

FEBRUARY 2023

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CAMBRIAN^{HEIGHTS} ROSEMONT

CHRONICLE

THE OFFICIAL CAMBRIAN HEIGHTS & ROSEMONT COMMUNITY NEWSLETTER



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Cambrian Heights Community Association

600 Northmount Drive NW • Calgary, Alberta T2K 3J5
Phone: 403-284-1175 • Email: CHCA_HALL@telus.net
Website: <http://www.cambrianheightscommunity.com>

Bylaw Article 4.8.3: The quorum for the transaction of business at any Board meeting shall be one third of the standing Directors plus two. Voting Members required for quorum is $7/3=2+2=4$ members. Maximum of 18 Voting Members

Position	Name	Telephone	Email	Vote
President	Daryl Connolly	403-470-5339	president@cambrianheightscommunity.com	Yes
Treasurer	Daniel Story	403-700-1157	treasurer@cambrianheightscommunity.com	Yes
Secretary	Ian McKinnon	403-585-7030	ianrmckinnon72@gmail.com	Yes
Gardening Coordinator	Vacant			Yes
Newsletter Coordinator	Barb Milne	403-282-2684	blmilne@shaw.ca	Yes
Membership Coordinator	Jennifer Manns		members@cambrianheightscommunity.com	Yes
Director Planning	Andrew Connolly	403-617-7627	planning@cambrianheightscommunity.com	Yes
Director	Spencer Cutten	403-561-4581	spencer.cutten@gmail.com	Yes
Director - Casino	Vacant		casino@cambrianheightscommunity.com	Yes
Committees - Non Voting				
Rink Coordinator	Scott Jacobson	403-771-9755	scottcolleenj@gmail.com	No
Hall Manager	Lora Riep	403-284-1175	CHCA_hall@telus.net	No
City Liaison	Keith Magill	403-826-9152	keith.magill@calgary.ca	No

CHCA MEETINGS:
First Monday of the month, except in July and August. Contact the president if you wish to attend.

Contact Hall Manager Lora for bookings at 403-284-1175.

Cambrian Heights Community Association



Wednesday Night Drop-In
In-Person & Zoom Hybrid

6:30PM-7:30PM
JANUARY 6 - JUNE 28

\$12 CHCA Members/\$15 Non-Members
CALL 403-244-3001 FOR INFORMATION

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CAMBRIAN HEIGHTS' PRESIDENT'S MESSAGE



We have watched the active use of our two outdoor ice rinks and look forward to more people enjoying skating over the next two months. We thank our volunteers for their tireless work in maintaining the excellence of the ice surfaces. We encourage all users to respect each other and utilize the garbage bins. By the reading of this report our January 29, Polar Party will have occurred. This annually provides free skate usage for new ice skaters and activities to introduce and encourage outdoor winter activities.

We have partnered with Rosemont Community for our annual Spring Cleanup event. Dates and support for this event will be determined by the City of Calgary this month so check our website (cambrianheightscommunity.com) for timing and details.

Our new social committee has been formed to address the continuation of existing social events as well as developing new programs to involve all elements of our community. The first new event will be a St Patrick Ceilidh Dance where you can learn the Irish/Scottish folk music dance steps while enjoying refreshments and snacks over the evening. This will be held March 18 at the community hall. Ticket information is available on our website. If you would like to become involved with our social activities, please contact the committee at social@cambrianheightscommunity.com.

We have operated a community garden for a number of years. We currently have a few open garden beds. If you are interested in an opportunity to grow your own vegetables this summer, please contact us at cambrianheights@gmail.com for more information.

We have been awarded casino fundraiser dates of April 17 and 18 in 2023. Casino proceeds allow the association to remain financially viable and provide services and facilities to the community. We need volunteers for those two nights to work a shift at Pure Casino Calgary as well as organizational help in coordinating the volunteers over the two days. No experience is required. Come and enjoy a hot meal, meet fellow residents, and support your community. Transportation will be provided to and from the casino location if required. Please contact us at president@cambrianheightscommunity.com for more information.

We have updated our website and will be making changes over the coming months to improve its usability. We encourage all residents to review the website for planning and development issues, past history of the community, annual financial statements, and upcoming social activities or issues of relevance to the community. On planning and development issues, residents should utilize the City 311 line or contact the City file manager directly on applications where you feel such development will have a detrimental impact. The community association has no special position in regards to these applications, but does generally comment on non contextual applications. Thus, all offsetting owners to any such development should make their objections known directly to impact the approval process.

