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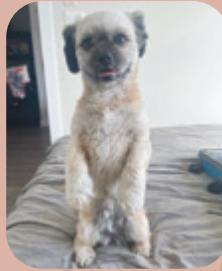
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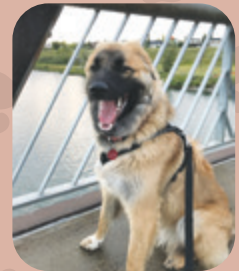
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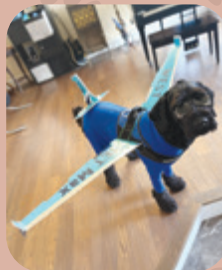
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Ember, Seton



Kato, McKenzie Lake



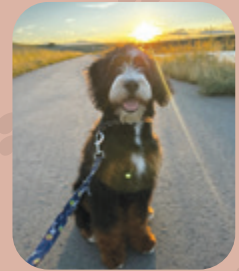
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Your annual membership is good through July 31, 2027 and entitles you and your family to participate in a variety of different community programs and activities. The cost is only \$20 annually per family/household or \$10 for seniors, including GST.

## HOUNSFIELD HEIGHTS – BRIAR HILL COMMUNITY ASSOCIATION MEMBERSHIP APPLICATION 2026-27

**Family Name(s):** \_\_\_\_\_

**First Name - Adults:**

1. \_\_\_\_\_

2. \_\_\_\_\_

**First Name - Children:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Address:** \_\_\_\_\_

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**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                     |                                              |

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**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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## 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; 403-830-0705                |
| 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              |
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| IT Director                                                 | Winkler, Karl        | it@hh-bh.ca                              |
| Director at Large                                           | Mumford, Val         |                                          |
| Executive Director                                          | Noonan, Val          | executive.director@hhbh.ca; 403-282-6634 |
| PROGRAM COORDINATORS                                        |                      |                                          |
| 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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## VISION AND MISSION



### Vision

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



### Mission

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# ANNUAL GENERAL MEETING

November 19, 2026  
7:00 PM

HH-BH COMMUNITY CENTRE  
1922 - 14 Ave NW  
403-282-6634

## A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel

John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.



## Let's Talk...

November 10, 2026

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

Tanis Fenton will lead a Q and A about the importance of our tree canopy and her efforts to save the stately old elm on her block. The trees in our community are threatened by new housing developments that want to maximize lot coverage, often without consideration for the old trees that were planted there some 70 years ago.

HH-BH Community Centre 1922 - 14 Ave NW

# November Crossword



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers

## Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.
7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.
8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.
10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.
11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.
12. Born November 7, 1913, Albert \_\_\_\_ was the French philosopher who wrote *The Stranger* in 1942.

## Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.
2. Remembrance Day is celebrated in Canada on what day of November?
3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found in many parts of Alberta, including Calgary parking lots.
4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.
5. Toni \_\_\_\_, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *The Sixth Sense*, *Little Miss Sunshine*, and *Knives Out*.
9. These small brown nuts come from oak trees and have a distinct cup shape.

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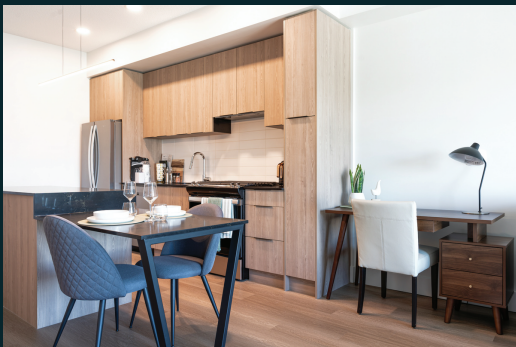
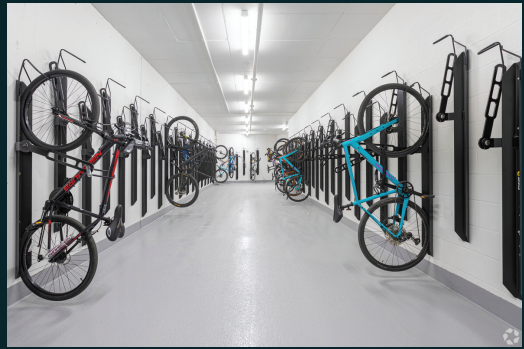


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# Essential numbers for seniors in Calgary

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

Telephone language interpretation service available on all lines.

