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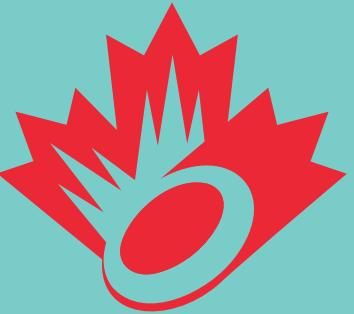


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HOUNSFIELD HEIGHTS-BRIAR HILL CONTENT**

News, Events,  
& More



Crime  
Statistics



Real Estate  
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# Hounsfied Heights – Briar Hill Community Association

## BOARD OF DIRECTORS

COMMITTEE POSITION	NAME	CONTACT
President	Marsh, Jeff	president@hh-bh.ca; 403-606-2774
Vice President, Facilities Director, and Education Director	Sammet, Gunter	vp@hh-bh.ca; 403-830-07
2nd Vice President	Wong, Kin	2nd.vp@hh-bh.ca
Treasurer	Zhu, Sarah	treasurer@hh-bh.ca
Secretary	Winkler, Kathryn	secretary@hh-bh.ca
Land Use Director	Atkinson, Elizabeth	land.use@hh-bh.ca
Communications Director	Blake, Kaidon	communications@hh-bh.ca
Community Engagement Director	Roessingh, Hetty	community.engagement@hh-bh.ca
Events Planning Director	Vacant	events@hh-bh.ca
Programs Director	Vacant	programs@hh-bh.ca
Strategic Planning Director	Vacant	strategic.planning@hh-bh.ca
Community Safety Director	LeGrandeur, Michelle	community.safety@hh-bh.ca
IT Director	Winkler, Karl	it@hh-bh.ca
Director at Large	Mumford, Val	
Executive Director	Noonan, Val	executive.director@hhbh.ca; 403-828-6634
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

## CONTACT

**Mailing Address:** Box 65086, RPO North Hill Calgary, AB, T2N 4T6  
Board Room / Gym - 1922 – 14 Avenue NW

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

**Phone:** 403-282-6634

**Email:** admin@hh-bh.ca

**Beacon Submissions:** beacon@hh-bh.ca

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



For the latest news, programs and events, please visit our Official HH-BH Community Association website at [www.hh-bh.ca](http://www.hh-bh.ca).



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

# VISION AND MISSION



## Vision

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



## Mission

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



## Age-Friendly Calgary Essential Numbers for Seniors in Calgary

<b>9-1-1</b> Emergency (24-Hour)	<b>403-SENIORS (403-736-4677)</b> The Way In
For EMERGENCY medical, fire, and police response. Call the non-emergency police line at <b>403-266-1234</b> to report an incident that is not an emergency.	Information, advice, and help accessing programs and benefits for older adults.
<b>8-1-1</b> Health Link (24-Hour)	<b>403-266-HELP (403-266-4357)</b> Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
<b>3-1-1</b> City of Calgary (24-Hour)	<b>403-943-1500</b> Access Mental Health
Information on all City of Calgary services. <a href="http://www.calgary.ca">www.calgary.ca</a> .	Non-urgent advice on navigating the addiction and mental health system.
<b>2-1-1</b> Community Resources (24-Hour)	<b>403-705-3250</b> Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. <a href="http://www.ab.211.ca">www.ab.211.ca</a> .	Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

## News from the Friends of Nose Hill

by Anne Burke

The Calgary area has been the subject of many geological studies in scientific papers, field guides, and monographs, including glacial mapping of Nose Hill. The top of Nose Hill contains gravel deposited by the ancient Bow River, also carrying sand and mud, flowing east out of the mountains and reaching the level of the present hilltop. There may have been as many as 20 major glacial advances and retreats in what is now the Calgary area.

During the last one to two million years of earth history, ice sheets shaped the landscape. The continuous plain to the north, and on the east and west flanks of Nose Hill, were shaped by glacial meltwater from nearby ice. As the modern Bow River developed, it created a broad valley and the southern flanks of the Hill. A large lake was produced by an ice dam on the River. On its North and East, Nose Hill is bounded by Beddington and Nose Creeks. To the west, Big Hill Springs Coulee is what remains of the earlier glacial spillway system.