As always, we continue to invite residents to become involved in community issues and activities by volunteering some time as either a board member or volunteering for specific activities. We currently are in need of a volunteer to replace our treasurer who is retiring this year. To discuss this volunteer opportunity or if you have general questions or comments, please feel free to contact any of the directors. Cambrian Heights has a dedicated but small group of volunteers trying to make your community safe, vigilant towards new developments, and providing programs such as fitness and yoga while engaging residents with social events. But we continue to need help. Consider at minimum registering your email address on our website to gain early access to upcoming programs, social events, and issues of importance to the community.

Daryl Connolly, President CHCA

February Is Heart Month

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 911, 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.



CAMBRIAN HEIGHTS COMMUNITY GARDEN



We have a few garden plots open for the 2023 season.
Visit the community hall grounds to view and
develop a plan to grow your own vegetables this year.

For more information, contact us at cambrianheights@gmail.com.



CHCA Membership

Create a Proud & Vibrant Community ... Together!

Join your CHCA and participate or volunteer in community events and create that small town feel in Cambrian Heights. Creating and participating in a vibrant community for your family and neighbors is special.

Purchasing an Annual Membership is a small act that supports many neighborhood initiatives such as community events and programs, but also managing and maintaining our facilities, parks, and advocating for residents in community and City planning initiatives.

Membership also recognizes the number of volunteers and Board Members that donate hours of their time to manage and create opportunities for you to enjoy.

MEMBERSHIP BENEFITS INCLUDE:

- Opportunity to meet and engage with your neighbors at events throughout the year
- Discounted fees for participation in Community Programs & Events and facilities
- Keep informed of Community news & events through delivery of the Cambrian Chronicle Newsletter to your home, online communication, and community website & email blasts.
- Management and maintenance of Community Hall, Ice Rinks, Parks & Green Spaces
- Providing input into city & community planning and development processes
- Improving your neighborhood by support of Community cleanup initiatives, upgrades to facilities & parks, and traffic safety.
- Ability to cast your vote at annual AGM on community issues

Two Ways to Purchase Your CHCA Membership:

1. Apply online on Website (www.cambrianheightscommunity.com) and purchase safely & securely (Credit Card or Paypal).
2. Fill out the membership form (Monthly Newsletter or download from CHCA Website) and Mail-in or Drop off at Cambrian Hall with payment (Cash or Cheque).

You will receive email confirmation of your membership # in place of a membership card. (Mail-in or drop-off applications will be delayed).

To purchase your membership please complete the following form and drop off with payment to CHCA Hall or Purchase online at our website: www.cambrianheightscommunity.com.

Name: _____

Address: _____

Email: _____ Phone: _____

(Personal information is used to inform members of Community events only, no information is shared with other organizations or individuals other than those associated with Cambrian Heights Community Association).

Membership Type: (Please Select One Only)

CAMBRIAN HEIGHTS RESIDENTS: (voting member)

☐ Senior (\$5.00) ☐ Individual (\$10.00) ☐ Family (\$20.00) ☐ Corporate (\$50.00)

NON- CAMBRIAN HEIGHTS RESIDENTS: (non-voting member)

☐ Associate (\$20.00)

Associate membership cards are not sent out unless proof of membership required for: Please indicate membership purpose: ☐ McKnight Soccer ☐ Yoga ☐ Fun & Fitness

Membership term is for 1 year and is current from January 1 of the year purchased until December 31 of the same year as per the Community Association Bylaws.

Return the completed form with cheque payable to the Cambrian Heights Community Association and mail or drop off at: Cambrian Heights Community Association, 600 Northmount Drive NW, Calgary AB T2K 3J5

Cambrian Heights Community Needs a Treasurer

Our community will need a new volunteer to handle accounting and financial responsibility starting in June 2023. There are great systems in place for a small community and our current treasurer will be assisting with the transition. Help your community while at the same time gaining a better understanding of local issues and help shape our future. Contact us at cambrianheights@gmail.com for more information.



Edelweiss Preparatory School Update



Dear Cambrian Heights Community Members,

We are delighted to provide a glimpse into the recent highlights at Edelweiss Preparatory School. After a period of remote and/or in class schooling, Edelweiss students have once again been thriving and enjoying every moment of in-person activities.

For their first field trip, students had the opportunity to attend the Calgary Farmyard, at which they gained

an enriched exposure to agricultural learning. The students were thrilled to spend the day learning about agricultural practices and had a ton of fun interacting with the animals!

Students likewise enjoyed their Halloween parties and parades at which they got to experience the joy of dressing up as their favourite characters and performing a musical and kinesthetic concert for their parents.

We had our Christmas concerts at which students were once again able to demonstrate the various skills they had acquired throughout the semester, including singing, dancing, drama, movement, and even an introductory acquisition of the Spanish language. It is indeed always adorable to witness our students demonstrate their newly acquired skills in front of their families, and this year was certainly no exception!

In January, the children participated in our monthly cultural programming, which features interactive learning and presentations from community members on a different cultural tradition each and every month of the school year. For the month of January, students had fun learning during the cultural programming related to East Asia and the Chinese New Year!