## New Abilities

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you could wake up tomorrow with the ability to do something new, what would it be? What if it were a completely far-fetched or magical skill? How would you use it, and where would it take you?

Dear reader,

Considering magically gaining a skill overnight made me think of many potential scenarios. One of the first things that came to me was having unlimited home and car maintenance skills because I would be able to use them frequently to support my family. However, when I thought about it, I realized I would not want to spend my time on those tasks because they are messy, time-consuming, and often done alone.

I would want a skill that is more social and homes in on my interests. So, I thought about what I've been attracted to learning in the past. One skill I've worked on for many years is speaking Spanish. It's been an on-and-off process since my twenties, and I'm still at the intermediate level. This gets me by when I'm traveling, but I've always felt frustrated not being fluent because it holds me back from fully expressing myself or truly understanding the people I meet. Wouldn't it be wonderful to communicate effortlessly in another language and just say what's on your mind?

Since we're considering magically gained abilities, I'd take it a step further than fluency in Spanish; I'd wake up ready to communicate in any language. Imagine the opportunities it would open up! I could

use multilingualism to immerse myself entirely in any place and culture.

I absolutely love to travel. I find it's the best way to learn and gain new perspectives. The more different the destination from my home, the more it opens my mind. Being able to speak the local language would vastly improve my understanding of things I'm curious about: history, politics, geography, regional customs, and culture. Reading about these things in books or watching videos online can never match the insights gained by speaking directly with people who have lived the history and experience its culture every day.

My magical language skills could be used for a greater purpose: recording endangered languages before they disappear, deciphering ancient manuscripts or petroglyphs, and even collecting valuable international intelligence. The possibilities feel endless!

Your turn! If you could wake up tomorrow with a new skill, what would it be? Write in your journal or to your pen pal.

Happy writing,

Michelle

Now it's your turn to write it forward. Write a friend, neighbour, or family about our monthly reflection.

*Write It Forward* 

Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



# RSV Season is Here: What Parents Need to Know



Every fall and winter, respiratory viruses begin to spread in our communities—but one virus in particular poses a high risk to babies.

In Canada, respiratory syncytial virus (RSV) is the leading cause of hospitalization for babies under 12 months of age with lung infections. While most children will get RSV before the age of two, babies under six months are at higher risk for serious illness.

### What is RSV?

RSV is a common virus that affects the lungs and airways. For many people, it causes mild cold symptoms, but in babies, it can be more serious, causing severe respiratory illness and pneumonia.

“A lot of people think RSV is just another cold, but it can be very serious for babies,” says Dr. Paul Roumeliotis, Pediatrician and Public Health Leader. “Some end up in the hospital needing oxygen to help them breathe, and even after they recover, it can lead to long term issues like asthma.”

### What are Your Options for Protection?

In Canada, families have options to help protect babies during their first RSV season:

1. **RSV Vaccine for Pregnant People:** During RSV season, pregnant people can receive the RSV vaccine between 32 and 36 weeks of pregnancy.
2. **RSV Immunizations for Babies:** Depending on when they are born, babies can receive an RSV immunization either shortly after birth or at the start of RSV season.

This year, families in Alberta will have access to publicly funded RSV immunization for their infants, following new guidance from Alberta Health. The program will cover infants born from November through April.

### Talk to a Healthcare Provider

If you're pregnant or have a new baby, having a conversation about RSV with your healthcare provider can help you stay informed and prepared.

