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CONTENTS

- 6 HOUNSFIELD HEIGHTS BRIAR HILL COMMUNITY ASSOCIATION BOARD OF DIRECTORS
- 8 SAFE AND SOUND: YIELDING TO EMERGENCY VEHICLES
- 10 "HOPE GROWS HERE": NEW MURAL BRINGS LIFE TO HOUNSFIELD HEIGHTS-BRIAR HILL'S SEACAN
- 12 OUR COMMUNITY HAS OLD PEOPLE
- 15 BUSINESS CLASSIFIEDS







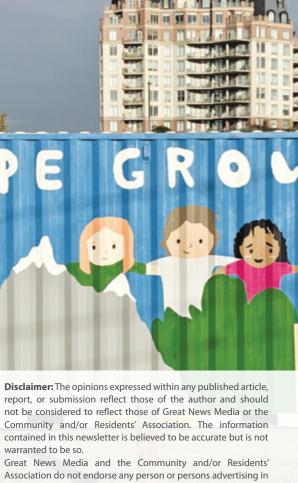


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Hounsfield Heights – Briar Hill Community Association BOARD OF DIRECTORS

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	
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Events Planning Director	Vacant	events@hh-bh.ca	
Programs Director	Vacant	programs@hh-bh.ca	
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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	
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Indoor Soccer	Willis, Andrew	indoor.soccer@hh-bh.ca	
Outdoor Soccer	Camacho, Germàn	calgarycityfc.ca	
COMMUNITY RESOURCES			
Louise Riley Library	Johnson, Larissa	larissa.johnson@calgarylibrary.ca	

CONTACT

Mailing Address: Box 65086, RPO North Hill Calgary, AB, T2N 4T6

Board Room / Gym - 1922 - 14 Avenue NW

Parking: West of the Louise Riley Library, accessed via the library driveway. Hall/Gym is located NE of our parking lot, just across

the soccer field. **Phone:** 403-282-6634 **Email:** admin@hh-bh.ca

Beacon Submissions: beacon@hh-bh.ca

Boardroom/Gym Bookings: bookings@hh-bh.ca



For the latest news, programs and events, please visit our Official HH-BH Community Association website at **www.hh-bh.ca**.



Like our Facebook Page
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@hhbhca

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





THE CITY OF CALGARY

Presents This Certificate To:

Hounsfield Heights | Briar Hill Community Association

For collecting the following weight in waste

9,930 KG

Congratulations on your successful cleanup on Sunday, September 07, 2025.

A big thank you to the Community Association and residents for your commitment to keeping our communities healthy, safe and vibrant.



Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection; be prepared to pull over.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

• Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

Why Should We Pay Attention to US Policies?

Given recent policies under Trump and even suggestions that Canada should become the 51st state, I find myself increasingly frustrated with many aspects of the United States – not necessarily the people, but the policies. However, because of the sheer size and influence of the U.S., and our geographical proximity, what happens spills over and affects us in Canada.

Take for example, Robert F. Kennedy Jr. (RFK Jr). He's a polarizing figure and people have mixed feelings about where he stands on various issues. But when it comes to health, I believe it's worth recognizing progress – even if the broader battle is still far from over.

RFK Jr. is involved with the Make America Healthy Again (MAHA) initiative, and some of their current efforts are worth celebrating. One notable area of focus is the ban on synthetic dyes used in food—many of which have been linked to serious health concerns, including cancer. These artificial colourings are largely unnecessary. There are safer, natural alternatives available, though they may be less convenient or more expensive. Nonetheless, they are considerably healthier.

Take Skittles and Froot Loops as examples. In North America—including Canada—these products still use petroleum-based dyes. Yet in Europe, the same brands have already switched to natural colourings due to stricter regulations. Why are we still consuming ingredients that are banned elsewhere?

Here's an except for a news release by the FDA in April 2025.

"The U.S. Department of Health and Human Services and U.S. Food and Drug Administration (FDA) today announced a series of new measures to phase out all petroleum-based synthetic dyes from the nation's food supply—a significant milestone in the administration's broader initiative to Make America Healthy Again.

The FDA is taking the following actions:

- Establishing a national standard and timeline for the food industry to transition from petrochemical-based dyes to natural alternatives.
- 2. Initiating the process to revoke authorization for two synthetic food colourings—Citrus Red No. 2 and Orange B—within the coming months.

- 3. Working with industry to eliminate six remaining synthetic dyes—FD&C Green No. 3, FD&C Red No. 40, FD&C Yellow No. 5, FD&C Yellow No. 6, FD&C Blue No. 1, and FD&C Blue No. 2—from the food supply by the end of next year.
- 4. Authorizing four new natural colour additives in the coming weeks, while also accelerating the review and approval of others.
- Partnering with the National Institutes of Health (NIH) to conduct comprehensive research on how food additives impact children's health and development.
- 6. Requesting food companies to remove FD&C Red No. 3 sooner than the 2027-2028 deadline previously required."

