

SEPTEMBER 2025

DELIVERED MONTHLY TO 1,850 HOUSEHOLDS

your **HOUNSFIELD** HEIGHTS **BRIAR** HILL BEACON

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



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

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What's on at **AUArts**

Experience art, craft and design in your community with Alberta University of the Arts' public events, exhibitions, and Personal Interest art classes.

Illingworth Kerr Gallery: Faces and Places Exhibition Free Entry

Sept 19 – Nov 22 | Opening Reception: Sep 18, 5PM to 8PM

Public gallery hours: Tues, Wed, Fri: 11-6, Thurs: 11-7, Sat: 12-4

Discover the people, stories and moments that have shaped Calgary's creative identity. Spanning from the 1970s to today, this exhibition draws on local archives and personal histories to celebrate the city's vibrant artistic communities.

Fall Personal Interest Classes for Adults Register Online

Sept – Nov | One night a week for eight weeks

Explore your creative side with a hands-on art class in a beautiful AUArts campus studio. Classes are offered in a variety of disciplines and are open to all skill levels.

Alberta University of the Arts Open House Register Online

Oct 25, 9AM to 4PM

Prospective students and their families are invited to tour the campus and discover what's possible at AUArts. Explore our world-class art, craft and design facilities with guided studio tours, demonstrations and more!

Show + Sale Family Day Free Entry

Nov 15, 10AM to 4PM

Find one-of-a-kind items by emerging artists from AUArts at Calgary's only non-profit art market. Everyone is invited for a family-friendly day of shopping, art-making demos and music on campus.

**Alberta
University
of the
Arts**

Alberta University of the Arts, 1407 14 Ave NW, Calgary, AB
Learn more at AUArts.ca

Re-Elect

TERRY WONG

for Ward 7



terrywong.ca

**Tell Terry. Talk with Terry.
See the Results with Terry.**

Election Day: Oct. 20, 2025

ElectionsCalgary.ca/For-Voters.html

7 Real Solutions for Ward 7

- **Smart Growth, Not Blanket Rezoning**

Planning growth that fits the community—preserving character while welcoming thoughtful development.

- **Tax Dollars Delivering Results**

Focusing on core services and real outcomes—no waste, no delay—just real value for your money.

- **Safe Spaces, Secure Places**

Protecting our homes, streets, and parks with safety-focused planning and visible enforcement.

- **Free Residential Parking**

Protecting parking for residents—no fees, no hassle, just fair access in your neighbourhood.

- **Clean and Vibrant Downtown**

Revitalizing the heart of our city with cleaner streets, thriving businesses, and cultural energy.

- **Public Engagement, No Surprises**

Ensuring residents are heard before decisions are made—transparent, timely, and respectful.

- **Visit, Watch, Listen, and Learn**

Staying present in every community—open ears, open eyes, and open conversations.



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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.



Like our Facebook Page
www.facebook.com/hhbhca



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



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

VISION AND MISSION



Vision

A peaceful, central, residential community with friendly neighbours connected through vibrant public space and activities.



Mission

Inspire and support residents to build our community together through volunteering, social and recreational activities, and partnerships.

Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1

Emergency (24-Hour)

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.

403-SENIORS

(403-736-4677) The Way In

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

8-1-1

Health Link (24-Hour)

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

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).

3-1-1

City of Calgary (24-Hour)

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

403-943-1500

Access Mental Health

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

2-1-1

Community Resources (24-Hour)

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

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.

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Hounsfield Heights-Briar Hill Community Cleanup

September 7 from 9:00 am to 2:00 pm

Each year the City of Calgary Waste and Recycling Services and Community Standards partner with Community Associations to help residents get rid of unwanted household items and property waste. This event saves residents a trip to the landfill for items that do not fit in their waste and recycling carts. The City of Calgary will be here with their waste and organic packer trucks. We are pleased to have Technotrash Alberta Ltd and Alcop Resource Recycling participating in the Community Cleanup this year.

