions Park and SAIT stations seemed to matter. Vistas for many in HH could be blocked by this huge change. 26 Storeys is now proposed for all of the Riley Park Village (old Grace Hospital) site, adding to this issue. Twelve storey was also added to the Seventh Day Adventist Church site area and maintained on the Highlander Plaza.

Six storeys are planned on the north side of 13 Ave NW, over Lions Park Plaza, and below the escarpment in HH, where it further impedes vistas and discourages the retention of the affordable Cedar Brae complex. Six storeys have been added to 19 Street NW between 14 and 12 Ave, and also to the west side of 18A Street, and over the plaza near Green Park. It has also been added on the north half of the blocks on 20A Street, 21 Street, and 21A Street, between 14 and 16 Ave, where we have repeatedly pointed out the poor egress from the one-way lane. There was nothing but three storeys in these BH locations before this latest revision.

Four storeys have been added to the southern half of the same blocks on 20A Street, 21 Street, and 21A Street, and also on the 20 Street cul-de-sac in BH. It is also added along the north side of 12 Ave both near the commercial in BH and throughout HH, and also in the whole area north of 11 Ave, on 15, 16, and 16A Streets in eastern HH. Please look carefully at the map above, or online, to see how these changes affect your home.

The Urban Form map now has a large area of ‘Neighbourhood Connector’ over much of HH and BH. Connector - this Urban Form is described as being “along higher activity, predominantly residential, streets”, and the main implication of the Connector designation is that H-GO (extra tall (12 m) and extra dense row houses) are allowed in this area. The Urban Form map now extends the concept of permitted H-GO over roughly half of our community, intensifying the already passed R-CG (regular 11 m tall row houses). This map also changes the Highlander and Lions Park Plazas to Neighbourhood Commercial (from Neighbourhood Flex), which now allows “the widest range of commercial uses”, and broadens what these lands might be used for.

# VISION AND MISSION



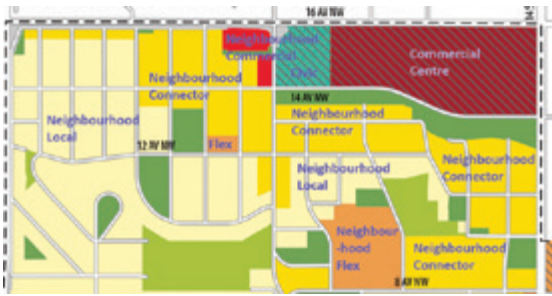
## Vision

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.



This proposal has a very large area of permitted apartments with limited setbacks, limited room for trees, significant traffic burden on quiet streets, significant change in privacy and noise, and significant burden on infrastructure, all imposed on a currently grade-oriented single-family community. The Community Association has spoken about reasonable compromise and the effects on our community. We are not expecting “no change”, but very little of our concerns have been heard (even simple ones, e.g. indoor access to shopping on the Mall site is still not addressed), and our ideas for mitigation of impacts have been dismissed (e.g. well-designed semi-detached infills to blend in with existing homes).

This concept that existing stable communities should be respected is in the Municipal Development Plan (MDP) and Transit Oriented Development (TOD) guidelines, and up to now it was well understood. The MDP says “ensure infill development complements the established character of the area and does not create dramatic contrasts in the physical development pattern”. There are many other similar statements in both the MDP and TOD, but clearly the proposed LAP is ignoring the MDP and TOD and is a very dramatic change. Also, consideration of the existing communities needs to apply to all existing communities, whether modest or more upscale, that pre-existed the LRT construction and these plans. Personally, I think it is grossly unfair and unreasonable to ignore context like this – we cannot get in a time machine and choose a different neighbourhood into which to invest our hearts, hard work, and finances! Everyone counts, both current residents and future residents who would appreciate our unique community, and existing communities should not be thrown under the bus!

*Beth Atkinson*

Director – Land Use, Hounsfield Heights–Briar Hill Community Association

## 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. <b>www.ab.211.ca</b>	Confidential information and support, or to report a suspected case of elder abuse.
Telephone language interpretation service available on all lines.	