HHS Secretary Robert F. Kennedy Jr. stated: "For too long, some food producers have been feeding Americans petroleum-based chemicals without their knowledge or consent. These poisonous compounds offer no nutritional benefit and pose real, measurable dangers to our children's health and development. That era is coming to an end."

While these timelines are still a ways off, and major food corporations will surely lobby to delay or weaken these efforts, there's growing momentum. Texas recently joined California, Utah, and West Virginia in passing legislation with compliance required by January 1, 2027. Under this law:

"Violations can result in fines of up to \$50,000 per product per day, along with liability for enforcement costs. Manufacturers must either reformulate products, relabel them, or withdraw them from the state's market."

Additionally, food products can still be sold under a clear warning label:

"Warning: This product contains an ingredient that is not recommended for human consumption by the appropriate authority in Australia, Canada, the European Union, or the United Kingdom."

To me, the answer is simple: if there is a healthier, proven alternative to synthetic food dyes, we should use it. When it comes to human health – especially that of children – the right choice is clear.







"Hope Grows Here": New Mural Brings Life to Hounsfield Heights-Briar Hill's Seacan



The Hounsfield Heights–Briar Hill Community Association has partnered with second-year Nursing students from the University of Calgary to unveil a striking new mural on the side of the community's seacan.

Designed by the nursing students, the mural is a vibrant reflection of the community's past, present, and future. On the right side, city buildings symbolize the community's proximity to downtown Calgary and its growth as part of a prospering urban landscape. At the centre, diverse figures represent the inclusive nature of the community—welcoming people from all walks of life, especially with the accessibility provided by the nearby LRT. Anchoring it all is the powerful message: "Hope Grows Here"—a reminder of the optimism and possibility that defines Hounsfield Heights—Briar Hill.

Beyond the mural, the nursing students are also engaging with the community to promote health and safety awareness. Through surveys and conversations with residents, they are sharing practical tips on personal safety, proper hand hygiene, flu and cold prevention, and vaccine reminders—especially important as the seasons change.

This initiative highlights the shared values of connection, care, and continued growth that make Hounsfield Heights–Briar Hill a special place to call home.



The flu season is here. Influenza, commonly called the flu, is a contagious respiratory virus that infects the nose, throat, and lungs. Each year, there is a new strain of this respiratory virus which can lead to uncertainty, but here are some ways to protect yourself and your loved ones from this virus.

How the Influenza Virus Spreads

The most common ways for the flu to spread are through direct and indirect contact with those who are infected. This could include the following:

Direct Contact

- Exposure to people coughing and sneezing
 - 1. Breathing in droplets containing the virus
 - 2. Contact with the eyes, mouth, and nose

Indirect Contact

- Touching surfaces that those who are infected have touched with saliva and mucous
- Then touching the eyes, mouth, and nose



How to Stay Protected

Here are some simple things to implement over this flu season to protect yourself and those around you:

- Get the Influenza vaccine
- Keep good hand hygiene by washing your hands with soap and water for at least 20 seconds (Note below for tips)
- When hand washing isn't an option, opt for 60%+ alcohol hand sanitizer
- Disinfect surfaces such as countertops, phones, and doorknobs
- Avoid touching your eyes, mouth, and nose

How to Stop the Spread If You Get the Flu

If you find yourself with the symptoms above, implement the following to keep others safe:

- · Wear a fitted mask (ex., N95)
- Cough and sneeze into your elbow or a tissue
- Continue the steps above, such as hand and surface

Government of Canada, (2024), Flu (influenza): Prevention and risks. Canada. https://www.canada.ca/en/public-health/services/diseases/flu-influenza/

Contact your local clinic or pharmacy today!

For more information, visit: https://myhealth.alberta. ca/topic/immunization/pages/influenza.aspx

health direct

Rub your hands

together for at least

20 seconds.

paper towel.

Hand washing tips



Wet hands with running water.



Apply soap or liquid soap.



Wash all areas, including the back of your hands and between fingers.



Rinse hands, making Dry your hands sure you remove all thoroughly with a soap.

Protect yourself this flu season!

YOUR CITY OF CALGARY

Green Cart Collection Update

by the City of Calgary

Starting in November, green cart collection will shift to an every-other-week schedule. This seasonal change helps match service to the lower volumes of yard waste we typically see once colder weather arrives.

Weekly green cart collection will return in April 2026, just in time for spring clean-up season when yard waste begins to pick up again.

We understand Calgary's weather can be unpredictable, and to keep the Green Cart program reliable and cost-effective, we set the schedule using long-term trends. This means collection times are based on when green cart volumes usually decline and when snowier conditions are more likely. By planning well in advance, the City ensures the right number of trucks, drivers, and resources are in place to keep the program running smoothly.

There are a few easy ways to stay on top of your collection days and keep things simple:

- Visit calgary.ca/cartschedule to check your cart pickup schedule or sign up for free reminders.
- Download the Calgary Garbage Day app to get automatic notifications about collection days and seasonal changes.

Thank you for helping keep Calgary clean and green, no matter the season!