The City of Calgary Trucks Do Not Accept:

- Tires
- Household chemicals (these can be taken to the Country Hills Fire Station)
- Car batteries
- Household appliances with Freon (e.g., refrigerators, freezers)
- Glass (e.g., windowpanes, glass tabletops)
- Microwaves
- Liquids (e.g., cooking oils)
- Large metal items (e.g., lawnmowers, barbeques)
- Railroad ties
- Sod or dirt
- Household hazardous waste including propane tanks; paint; automobile, cleaning, healthcare, and gardening chemicals

Technotrash and Alcop Do Not Accept the Following Items:

- Liquids of any kind (gas, paint, or chemical)
- Compressed cylinders (propane tanks or fire extinguishers)
- Hazardous waste
- Household batteries
- Large appliances (stoves, dishwashers, washers, dryers)
- Anything with Freon (AC units, water coolers, or fridges)
- Fluorescent light fixtures or bulbs
- Thermostats
- Smoke detectors
- Glass of any kind
- Media - VHS tapes, DVDs, or CDs
- Rechargeable batteries loose
- Ink and toner loose

- Capacitors
- Mercury

The Following Items Can Be Disposed of at the Community Cleanup

- TVs (LCD, CRT, or Plasma)
- Computer systems including:
 - Computer accessories (monitors, mice, keyboards, and speakers)
 - Computer parts (cables, cords, fans, power supplies, hard drives for destruction, CPU, ram chips and boards)
 - Laptops, notebooks, tablets, and e-readers
 - Printers, fax machines, copiers, and scanners
- Small clean household appliances: Fans, hair dryers, heaters, irons, microwaves, toasters, vacuums (empty only), etc.
- Audio visual: CD players, VCR/DVD players, stereo equipment, cable boxes, satellite equipment, digital cameras, video cameras, etc.
- Networking/Telecommunications equipment (hubs, switches, modems, routers, and phones), cell phones and chargers, answering machines, etc.
- All power and air tools: drills, grinders, saws, nail guns, compressors, table saws, etc.
- Games, toys, and music including amplifiers, guitars, keyboards, microphones, electric/electronic toys, video gaming equipment including game cartridges.
- Wires and cables (Christmas lights less bulbs)
- Testing equipment, circuit boards

Additional Information

We have a group of volunteers to direct your vehicle and get vehicles through the clean up as safely and quickly as possible!

We do expect to have a higher volume this year. We ask for your patience and that you are courteous to our community volunteers making this event happen.

You will be able to drive through and drop off your garbage, organics, metals etc. The City of Calgary employees are there to operate the truck only, and not able to assist in loading the truck.

You will drive through and place your items in the correct bins. If you require assistance, our volunteers are there to help, but we ask that you please wear a mask when getting out of your vehicle and unloading or require help unloading.

We're excited to be able to offer this event again this year and request your support for this to run smoothly and safely.



HH-BH Community Association

COMMUNITY CLEANUP

West Parking beside Louise Riley Library

Sunday, September 07 @ 9:00am - 2:00 pm

For more information, please call 403-282-6634

The poster features a colorful illustration of a city skyline with various buildings in shades of orange, purple, and blue, set against a light blue sky with clouds and stars. At the bottom, there are cartoon drawings of a girl and a boy.



free house dance plus

2020 12th Ave NW
403-282-0555

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The poster features a blue background with a white silhouette of a person in a dynamic dance pose. The text is in a mix of bold, sans-serif and script fonts.



News from the Friends of Nose Hill

by Anne Burke

Learn how citizens fought to preserve Nose Hill, its history, how it unfolded. The Calgary Local Council of Women recommended that all development of Nose Hill be delayed, until after a major study by the Calgary Planning Commission of city growth. The only existing control was the absence of zoning approval for development and should be delayed, until such time as the City had sufficient funds. Calgary had never expended significant monies for parkland. In its natural state, the only cost for their proposal would be land acquisition, without any capital expenses, facilities, and maintenance.