# Let's Talk...

March 11, 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"

HH-BH Community Centre 1922 - 14 Ave NW

## GET NOTICED

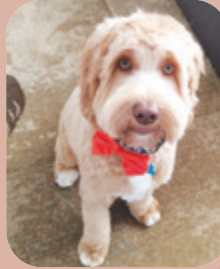
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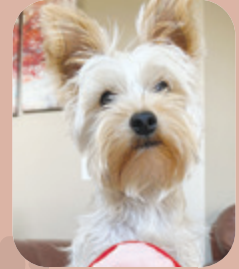
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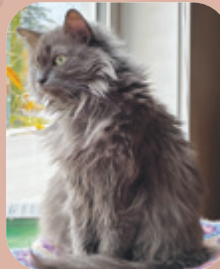
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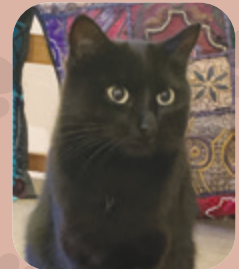
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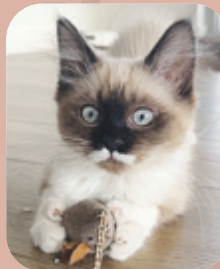
Louie, Panorama  
Country Hills



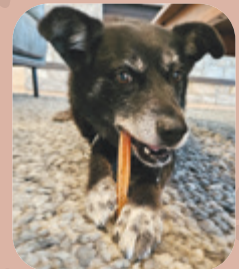
Luna, Marda Loop



Luna, West Hillhurst



Lutik, Douglas Quarry



Mystery, Christie Park



Neville, Douglas Glen



Snoop, Southwood

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## Breakfast Quesadilla

by Jennifer Puri



Eggs are tasty, filling, and good for your health as a whole; eggs contain a little bit of every nutrient you need. Cheap and easy to prepare, they are an inexpensive source of high-quality lean protein.

Blue, green, brown, or white eggs may have different colours but there is no difference in taste or nutrition between them. An average hen lays 300 to 325 eggs per year. The colour of the yolk depends on the hen's diet and age, and typically as hens age, their eggs become larger.

An extremely versatile ingredient, eggs are not just for eating but are used to make beauty products such as face masks, compost, and garden fertilizer. In many cultures, the egg is a symbol of new life, fertility, and rebirth.

Eggs are also a breakfast/brunch mainstay, and scrambled, poached, baked, or fried are some of the ways to consume eggs. Quick and simple to cook, eggs can also be used in burritos or quesadillas as shown in the recipe for breakfast quesadillas below.

**Prep Time:** 20 minutes

**Cook Time:** 20 minutes

**Servings:** 2

**Ingredients:**

- 2 large tortillas
- 1 ½ tsp. olive oil
- 1 chorizo sausage, cooked and casing removed
- 3 eggs lightly beaten
- ¼ tsp. salt
- 1 tbsp. butter

- 1 cup shredded Mexican cheese
- 2 cups kale washed, stemmed, and coarsely chopped
- 1 cup sliced button mushrooms
- ¼ cup chopped green onion
- ½ cup chopped red bell pepper
- ½ jalapeno, seeds removed and chopped (optional)
- Cooking spray

**Directions:**

- Heat olive oil in a pan or nonstick skillet on medium heat. Add onions and sauté for about two minutes. Next add red peppers and mushrooms and sauté for another two minutes and then add kale, jalapeno pepper, and chorizo sausage. Cook until veggies are tender and then remove from heat and keep warm.
- In a skillet, melt butter on medium heat and pour in the egg mixture with a ¼ tsp. of salt. Cook eggs while stirring until they start to firm up then scramble until they are cooked through and remove from heat.
- Coat a large skillet or fry pan with cooking spray and heat on medium heat. Place a tortilla in the pan and sprinkle a ¼ cup of cheese on one half of the tortilla followed by half the veggie mixture and half the scrambled egg. Top with a ¼ cup of cheese and fold tortilla in half over filling. Cook for a few minutes until tortilla is golden brown, turning once.
- Transfer quesadilla to a cutting board and repeat the process with the second tortilla.
- Slice each quesadilla into two or three slices and serve with your favourite hot salsa, guacamole, or sour cream.