Our Community Has Old People

Our community has old people, I guess I'm one of them. Maybe we should celebrate them. I read a piece by John Mitchell that I would like to share.

A Tale from the Wild, Wild West...

"An old woman walked up and tied her old mule to the hitching post.

As she stood there, brushing some of the dust from her face and clothes, a young gunslinger stepped out of the saloon with a gun in one hand and a bottle of whiskey in the other.

He looked at the woman and laughed,

"Hey old woman, have you ever danced?"

The woman looked up at the gunslinger and said, "No... I never did dance... Never really wanted to."

A crowd has gathered as the young gunslinger grinned and said, "Well you old bag, you're gonna dance now!", and started shooting at the old woman's feet.

The old woman prospector - not wanting to have her toes blown off - started hopping around. Many were laughing.

When his last bullet was fired, the gunslinger, still laughing, holstered his gun and turned around to go back into the saloon.

The old woman turned to her pack mule, pulled out a double-barrelled shotgun and cocked both hammers. The loud clicks carried clearly through the desert air, and the crowd immediately stopped laughing.

The gunslinger heard the sounds too and turned around very slowly. The silence was almost deafening. The crowd watched tensely as he stared at the woman and the large gaping holes of those twin barrels.

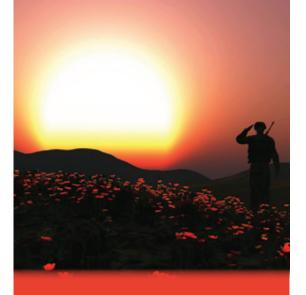
The barrels of the shotgun never wavered in her hands as she quietly said, "Son, have you ever kissed a mule's ass?"

The gunslinger swallowed hard and said, "No ma'am, but I've always wanted to".

There are Five Lessons Here for All of Us:

- 1. Never be arrogant.
- 2. Don't waste ammunition.
- 3. Whiskey makes you think you're smarter than you are.
- 4. Always make sure you know who has the power.
- 5. Don't mess with old people; they didn't get old by being stupid."

John Mitchell



A Minute Lost in Silence

by Garth Paul Ukrainetz

A minute lost in silence

Loud the roar of wartime years

Sacred poppies of November

In remembrance of their tears

In our minute lost in silence

We must listen close together

Lest we all forget to hear it

Lest the silence lasts forever

Brain Freeze

That sharp headache from cold treats? Doctors call it "sphenopalatine ganglioneuralgia". Try saying that the next time you eat an ice cream and get brain freeze!



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: First Name - Children:	1. 2.							
Address:		Postal Code:						
Email:								
Would you like to receive the newsletter and other announcements by email? yes □ no □								
I would be interested in v	olunteering for:	Membership #						
☐ Land Use	☐ Membership Drive	Valid through July 31 2026						
☐ Green Space/Reforestation	n □ Children's Programs	Annual membership (including GST) is :						
☐ Fundraising	☐ Seniors' Programs	☐ \$20 per household						
☐ Facilities/Ice Rink	☐ Sports Programs	☐ \$10 for seniors						
☐ Communications/Newslette	er □ Social Activities							
□ Other		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 for	orm 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.

WWW.MYCALGARY.COM/MAGAZINES | HOUNSFIELD HEIGHTS-BRIAR HILL

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).

403-943-1500Access 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



by Anne Burke

Norma Frances Bicknell (née Rose) (1926-2025) passed away at the age of 98 years. Norma was an ardent crusader for many causes dear to her heart—women's rights and equality, saving Nose Hill Park, the South McDougal Area Structure Plan, to name a few. As some remember: "Though it has been a few decades since Norma walked upon the hill, she was always interested to hear about the first reports of crocus blooms in the spring". Another, "From the first kite fly on Nose Hill (to bring attention to it), the recording of animal life and monitoring of plant species no one influenced me more. The past 50 years on Nose Hill were all because of her influence". Moreover, "She led such a great life. I lost touch after I left Calgary and am pleased, she has enjoyed another 30 years since. When we had to fight to keep Nose Hill mostly unpaved, she was the heart and soul behind our efforts." Calgary's Centennial in 1975 was to celebrate the city's first 100 years. I first met Norma when we were fundraising for educational signage on Nose Hill. Without her, there would have been no such Park. Whatever we all did to contribute as volunteers was in her name and avidly following her lead. An astonishing woman who accomplished so much for so many, she enjoyed a well-lived life in all respects. Nose Hill was declared one of Canada's largest urban parks in 1980. There is a lovely colour photo of Norma, with other members of the Nose Hill Steering Committee. She is holding a copy of the Nose Hill Master Plan. In the snow on Nose Hill, Norma appears very happy, even girlish, with a glint in her eye, as well she might. www.calgaryguardian.com/ historical-photos-nose-hill-park/.

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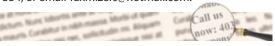
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cceaning: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.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.

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113 Aspens Meadows Hill SW

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Congratulations to my clients on a sale that was all about commitment and patience.

5104 Vallance Crescent NW

List Price: \$998.000

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