They believed that Nose Hill is a beautiful natural area. We must preserve prime natural areas to offset urban sprawl and the concrete City Centre. Nose Hill is to Calgary what Citadel Hill is to Halifax; Battlefield's Park to Quebec City; Mount Royal to Montreal; Stanley Park to Vancouver; and Beacon Hill Park to Victoria. Calgary would become the first city in Western Canada to have a natural area of prairie vegetation. Tourists will visit the natural grassland of Nose Hill or view it from the Calgary Tower.

The group proposed that approximately 3,500 acres, bounded on the West by the Sarcee Trail right-of-way, South by the John Laurie Boulevard, East by the existing development adjacent to the escarpments of Nose Hill, and North by the highlands and escarpments of Nose Hill to and beyond 80 Avenue NW, be zoned as Natural Parkland in perpetuity.

The Hill is a dominant geographical feature in Calgary since its southern slopes can be seen from most locations, providing a constant reminder to citizens of the prairie landscape surrounding them which has played such an influential role in our economic and cultural development.

Rewiring The Mind: How Positivity, Neuroscience, and Hypnotherapy Are Changing Mental Wellness

by Krista Francis, PhD, RCH

In an age where mental well-being is finally receiving the attention it deserves, a new synergy is emerging from the crossroads of science and therapy: the fusion of positivity, neuroscience, and hypnotherapy. This trifecta is not only reshaping how we understand the mind but also transforming how we heal it.

The Neuroscience of Positivity

Our brains are remarkably adaptable—what neuroscientists call neuroplasticity. This capacity allows us to rewire thought patterns, behaviours, and even emotional responses based on new experiences. Studies using fMRI scans have shown that when we practice gratitude, kindness, or optimism, the brain's reward centres light up in ways that mirror reactions to physical rewards like food or money.

The more we intentionally noticing things that bring us joy and happiness, the more connections our brains make to feeling optimistic, making positivity more accessible and natural. Dr. Richard Davidson, a psychologist and professor at the University of Wisconsin-Madison states that “happiness and well-being are best thought of as skills.”

Hypnotherapy: Reprogramming from Within

While positivity builds strong neural networks, sometimes we may have limiting beliefs that make building practices for happiness and well-being challenging. You may consciously wish to feel happier, but your subconscious may believe you are unworthy. By allowing us to access the subconscious mind—the place where many of our most limiting beliefs live, hypnotherapy can help us reprogram, and release thought patterns to make desirable and lasting changes in your life. Hypnotherapy works by aligning subconscious beliefs with conscious desires.

Hypnotherapy is often misunderstood, thanks in part to its dramatized portrayal in popular media. In reality, clinical hypnotherapy is a structured, evidence-based approach used by trained professionals to help people overcome issues like anxiety, trauma, and even chronic pain.

Under hypnosis, individuals enter a deeply relaxed state, during which the critical, analytical mind quiets. This provides an opportunity to introduce new ideas and perspectives that the subconscious is more willing to accept.

The Power of Integration

What happens when you combine the rewiring potential of neuroscience, the healing focus of hypnotherapy, and the behavioural reinforcement of positive psychology? A powerful, integrated approach to mental wellness that is both proactive and transformative.

Consider this: someone struggling with social anxiety might use hypnotherapy to uncover and revise the root belief that they're not “good enough.” At the same time, they practice daily gratitude and positive affirmations, slowly shifting their brain's default mode from fear to openness. Over time, these practices reinforce each other, leading to profound and lasting change.

Therapists and coaches are increasingly embracing this integrated model. In a recent pilot program at a wellness centre in London, clients who combined hypnotherapy with positivity-based journaling and mindfulness exercises showed a 40% greater improvement in self-reported well-being than those who used traditional talk therapy alone.