Bon Appétit!



# Community Point of View

I am quite passionate about the state of health and fitness. While I can probably talk endlessly about various topics, it is always fortuitous to come across an article that highlights exactly how an aspect of our health and wellbeing was hijacked over 50 years ago. Here is the prompt I used for ChatGPT.

“There was a JAMA (Journal of American Medical Association) published in 2016 on leaked internal memos in the 60s between sugar companies revealing strategies to manipulate research data, findings report to obfuscate sugar’s role in heart disease and convince the public that it was fats and cholesterol. What were in the contents of the memos? What Harvard researchers were involved in the 60s (Keys, Stare, Hegsted)? Create bibliography of articles that covered these incidents.”

The JAMA (Journal of the American Medical Association) article published in 2016 shed light on a significant piece of history that involved the manipulation of public health research by the sugar industry. The study, led by Dr. Cristin Kearns and colleagues, revealed that in the 1960s, the sugar industry funded research to shift blame away from sugar and place it on fat and cholesterol as the primary causes of heart disease.

Here’s a summary of the contents of the leaked internal memos and the involvement of Harvard researchers:

## Contents of the Memos

The memos uncovered by the study came from the Sugar Research Foundation (SRF), the trade association representing the sugar industry at the time. The memos, dated from the 1960s, revealed that the SRF funded research at Harvard University to influence the scientific consensus on the causes of heart disease. Specifically, they sought to downplay the role of sugar and focus the blame on fats and cholesterol.

**Research Manipulation:** The memos showed that the sugar industry funded studies, such as the one led by Dr. Ancel Keys, that shifted the focus of heart disease research away from sugar to saturated fats and cholesterol, despite there being evidence linking sugar to cardiovascular diseases.

**Influence on Scientific Publications:** The memos revealed that sugar industry officials worked with prominent researchers to suppress certain findings that might highlight the risks of sugar. This led to a biased

scientific literature that shaped public health guidelines and dietary recommendations for decades.

**Financial Support for Key Research:** The memos outlined how the SRF provided financial backing for the work of influential researchers, which helped ensure that their studies aligned with the interests of the sugar industry.

## Involvement of Harvard Researchers

The three prominent Harvard researchers involved in this controversial research were:

**1. Dr. Ancel Keys:** A well-known nutrition scientist, Dr. Keys was a central figure in promoting the idea that dietary fats, particularly saturated fats, were the primary cause of heart disease. His research, particularly the “Seven Countries Study,” heavily influenced public health guidelines for years. Though Keys focused on fats, memos show that the sugar industry saw him as a key ally in shifting attention away from sugar’s role in heart disease.

**2. Dr. Mark Hegsted:** A Harvard nutritionist who was involved in the development of dietary guidelines during the 1960s and 1970s. He worked on the SRF-funded projects, which helped to steer public health guidelines in a direction that downplayed the impact of sugar and highlighted the dangers of fats.

**3. Dr. Frederick Stare:** A prominent nutritionist at Harvard, Dr. Stare was the founding chairman of the Department of Nutrition at the Harvard School of Public Health. He was known for his close ties to the food industry and played a role in shaping early nutrition policies. Stare’s involvement in the sugar industry-funded research was significant, as he helped promote research findings that downplayed sugar’s health risks.

These researchers’ work, funded and guided by the sugar industry, helped shape decades of nutritional advice and public health policy, often obscuring the risks associated with sugar consumption.

## Bibliography of Articles on the Incident

1. Kearns, C. E., Nehring, R. A., & Schmidt, L. A. (2016). Sugar industry and coronary heart disease research: A historical analysis of internal industry documents. *JAMA*, 315(17), 1898-1902.

This article reveals the internal memos from the Sugar Research Foundation and details the strategy used by

the sugar industry to manipulate scientific research and public perception about the role of sugar in heart disease.

2. Kearns, C. E., & Alpert, J. S. (2016). How the sugar industry obstructed heart disease research. *The New York Times*.

This article discusses how the sugar industry worked to divert attention from sugar and promote the idea that fats were responsible for heart disease. The piece highlights the broader implications of industry-funded research on public health.