**BRAIN
GAMES**

SUDOKU

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

FIND SOLUTION ON PAGE 8

Rosemont Community Association

PO Box 75007, 9 – 728 Northmount Drive NW,
 Calgary, Alberta, T2K 6J8
 Ph: 403-289-6533 • info@rosemontcommunity.com

BOARD OF DIRECTORS	
President	Matthew Guilherme
Vice-President	Kris Olsen
Treasurer	Mel Gallant
Secretary	Vacant
Hall Agent	Jacquie Brennan
Newsletter Coordinator	Matthew Guilherme
Development Committee	Adrian Kerry
Traffic Coordinator	Willem Zantvoort
Ice rink Coordinators	Kurt Westergard
Other Board Members at Large	Jean Blackstock
All inquiries can be sent to info@rosemontcommunity.com	

BRAIN GAMES

SUDOKU

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



ROSEMONT COMMUNITY ASSOCIATION

MEMBERSHIP APPLICATION FORM

Rosemont has two membership options. Both options cover all members of a household:

- **Rosemont Resident Membership: FREE**
- **Associate Membership (live outside Rosemont): \$20**

1. Fill out the form at RosemontCommunity.com/Membership OR
2. Complete this form and mail to PO Box 75007, 9-728 Northmount Drive NW T2K 6J8.



Name(s):

Address:

Postal Code:

Email(s):

Only include email addresses if you want to receive email updates.

For mailed-in associate memberships, please make cheques payable to the Rosemont Community Association.

If you are emailing us for an associate membership, we will contact to you arrange payment.

Please note: Membership term is for 1 year from September 1 to August 31. Membership is required for most community-based sports associations. Members also receive 10% discount on hall rentals.

Website and Hall Rentals

Visit RosemontCommunity.com for all community-related information, including upcoming events and hall rental info. Register for our monthly email blasts and sign up for a community membership too.

Board Meetings

are held monthly and are open to anyone in the community who wishes to attend. Email us at info@rosemontcommunity.com for more info about the next meeting.

ROSEMONT PRESIDENT'S MESSAGE

The quick rundown:

1. Winter Festival – February 11
2. Shiny Volunteers
3. Hall Rentals
4. Secretary Position

Howdy Rosemontians! I hope everyone is doing well and staying safe.

It seems like everyone is pretty busy getting back into the swing of things after the holiday break so it's great to see all the kids back in school and everyone out in the park on beautiful days.

We will be hosting a fantastic outdoor winter event with our friends at Rosemont School and possibly some special guests. Join us down at the hall on Saturday, February 11 for some hot beverages and food, ice skating, tobogganing, live music, and maybe a few treats. We are finalizing details as I type this so visit RosemontYYC.com for the specific time and more details. All ages are welcome so don't be shy and come on down. We will also have the hall open so if it's a bit nippy out, you can warm up too.

Our shiny program is in full swing, and the kids seem to be having a great time! Even though we're halfway through, feel free to reach out if you would like to volunteer either with coaching or organizing. This terrific program relies on volunteers like yourselves and it's a great way to get some fresh air one night a week. Don't hesitate to give us a shout at info@rosemontcommunity.com or else you'll become a Wayne Regretzky. I know Canadians like you always bring your 'eh' game. I should probably stop or my wife will ice-olate me...

And of course, the ice is being extremely well used this winter, and it is in fantastic shape thanks to the work of the ice guys. I'm not sure everyone is fully aware of how much effort goes into keeping this ice amazing. As of writing, the guys have spent over 25 nights and easily 400+ volunteer hours this season. That's pretty incredible and is a testament to our community spirit. Thanks again for the hard work, guys!

Hall rentals are booking up fast for the upcoming year so definitely check out RosemontYYC.com if you are hosting an event (residents get 10% off). And a reminder that we have Hall A in the basement available for rent on weekends which is great for birthday parties and smaller gatherings.

Would you like to spend a couple hours a month getting involved with the community and hanging out with a cool group (including yours truly)? We are looking for someone to help with the secretary position on our board. At only a few hours a month, it is a great way to meet new people and help us organize our thoughts and have input into events. Give us a shout if this sounds like something up your alley.

Lastly, keep an eye out for an email blast as we may do another family movie night in March. And if you have ideas or suggestions for events, programs, or ways to improve the community, let me know as we love hearing different ideas. It was suggestions from the community that have brought great things like our Christmas Market, Winter Festival, and Family Movie Nights.

Thanks again for reading all the way to the end (my ears tingle every time someone does). As always, keep looking after family, friends, neighbours, and yourselves.

Matthew

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SCAN HERE





Please allow us to introduce ourselves! We are
RAINBOW ELDERS CALGARY

A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca

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