Moving Forward

The integration of positivity, neuroscience, and hypnotherapy marks a hopeful frontier in mental health. It empowers individuals not just to treat mental illness, but to cultivate mental wellness—to thrive, not just survive. This is the future of therapy, working towards building what is right.

In a world that often feels overwhelming, this new approach offers a clear, evidence-based message: you have the power to change your mind—literally.

Want to explore further? Read Dr. Richard Davison's book called the *Emotional Life of your Brain* or try a guided hypnotherapy session focused on self-compassion. Positivity isn't just a mood—it's a mindset that can change your life.



MEMBERSHIPS

Your annual membership is good through July 31, 2026 and entitles you and your family to participate in a variety of different community programs and activities. The cost is only \$20 annually per family/household or \$10 for seniors, including GST.

HOUNSFIELD HEIGHTS – BRIAR HILL COMMUNITY ASSOCIATION MEMBERSHIP APPLICATION 2025-26

Family Name(s): _____

First Name - Adults:

1. _____

2. _____

First Name - Children: _____

Address: _____

Postal Code: _____

Home Phone: _____

Email: _____

Would you like to receive the newsletter and other announcements by email?

yes ☐ no ☐

I would be interested in volunteering for:

- | | |
|--|--|
| <input type="checkbox"/> Land Use | <input type="checkbox"/> Membership Drive |
| <input type="checkbox"/> Green Space/Reforestation | <input type="checkbox"/> Children's Programs |
| <input type="checkbox"/> Fundraising | <input type="checkbox"/> Seniors' Programs |
| <input type="checkbox"/> Facilities/Ice Rink | <input type="checkbox"/> Sports Programs |
| <input type="checkbox"/> Communications/Newsletter | <input type="checkbox"/> Social Activities |
| <input type="checkbox"/> Other | |

Membership # _____

Valid through July 31 2026

Annual membership (including GST) is :

☐ \$20 per household

☐ \$10 for seniors

Paid by: cash ☐ cheque ☐

Send cheques payable to Hounsfeld Heights-Briar Hill Community Association
Box 65086 RPO North Hill, Calgary AB T2N 4T6

Privacy Consent: By providing the personal information on this form you are consenting to HH-BH Community Association's collection and use of that information for the purposes of providing you a membership in the community association. This information will be stored in a database of community members for the sole use of the Association. The Association will not sell, barter or lease membership lists or information. We may retain this information until nine months after expiry date of the membership.

Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

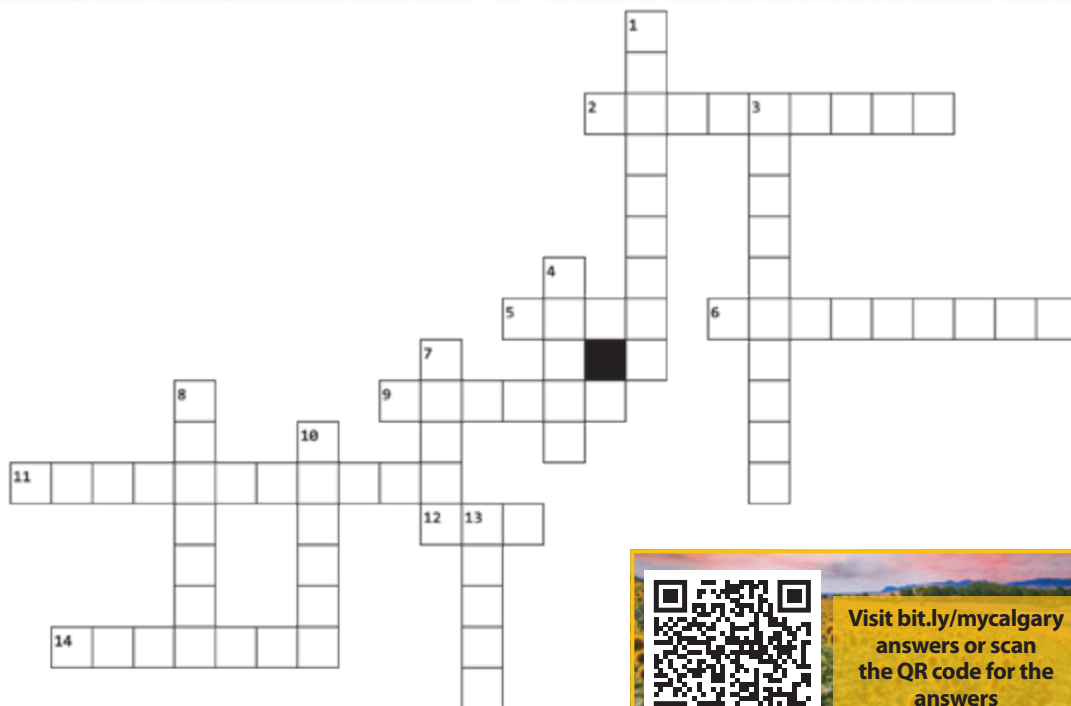
- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

