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			2			8	6	
9			8				2	
				1	3		9	
6					2			
8	2	5		4		1	3	6
					1	2		
			4				7	8
							5	4
	3	7					1	2

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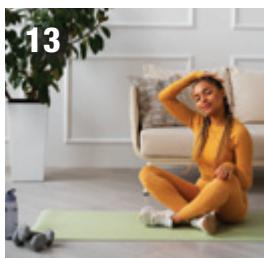
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# CONTENTS

- 7 NEWS FROM THE FRIENDS OF NOSE HILL
- 8 LET'S TALK
- 11 SAFE AND SOUND: TOBOGGANING/SLEDDING SAFETY
- 12 YOUR CITY OF CALGARY: MONTHLY PROPERTY TAX PAYMENTS SAVE YOU TIME AND MONEY
- 13 TAKE ON WELLNESS: UNDERSTANDING MENTAL HEALTH
- 15 BUSINESS CLASSIFIEDS



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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	EMAIL
President	Marsh, Jeff	president@hh-bh.ca
1st Vice President, Facilities, and Education	Sammet, Gunter	vp@hh-bh.ca
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
Executive Director	Noonan, Val	executive.director@hhbh.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

## 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.



## News from the Friends of Nose Hill

by Anne Burke

On the Park's northern boundary, Alberta Government Telephone, in 1982, and Canadian Western Natural Gas, in 1990, had access rights. Carma Developments put waste in the MacEwan Glen ravine. Construction sites attracted four-by-fours and dirt bikes. Nose Hill Trail condition and use were studied between July 20 and September 20, 1993. Volunteers working in pairs came from the Nose Hill Park Users Group, Nose Hill Communities Board, and Calgary Field Naturalists Society. Their goal was to measure trail type and surface, width, and depth. An aerial photo mosaic marked the survey areas. Data was collected for the glacial moraine (the Hill plateau and side slopes), ravines (Many Owls and Porcupine Valley), and disturbed land. The time of day was morning (7:00 am to noon), afternoon (noon to 6:00 pm), and evening (6:00 pm to dark). During both the week and weekend, Hill use was greatest in the afternoon and evenings. On the weekend, people spent time in the ravines. However, during the week more were recorded on the plateau and side slopes. Pathway routes were widened by braiding but less rutted than trails. The greatest use was in disturbed sites, rather than on the moraine. All pathways and trails were used by cyclists, who preferred gravel pathways to grass trails. Walkers without dogs used pathways, unlike dog walkers in the ravines. A review revealed that areas damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating, including severely damaged areas. Although some trails were rutted (and may remain so for a time) others had high grass growing in them without horse and vehicle traffic. Ravine trails were overgrown by tall grasses, thistles and nettles, so many people no longer used them.

## 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.

# Let's Talk...

**January 13, 2026**

TIME: 2:00 pm

Doors at 1:30 pm

Join us for a special session featuring Vicki Fretz, Community Gardens Coordinator for the Calgary Horticultural Society (CalHort)

A Master Gardener with a background in project management, Vicki is the liaison between CalHort and the community gardens throughout the City of Calgary.

Since moving to Calgary in 1997, she has fallen in love with the city's abundant greenspaces and pathways that connect them with all quadrants of Calgary. We encourage all avid gardeners to come get involved!

Please join us on Tuesday, Jan 13, 2026 for 'Let's talk ...'  
at the HHBH Community Hall!

**HH-BH Community Centre 1922 - 14 Ave NW**



## Egyptian Gem

January's birthstone is the garnet, but did you know that this gem was used by ancient Egyptians! As far back as 3000 BC, Egyptians used garnets for their jewellery, amulets, and burial artifacts. The Egyptians considered garnets a symbol of royalty and power. Perfect for any Pharaoh!

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## Giant Snowflake

On a cold winter's day in Fort Keogh, Montana, on January 28, 1887, a snowstorm created something truly magical and massive. Witnesses reported the world's largest snowflake at a whopping 38 cm wide and 20 cm thick! Snow kidding!

# Tobogganing/Sledding Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet designed for use in cold weather and high speeds.

### Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; try not to toboggan alone.
- Sledding at night is not advised.

### Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until rewarmed.

## Monthly Property Tax Payments Save You Time and Money

by The City of Calgary



Tax Instalment Payment Plan (TIPP) is the most popular way to pay property tax in Calgary. Here's why:

- You pay the same amount as your tax bill, but in smaller, easier to manage monthly payments.
- Automatic monthly payments come out on the first day of each month, helping you avoid late payment penalties.
- No extra fees and no need to re-enroll each year. TIPP continues until you cancel.

It's easier than ever to join TIPP. Our online process streamlines registration and confirms your enrolment, allowing you to join fast and easily from the comfort of your home. All you need is your property's roll number and your banking details.

You can enroll anytime during the year, and we'll adjust your payments to ensure your tax bill is fully paid by year's end. If you join for January 1, your tax payments will be spread over 12 months, if you join for February 1, your payments will be spread over 11 months, and so on.