## Remembering and Reconnecting

by Rebecca Pink



November gives us a moment to pause and honour, with deep gratitude, those who served and sacrificed for others, and those who continue to serve today. It is also a reminder that remembering is something we all carry in different ways. Remembrance is not limited to one day or one kind of loss, it can take many shapes, often quietly woven into our everyday lives. Sometimes remembering brings comfort; other times, it brings sadness, longing, or emotions we weren't expecting. There is no right way to remember or feel. We can continue to try to make room for whatever comes, with a little gentleness and self-compassion,

Grief is something that many people carry quietly. I know this from my own experience as well. It can be complicated, heavy, and unpredictable, bringing waves of emotions that can shift from one day to the next. We don't always talk about it, and sometimes we may feel as though we are expected to "move on" or "be fine". However, grief doesn't follow a timeline and is never linear. We can make room for both the sadness of what is no longer here and the gratitude for once was.

November can be a challenging month for many of us.

The days grow shorter, the temperatures drop, and for many of us, our energy shifts with the season. Rather than seeing this as something we need to push through, maybe it can be an invitation to slow down and check in with ourselves. What might you need a little more of right now? Rest? Connection? Time for yourself and your loved ones?

November gives us an opportunity to pause, remember, and reconnect. We might reach out to someone we haven't spoken to in a while, revisit a memory, or make a little more room for the people and experiences that matter to us. For those carrying grief, these moments of connection can be especially meaningful. Sometimes remembering together is a way of reminding ourselves that we don't have to carry it alone.

As we move through November, I also want to take a moment to remember and honour those who have served and continue to serve, and the families who stand alongside them.

Lest We Forget.



### Protect Your Household Water Line and Meter from Freezing



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth, configuration of water pipes, and history of freezing. Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, taking some of the steps below could have prevented household pipes from freezing.

#### **Ways to Avoid Freezing Include:**

- Keeping your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit [calgary.ca/frozenpipes](https://calgary.ca/frozenpipes) to learn more, including actions you can take if you suspect you have frozen pipes.

### Moving Forward – Surface Route Selected for Downtown Green Line LRT



In September, the Executive Committee of Council approved a surface alignment that will connect the Event Centre/Grand Central Station to an at-grade station on 10 Avenue S, between 1 Street and 2 Street SW.

Leveraging the design and capabilities of the new low-floor vehicle fleet, the Committee endorsed the surface alignment because it meets key project objectives for connecting the Green Line into Downtown while remaining within the project's \$6.248 billion funding envelope. With this decision, work on design, planning, procurement, and engagement with property and business owners along 10 Avenue S will begin immediately.

The Committee also directed Administration to advance planning, design, and budget development for both the south extension from Shepard to Seton and the north corridor. As part of advancing the north corridor, the Committee also requested capital cost estimates and an implementation plan for a MAX Green Bus Rapid Transit (BRT) line connecting Keystone Hills to Downtown, including integration of a BRT loop and station within the Downtown alignment.

The decision enables construction of the Downtown Segment to proceed concurrently with the Southeast Segment, where construction began in June of 2025. Together, these projects mark a significant milestone for Phase 1 of the Green Line LRT, connecting Shepard to Downtown and advancing Calgary's largest public infrastructure investment.

For more information about the Downtown Segment, visit [calgary.ca/greenline/downtown-segment](https://calgary.ca/greenline/downtown-segment).

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# CARDINAL

BY TREVOR RAMAGE



## RE/MAX FIRST

📞 403.850.2560



1275



72 Heston Drive NW

List Price: \$1,199,900

MLS #A2345802

Step inside this meticulously renovated home. Features include custom-built decks, a vaulted primary bedroom, and an oversized, pre-serviced triple detached garage.



2000



1925 Bowness Road NW

List Price: \$1,549,900

MLS #TBD

Beautiful new build with bright, sunny south exposure. Still time to choose your finishes and customize this stunning space to make it uniquely yours.



567



414, 88 9 Street NE

List Price: \$345,900

Happy to help a repeat client secure the perfect space in a premier neighbourhood. Congratulations.



942



15, 821 3 Avenue SW

List Price: \$189,900

Truly grateful to my clients for the opportunity to represent them in another investment property purchase.

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

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