September Crossword



Across

2. Ernest _____'s *The Old Man and the Sea* was first published on September 1, 1952.
5. September's full moon is named after a plant also known as maize.
6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the _____ Islands.
9. *The _____ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
11. Ice hockey forward, John Tavares, was born on September 20, 1990, in _____, Ontario.
12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
14. Starring Canadian actor, William _____, *Star Trek* premiered on September 8, 1966.

Down

1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in _____, Ohio.
3. On September 19, 1893, this country became the first to grant all women the right to vote.
4. Canadian singer-songwriter Leonard _____ was born on September 21, 1934.
7. On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
8. Canada beat the USA by 23 runs on September 25, 1844, in the first international _____ match.
10. On the first Monday of September, _____ Day is observed in Alberta.
13. Stars of *Bridget Jones's Diary*, Colin _____ and Hugh Grant, were both born in September 1960, just one day apart.



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of Calgary**

Celebrating
115 years
of helping
Calgarians
in need

Semi-Annual Super Thrift Sale

Saturday, September 27

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**



**Get great deals on household goods,
clothing & shoes for all, fashion accessories,
vintage & boutique items, collectibles,
art, books, toys & much more**

Don't forget to bring your tote bag!

Back by popular demand:

- Concession
- Parcel Pickup

**For More Information:
samaritanclub.ca**

**All proceeds will benefit
Calgarians in need (Cash Only)**

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Harley, Cranston



Jasper, Glenbrook



Lulu, Signal Hill



Mika, Richmond Knob Hill



Mr. Fuggs, Christie Park



Rollie, Auburn Bay



Ruby, Glenbrook



Rusty, Glenbrook

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

A 'WICKET' DAY!



On September 25, 1844, the USA were totally stumped when Canada beat them by 23 runs in the first international cricket match. Played at St. George's Cricket Club in New York, it was a totally 'wicket' moment in Canadian sports history!



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

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.

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News, Events, & More



Crime Statistics



Real Estate Statistics



CARDINAL

BY TREVOR RAMAGE



RE/MAX FIRST

📞 403.850.2560



JUST
LISTED



2837



113 Aspen Meadows Hill SW

List Price: \$995,000

MLS #A2231335

This Manhattan loft-inspired gem offers style and space. Features include a gourmet kitchen, an elevator connecting all floors to the garage and park views.



SOLD



1877



310 11 Street NW

List Price: \$1,299,900

Quick & seamless. Warmest congratulations to my wonderful clients.



SOLD



2658



653 27 Avenue NW

List Price: \$2,099,000

Nothing better than guiding past clients through another successful sale. Congratulations.



SOLD



1859



112A Equestrian Drive

List Price: \$1,849,000

Another beautiful property for longtime clients. Grateful for the continued trust.

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

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