Your 2026 property tax bill will be mailed out in May. To avoid late payment penalties, you must join TIPP or pay the total amount of your 2026 property tax bill before the payment deadline of June 30, 2026.

Join TIPP today at [calgary.ca/TIPP](http://calgary.ca/TIPP) to get started and enjoy easier budgeting for the years ahead!



## 4-H INTRO CLUB

### Grow Something New This Winter With 4-H Intro Clubs



Have you heard of 4-H? Many know 4-H for its long history in rural and agricultural communities, but today 4-H is thriving in cities, including right here in Northwest Calgary. Alongside our traditional, year-long 4-H clubs, we also offer a short-term program designed for families who want to explore 4-H before making a longer commitment.

4-H Intro Clubs are a six-week program for youth ages 9 to 15 that provides a hands-on introduction to the 4-H experience. These are not traditional clubs. During intro clubs, youth attend once a week for two hours, learn all about running meetings and try a different hands-on activity each session, giving them a fun and friendly way to explore what 4-H has to offer.



One popular winter activity is the Potato Pet Hair Garden, where youth learn about seeds, plant growth, and patience in a silly and hands-on way. Using a potato, paper towel, water, and chia or alfalfa seeds, participants create a "potato pet" with sprouting hair, then track growth over the week. Along the way, they practice observation skills, explore plant life cycles, and get a taste of science in action, all indoors during the cold winter months.

#### Try It at Home: Create your own Potato Pet Hair Garden:

- Wrap a potato in a damp paper towel or cotton strip.
- Draw a face and add googly eyes.
- Place it on a jar of water so the bottom touches the water.
- Spread chia or alfalfa seeds on top, like hair.
- Mist daily and watch the sprouts grow in four to seven days!

Learn more about intro clubs starting in January by visiting [4hab.com/member](http://4hab.com/member).

Send us your potato head photos or ask us a question at [introclubs@4hab.com](mailto:introclubs@4hab.com).

# Understanding Mental Health

by Recovery Alberta – Community Health Promotion Services



Mental Health is complicated. There are many ways to talk about it, and it can get confusing. To better understand, Mental Health Literacy developed a tool known as “the pyramid” that consists of four layers. The base of the pyramid is the largest, which is related to the number of individuals in this state. Therefore, as the pyramid gets smaller so does the amount of people who may experience this state. Let’s take a closer look at what the four levels of the pyramid are:

### 1. No Distress, Problem, or Disorder

This is the bottom level and the largest of the pyramid. This is when everything is okay and you are not experiencing any mental distress, problems, or disorders.

### 2. Mental Distress

The next layer up is mental distress. Distress releases a signal from our brain indicating the need to adapt to our environment and that there is a problem to solve. Triggers of distress are unavoidable, but the process is necessary for life-skills promoting and building resilience. An example is having an argument with your boss. Once you figure out a solution the mental distress goes away.

### 3. Mental Health Problem

The layer second from the top is mental health problems which is an indicator that we are having difficulties and may need external help such as counselling or community support. This can arise from a stressor of great amount, such as the death of a loved one.

### 4. Mental Disorder/Illness

Located at the top of the pyramid is mental illness. This occurs when there is disruption in usual brain functioning. This disruption is the result of our genes and our environment from the time of conception and throughout the lifespan. Examples of this can be the diagnosis of ADHD, Clinical Depression, and Anxiety.

Now that we have a better understanding of these terms, here are everyday things you can do for your mental health, also known as the Big Five to Thrive!

#### The Big Five to Thrive

- 1. Exercise:** This could be a walk in the community or a session at the gym.
- 2. Sleep:** The optimal amount needed varies for everyone. Put away your phone and snuggle up for a good night’s sleep.
- 3. Supportive Relationships:** Develop and maintain positive relationships with family, friends, and community. Surround yourself by those who lift you up.
- 4. Nutrition:** Incorporate healthy foods that are easy to make and taste great!
- 5. Helping Others:** Get involved in your community coalitions or volunteer with local charities.

It has been shown that improving even one of these areas can improve the other areas. Consider steps that are practical to you to better your mental health!

# 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

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**Send cheques payable to Hounsfied Heights-Briar Hill Community Association  
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# CARDINAL

BY TREVOR RAMAGE



# RE/MAX FIRST

*Wishing you a healthy, happy, and inspiring 2026.*

## A Year Defined by Client Trust, Market Confidence & Meaningful Milestones

I'm grateful for every client, every conversation, and every connection that shaped 2025. Your trust remained the driving force behind a year of growth and accomplishment across Calgary's distinguished communities.

### **2025 CLIENT + COMMUNITY SNAPSHOT**

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**32% introduced through valued client referrals**

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**52% new clients welcomed into the Cardinal experience**

Each number reflects a story, a family, a milestone, and I hold that trust with deep appreciation.

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With gratitude, thank you for your trust, your loyalty, and the community we continue to build together. I look forward to walking into 2026 with purpose, momentum, and appreciation for the people who make this work meaningful.

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

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