

JANUARY 2023

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CAMBRIAN^{HEIGHTS} ROSEMONT

CHRONICLE

THE OFFICIAL CAMBRIAN HEIGHTS & ROSEMONT COMMUNITY NEWSLETTER



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FUN & FEARLESS FITNESS RETURNS!

Pumped Up Strength

40-Minute Express Class

Monday 6:00 PM, Jan 9

Cambrian Heights Community Hall
600 Northmont Drive NW

Zoom access available upon request

Handheld weights, yoga mat, water

FUN for ALL Ages and Fitness Levels

Members \$8 / Non-members \$10

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 $8/3=3+2=5$ 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	Christine Breed	403-589-0863	christinebreed@gmail.com	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	accuninc@icloud.com	Yes
Director	Spencer Cutten	403-561-4581	spencer.cutten@gmail.com	Yes
Director - Casino	Vacant			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
Community Recreational Coordinator	Dru Mohler	403-476-7216	Dru.Mohler@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

Volunteer for Your Community

We need a resident with technical skills to work with our social network systems. Work a few hours a week from your home and help to enhance community communication and activities. Please contact us for more information at cambrianheights@gmail.com.



CAMBRIAN HEIGHTS' PRESIDENT'S MESSAGE

We begin a new year with enthusiasm and the addition of new volunteer residents who hope to introduce additional social and educational programs in 2023. We are starting with our annual Polar Party scheduled for January 28. Thanks to KidSports, we will be providing free skates and helmets for children and adults, as well as a fire pit and hot chocolate and cookies for warmth. Everyone will be able to enjoy the two outdoor ice rinks maintained by our community volunteers. If you want to help out at the Polar Party, please contact us at cambrianheights@gmail.com. We also intend to partner with Rosemont Community for our annual Spring Cleanup event. Dates will be determined by the City of Calgary so watch our website, cambrianheightscommunity.com for details. Also stay tuned for a St. Patrick's Day celebration in March featuring a live band and Celtic dance.

Our new Social Committee has been formed to address the continuation of existing social events and to develop new programs to involve all elements of our community. If you have some ideas or suggestions, feel free to contact the committee at social@cambrianheightscommunity.com.

We have been awarded Casino 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 the Pure Casino Calgary. 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 experienced problems accessing technical expertise to maintain, update, and enhance our website. This is being corrected in December and we hope to have the website updated by the new year and enhanced for the delivery of issues and activities to all residents. If there is something you would like to see on our website in 2023, please let us know.

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 volunteer for specific activities. We are currently in need of a volunteer to help with our Casino planning. To discuss volunteer opportunities, or if you have questions or comments, please contact us. Your community 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



National Hot Tea Day

We have ancient China to thank for tea, the most consumed beverage in the world aside from water. According to myth, tea was discovered when a dead leaf from a wild tea bush fell into an emperor's cup of boiled water. Thousands of years later, we still love tea, so much so that January 12 is National Hot Tea Day. In honour of this day, why not brew yourself a nice hot cup of tea!

CAMBRIAN HEIGHTS RESIDENTS

CONTINUE TO MAKE THIS POSSIBLE
FOR YOUR FAMILY THIS WINTER

VOLUNTEER TO HELP THE RINK RATS

FOR INFORMATION, CALL SCOTT
AT 403-771-9755



TAKE ON WELLNESS

Gentle Intentions

from Alberta Health Services

Every January, there seems to be the pressure of locking in New Year resolutions. Be kind to yourself and instead consider setting some “gentle intentions.” Without focusing on overwhelming changes, reflect on smaller things we can do each day to improve our wellbeing. This shift in mindset can set up more sustainable, meaningful routines for 2023!

Here Are Some Tangible Tips to Embrace:

Sleep

Create habits that help you get a good night’s sleep. Avoid looking at screens before bed, write your thoughts about the day in a journal, read a good book, or take a mindful moment to relax before getting some ZZZs.

Nutrition

You must nourish to flourish! Fuel your body in a balanced way that feels right. Learn how you can also support others by contributing to local food banks, healthy food boxes, or community fridges.

Helping Others

Everyone can use a helping hand from time to time. Think about the ways you can be active and helpful to your community. Why not surprise your neighbour by shoveling their walkway or inviting them over for a cup of tea!

Supportive Connections

Think about the natural supports in your life, like friends, family, or members of your faith community. Check in with them after the excitement of the holidays is over. Rather than just responding, problem solving, or offering advice, try to offer support by listening.

Physical Activity

We know it will be chilly or snowy, so try to embrace the cooler season! Enjoy a hot cocoa, visit your local skating rink, or simply head out for a beautiful winter stroll.