3. Taubes, G. (2017). The case against sugar. *Knopf Doubleday Publishing Group*.

Although this is a book rather than a journal article, Gary Taubes' work discusses in-depth how the sugar industry has influenced scientific research over the decades. He cites the internal memos as part of the evidence of how the industry has obscured the dangers of sugar.

4. Nestle, M. (2018). Unsavory truth: How food companies skew the science of what we eat. *Basic Books*.

This book by nutritionist Marion Nestle provides an extensive review of how the food industry, including the sugar industry, has manipulated research and influenced public health policy over the years.

5. Pomeranz, J. L. (2016). Sugar, the public health industry, and the politics of research. *American Journal of Public Health, 106*(11), 1955-1961.

This article explores the political and economic pressures that have shaped nutrition science, including the role of the sugar industry in funding biased research.

6. Elliott, C. (2017). The sugar conspiracy: How the sugar industry is responsible for the obesity crisis. *The Guardian*.

This article discusses the broader consequences of the sugar industry's actions, including its role in the current obesity epidemic.

7. Lustig, R. H. (2018). Fat chance: Beating the odds against sugar, processed food, obesity, and disease. *Penguin Group*.

This book by Dr. Robert Lustig delves into the science of sugar and its role in obesity and metabolic diseases,

while also addressing the historical manipulation by the sugar industry.

## Conclusion

The contents of the memos revealed the sugar industry's deliberate efforts to influence public health research and policy to protect its interests. Harvard researchers like Keys, Stare, and Hegsted played key roles in this manipulation, and their work has had long-lasting effects on dietary recommendations. The articles and books listed provide a detailed examination of how the sugar industry shaped the research agenda and public understanding of nutrition and heart disease.

With all the suffering of people that you know, family members, friends, colleagues, maybe even yourself and people that we have all lost to the North American diet and obesity. Does it not make you sick to think that the industry has put profit before the health of the general public and have shaped the information, education, habits and what we eat.

I hope everyone had a great winter season and are in good health. For those that celebrate Chinese New Year, it was on January 29 – welcome to the year of the wood snake. Happy New Year!

So was this article of interest, would you like to see more or see something else, or should I hang up my writing instruments. Send a comment to this ghost writer at [pov@hh-bh.com](mailto:pov@hh-bh.com) and let Val Noonan know.



# Preventing Cervical Cancer

by Alberta Health Services

Alberta Health Services (AHS) recommends cervical cancer screening once every three years, or as your healthcare provider recommends, for women and people with a cervix between the ages of 25 and 69 who are or have been sexually active.

A Pap test checks for abnormal cells in your cervix, which can lead to cervical cancer. Pap tests can also check if you already have cervical cancer. The earlier cancer is found, the easier it is to treat. Regular Pap tests and follow-up care can prevent about 90 percent of cervical cancer cases.

It's important to have regular Pap tests, even if:

- You feel healthy and have no symptoms of cervical cancer.
- You've only had one sexual partner.
- You've had the human papillomavirus (HPV) vaccine.
- You've been through menopause.
- You're no longer sexually active.
- You're a lesbian, bisexual, or queer woman.

### Human Papillomavirus (HPV) Immunization

HPV is a virus. It is the most common sexually transmitted infection and can cause genital warts and certain cancers. An HPV infection will often go away on its own. However, some people get a long-term infection. This can lead to cancer of the vagina, vulva, cervix, penis, anus, mouth, or throat. HPV causes almost all cervical cancers.

You can prevent cervical cancer by getting immunized with the HPV-9 vaccine. The HPV-9 vaccine protects against nine strains (types) of HPV. Some of these strains may cause up to 92% of cervical cancers.

Grade six students can get the HPV-9 vaccine as part of the school immunization program. Students can only be immunized in school with a parent or caregiver's permission (consent).

If you did not get the HPV-9 vaccine in Grade six, you can still get it for free up to and including age 26 years. Talk to your doctor to find out if it is a good idea for you. If you are unsure about getting the HPV vaccine for yourself or your child, try the HPV Vaccine Decision Tool.