Nose Hill provides spectacular views from which to interpret the geological history of the Bow River Valley and its tributaries, as well as the uplands across the valley to the south. The boundary between eastern and western ice sheets is the result of a landslide from Mt. Edith Cavell. As the valley glacier advanced it was deflected southward by eastern ice and glacial erratics (large boulders) mark its former path.

# PRESIDENT'S MESSAGE



## President's Message Regarding AGM

Thank you to everyone who came out to the Hounsfeld Heights-Briar Hill Community Association AGM on Thursday, November 27! Although it would be a stretch to say that the event was 'well attended', we were able to get the quorum that we needed!

Without further ado I'd like to introduce you to the 2025/26 HHBH CA Board:

### BOARD MEMBERS

President	Jeff Marsh	president@hh-bh.ca	403-606-2774
Vice President	Gunter Sammet	vp@hh-bh.ca	403-830-0705
Director, Facilities			
Director, Education			
2nd Vice President	Kin Wong	2nd.vp@hh-bh-bh.ca	
Treasurer	Sarah Zhu	treasurer@hh-bh.ca	
Secretary	Kathryn Winkler	secretary@hh-bh.ca	
Director, Communications	Kaidon Blake	communications@hh-bh.ca	
Director, Community Engagement	Hetty Roessingh	community.engagement@hh-bh.ca	
Director, Community Safety	Michelle LeGrandeur	community.safety@hh-bh.ca	
Director, Events	Vacant	events@hh-bh.ca	
Director, IT	Karl Winkler	it@hh-bh.ca	
Director, Land Use	Elizabeth Atkinson	land.use@hh-bh.ca	
Director, Programs	Vacant	programs@hh-bh.ca	
Director, Strategic Planning	Vacant	strategic.planning@hh-bh.ca	
Director at Large	Val Mumford		

### KEY COMMUNITY CONTACTS

Executive Director	Val Noonan	executive.director@hh-bh.ca	403-282-6634
Bookkeeper	Leo Pozner	bookkeeper@hh-bh.ca	
Scribe	Ben Pavan	scribe@hh-bh.ca	
City of Calgary Neighbourhood Partnership Coordinator	Brenda Annala	brenda.annala@calgary.ca	

## The Voice of Cartoon Legends

What do Bubbles from *The Powerpuff Girls*, Timmy Turner from *The Fairly OddParents*, and Dil Pickles from *Rugrats* have in common? They were all brought to life by the same Canadian voice actress: Tara Strong. Celebrating her birthday on February 12, Tara has built an extraordinary career from *Teen Titans* to *Ben 10* and beyond.



# Let's Talk...

February 10, 2026

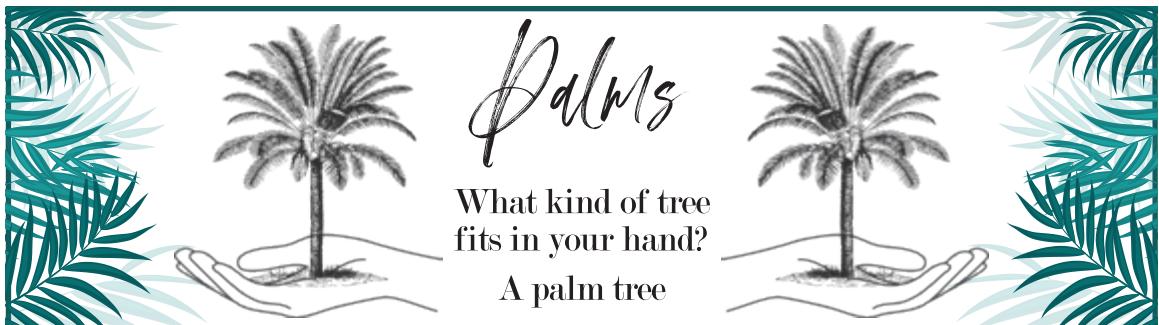
Time: 2:00 pm  
Doors at 1:30 pm

This month, participants are invited to bring an object of sentimental value to share and discuss together. Hetty will open with the story of her parents' wedding rings—reimagined into a single piece she wears daily, preserving their history, resilience, and love after immigrating to Calgary in 1954.