CAMBRIAN HEIGHTS COMMUNITY ASSOCIATION

2023 POLAR PARTY

* SATURDAY, JANUARY 28

11–3 @CHCA COMMUNITY RINKS

FREE SKATE RENTALS
HOT CHOCOLATE BAR
FIRE PITS
WINTER GAMES

* FOR MORE INFO OR TO VOLUNTEER, GO TO
CAMBRIANHEIGHTSCOMMUNITY.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

The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | info@nancybergeron.ca



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefitting ourselves, others, and cultivating better patience within ourselves.

3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!

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	Jacque 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	

One Odd Animal

Platypuses are one odd but cute animal! They share genes with birds, reptiles, and mammals. This might have been why when the first stuffed platypus was brought from Australia to Europe, people thought that the creature was a hoax. To them, it looked like several animals had been expertly sewn together by a taxidermist!

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. Ice Guys
2. Shinny
3. Winter Carnival
4. Traffic Calming
5. Volunteer Position

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

On December 3 we hosted the second annual Rosemont Christmas Market. There were over a dozen terrific vendors (including some Rosemontians!), snacks, warm drinks, and it definitely got everyone in the holiday mood. It was very well attended, particularly in the morning. A huge thank you to Maura and all of the volunteers who helped put it on!

As you have probably seen, the ice rinks are in full swing which is great to see. A huge thank you again to Kurt, Craig, Bill, and all of the Ice Guys for their hard work in November and December (including that November warm stretch that wrecked the ice plus some serious shoveling in early December). You don't make the best outdoor ice in the city without amazing dedication. If you didn't know, the lights stay on until late in the evening so get down for some late-night skating if you want to avoid the crowds.

Shinny is starting again but we need volunteers to help coach and run the program. Please contact us if you are able to help; training is provided by Grant and Jean. Shinny is scheduled to start on January 10 and run until mid-March or until there is no more ice, running 5:30 to 6:30 pm on Tuesday nights. Ages 6 to 12 and all skill levels are welcome. The cost will be \$30 per player and a community membership (from any community) is needed. Everyone is welcome. Please contact us if financial reasons may be preventing you from participating. Call Jean Blackstock at 403-305-9447 to register or email jmblackstock@gmail.com. If you live in Rosemont, membership is free so go to RosemontCommunity.com/Membership to sign up.

Save the date for February 11 as we are looking to co-host a Winter Carnival with the Rosemont School. Check the website for details once they become available and keep an eye on your emails.

A new year means new programs coming out from some of the organizations that use the Rosemont Hall. Our friends at LDK Foundation have a new set of karate classes for both kids and adults so check out their website for details and to register at LDKfoundation.com. They're popular for a reason so check them out!

We have received some feedback about the temporary traffic calming measures on 14 Street turning onto Rosehill Drive. We have passed along this feedback to the city. They noted that there is typically an adjustment period with new measures like this but recognize the community's concerns. They will continue to monitor it in the coming months so if you have additional feedback, please submit it as a 311 request. We (Rosemont CA) will be holding an additional feedback gathering in the spring as well.

If you love being part of the community and want to help, we have a vacant Secretary position available. This role only takes a few hours each month and you get to hang out with the loveable gang of the Rosemont Board. If this seems of interest, give us a shout and we can provide more information to see if it might be the right fit for you.

As always, keep looking after yourselves, your family, and your neighbours. Happy New Year everyone!

Matthew



Olympic Medals for Artists

The founder of the modern Olympic Games, Baron Pierre de Coubertin, believed that a true Olympian was not only athletic, but also artistic. As a result, for the first four decades of these international games, artists were awarded medals for painting, sculpture, architecture, literature, and music, so long as their work was inspired by athletic endeavours.



SHINNY HOCKEY 2023

ROSEMONT COMMUNITY RINK



**Come on down and enjoy
some great hockey!**

January 10 to March 14,
or until the ice melts

Tuesday nights, 5:30 to 6:30 pm

Girls and boys aged 6 to 12

\$30 and any community
membership needed

Grant Parks will be the coach

Must have hockey skates, skate
guards, hockey stick, neck guard,
and hockey helmet with cage. Should
have knee pads and elbow pads.

This is outdoor hockey, and we will
follow AHS COVID-19 regulations for
sport/physical activity and recreation.
Bathrooms will be available.

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**New Year's Eve
in Times Square**



New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company, The New York Times!



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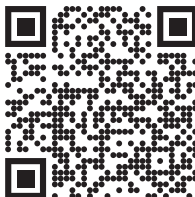
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.





Yip the dishes.



Unsecured food waste attracts wildlife. Keep clever coyotes hunting in the wild by ensuring garbage, compost, and recycling are in secure bins.

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Please visit
www.calgarywildlife.org
for more information.