### Other Ways to Reduce Your Risk

Regular cervical cancer screening and vaccination help lower the chances of getting cervical cancer and finding it early. You can also reduce your risk by:

- Quitting commercial tobacco and avoiding second-hand smoke. Talk to your healthcare provider or visit [AlbertaQuits.ca](https://albertaquits.ca) for information and support to help you quit when you are ready.
- Practice safer sex. Use a barrier method of protection such as a condom, internal condom, or dental dam.

### Get Screened and Raise Awareness

Contact your healthcare provider's office or a women's health clinic to book a Pap test. If you do not have a healthcare provider:

- Visit <https://albertafindadoctor.ca/>.
- Use the [screeningforlife.ca](https://screeningforlife.ca) locator tool and select "cervical" as the type of test to find screening options near you.
- Call Health Link at 8-1-1.

Learn more about cervical cancer at <https://screeningforlife.ca/cervical/>.

## Earth Hour 2025

by *The City of Calgary*

Calgary Unplugged is an annual family-friendly Earth Hour event. Join us for music, entertainment, and learn about environmental actions you can take in your community. Bring along some personal LED lighting and dance to the DJ when the lights go down for the Earth Hour party!

- Location: Central Library (800 3 Street SE)
- Date: Saturday, March 22
- Time: 7:00 to 9:30 pm

You can still participate in Earth Hour if you can't make it to the event! Reduce your impact by turning off nonessential lights, "unplug" from electronics at 8:30 pm, and take this time to reconnect with people, play games, or enjoy hobbies.

Share your participation in Earth Hour on social media with #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre, with support from The City of Calgary and community agencies.



## News from the Friends of Nose Hill

by *Anne Burke*

Across North America vast herds of bison destroyed woody plants in the area by horning, rubbing, and feeding on bark. Males made their mark during "rutting" (mating season). Trees are not naturally part of our vegetation in a tallgrass prairie landscape, due to risks from severe weather events, drought, insects, diseases, and climate change. Calgary has trees on both public and private lands, in parks, natural areas, and green spaces. However, 77% of the urban canopy is on private land. A Guide for Plant Appraisal estimates our urban forest on public land is valued at \$1.3 billion. The urban forest is aging, and other trees are lost to development. Planting 3,500 trees per year will maintain the status quo. The plan is to plant another 4,000 trees per year by 2060.

The City owns and offers Calgary Open Data. Enter your address to view City trees and zoom in to the neighbourhood level. A mobile device near a tree will pan to your location. Rank trees by The Alberta Tree Species Rating Guide. Reporting a City tree? You can now use the 3-1-1 Mobile App. Ask about a young tree that needs help, a mature tree, or a Heritage Tree. On your property, you may need a permit to remove a tree. Where a tree once was may be a good spot to plant a new one. Enjoy YYC Trees Guided Walks. In-person workshops and online programs are Pruning Q and A, Keep Your Tree Happy and Healthy, and Pest and Disease Treatment. Information sessions are 1.5 hours long. Urban Forestry Technicians offer advice. Space is limited. Register for one session only, since the content at each will be the same. For locations and dates check out <http://www.calgary.ca/parks/trees/education-workshops.html>.



# 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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**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.

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**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.



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<p><b>News, Events, &amp; More</b></p>	<p><b>Crime Statistics</b></p>	<p><b>Real Estate Statistics</b></p>
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# CARDINAL

BY TREVOR RAMAGE



# RE/MAX FIRST

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1475



6528 Lombardy Crescent SW

List Price: \$1,299,900

MLS #A2192820

This beautifully renovated home blends modern upgrades with timeless charm. Features include walnut cabinetry, quartz countertops, solid maple floors, and an oversized heated triple garage. Steps from parks, trails, shops & golf.



1470



112, 2211 29 Street SW

List Price: \$479,900

MLS #A2190278

A premier ground floor unit featuring two titled parking stalls, a private porch with entry, and everyday comforts. Ideally located near downtown & the Killarney Rec Centre.



2447



1827 11 Avenue NW

List Price: \$1,479,900

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2384



3901 17 Street SW

List Price: \$1,699,900

Heartfelt congratulations to my clients on their successful sale. Your patience and perseverance truly paid off.

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

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