Objects hold memory. In sharing them, we connect. Join us for a reflective conversation about what endures and what we carry forward.

Please join us on Tuesday, February 10, 2026 for 'Let's talk...' at the HHBH Community Hall.

HH-BH Community Centre 1922 - 14 Ave NW





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## SKIING SISTERS

At the Sochi Winter Olympics on February 8, 2014, Canadian sisters Justine and Chloé Dufour-Lapointe claimed gold and silver medals in the women's moguls freestyle skiing event. They stood together on the podium, marking the first time Canadian sisters had shared an Olympic podium at a Winter Games. What a special sister bond!



# February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*

- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



## 4-H INTRO CLUB

### Youth “Learn to Do by Doing” with 4-H Intro Clubs

The 4-H motto is “learn to do by doing.” That is the idea behind 4-H Intro Clubs for youth aged 9 to 15. These six-week clubs give young people a chance to try new activities, learn practical skills, and explore their interests in a hands-on, low-pressure way. Youth get a taste of what it would be like to be a member of a traditional 4-H Club in these short programs, but the impact can be significant.

Intro Club members also have access to bonus events. Past events like the University of Calgary Vet Science Day and SAIT workshops in cooking and welding have allowed participants to explore careers, skills, and hobbies in a real-world setting. These events give youth experiences they may not get at school or at home.

Many bonus events include exposure to agriculture. Farm tours and projects let youth see where food comes from, learn about animals, and understand the work involved in growing plants or raising livestock. For children in the city, this connection to the local food system and community is especially valuable.

New bonus events are planned, including a microgreens workshop, a farm tour, an equine therapy workshop, and family tours at 4-H on Parade. Once a youth registers in an Intro Club, they can sign up for any available bonus events, most of which are free. These opportunities help children stay curious and learning outside regular club meetings.

Through Intro Clubs and bonus events, youth practice skills, explore interests, and gain experiences that help them make informed choices about hobbies, school projects, and future goals. At the same time, they connect with their community and learn about the role of agriculture in everyday life.

#### Try This at Home: Track Your Food

Pick one food item in your home and trace how it gets from farm to table. Who grows it? How is it processed or packaged? Why is it important to your community? This simple activity helps youth understand where food comes from and connects them to the local food system.



Learn more about Intro Clubs and bonus events at [4hab.com/member-programs/](http://4hab.com/member-programs/) or email [introclubs@4hab.com](mailto:introclubs@4hab.com).

# Staying in Relationships Thinking the Other Person Will Change, Now What?

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

In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

### 1. Separate "preferences" from "deal-breakers"

Narration shift: "I don't like this" to... "This is uncomfortable, but not unsafe or violating."



### 2. Replace fantasy with reality statements

Narration shift: "They would be perfect if..." to... "This is who they are today, consistently."

### 3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: "They're the problem" to... "This brings up something important in me."

### 4. Use compassion without justification

Narration shift: "They shouldn't be this way" to... "I can understand why they're this way, without agreeing or excusing."

### 5. Practice present-tense acceptance language

Use phrases like: "This is what's here right now" or... "I don't have to solve this today."

### 6. Stop future-bargaining

Narration shift: "Once X happens, then I'll be okay" to... "If nothing changes, how do I feel about this life?"

### 7. Name your choice clearly

Narration shift: "I'm stuck" to... "I am choosing to stay for now, with eyes open."

Choice restores agency and reduces resentment.

### 8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: "This shouldn't hurt" to... "Of course this hurts."

### 9. Anchor acceptance in boundaries

Narration shift: "I have to accept everything" to... "I accept who they are and I choose how close I stand."

### 10. Use curiosity over judgment.

Narration shift: "They're wrong" to... "This is different from me—what does that mean for us?"

# 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

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