

APRIL 2023

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# your **HAWKWOOD** CITADEL

THE OFFICIAL HAWKWOOD COMMUNITY NEWSLETTER



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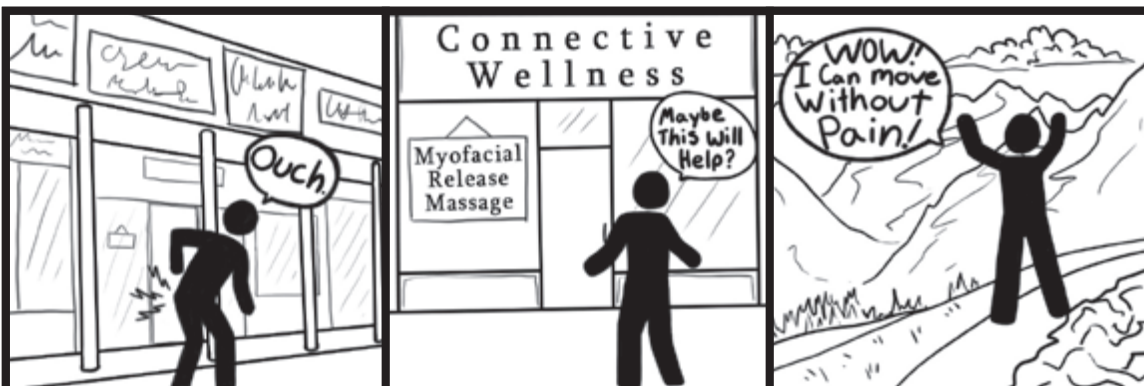
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## CONNECTIVE WELLNESS

**Myofascial release is considered to be the most important and effective form of therapy in the history of healthcare.**

A form of massage, it is safe, gentle and consistently effective. Using gentle sustained pressure into myofascial restrictions, pain and headaches are eliminated and the body's motion restored. Traditional massage therapy only produces limited and temporary results.

Fascia is a tough connective tissue that spreads throughout the body in a three-dimensional web from head to toe without interruption. In its healthy state, fascia is relaxed and wavy in configuration to allow it to stretch and move. When people experience surgery, physical trauma or inflammation the fascia loses its flexibility; it becomes a "straight jacket" of crushing pressure (approximately 2000 lbs. per square inch) on muscles, nerves, blood vessels, bones and organs.

Myofascial restrictions cannot be seen on any traditional testing such as X-rays, CAT scans, and MRI's. Many medical practitioners do not have proper knowledge of the fascial system and western medicine completely ignores it. Thus, an extremely high percentage of people suffering with pain, headaches, fibromyalgia or lack of motion have fascial problems that are misdiagnosed.

In addition to my certification in massage therapy, I have trained over 180 hours with John F. Barnes, the physical therapist who created the myofascial release techniques and his staff. This has led me on my own path of self-healing from shoulder, back, and sciatic pain and am living proof of what myofascial release can do.

— Sheena Taggart RMT

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## HAWKWOOD AND CITADEL COMMUNITY ASSOCIATIONS

Box 68214, Crowfoot RPO  
Calgary, AB – T3G 3N8  
president@hawkwoodcalgary.com  
www.hawkwoodca.com

860 Citadel Dr NW  
Calgary, AB – T2G 4B8

## ELECTED OFFICIALS



**MP Pat Kelly**  
**Calgary Rocky Ridge**  
202 - 400 Crowfoot Crescent NW  
Calgary, Alberta T3G 5H6  
Tel: 403-282-7980  
Fax: 403-282-3587  
Email: pat.kelly@parl.gc.ca



**Honourable Jason Luan (UCP)**  
**MLA for Calgary-Foothills**  
Calgary.Foothills@assembly.ab.ca



**Councillor Jennifer Wyness**  
**Ward 2 Office**  
Calgary, AB, Canada  
Web: www.calgary.ca/ward2



**Prasad Panda, MLA**  
**Calgary-Edgemont**  
104 - 3604 52 Ave NW  
403-288-4453  
calgary.edgemont@assembly.ab.ca.



**MP Michelle Rempel**  
**(Citadel Morningside only)**  
403-216-7777  
michelle.rempel@parl.gc.ca  
www.michellerempel.ca

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## FITNESS AT THE UPLANDS



Join us for our Spring Yoga session,  
running April 1<sup>st</sup> to June 30<sup>th</sup> at the  
Uplands Rec Centre.

- Mondays, 11 am-noon: Yoga for Mind, Body & Spirit
- Mondays, 7-8 pm: Yoga Flow
- Thursdays, 1:30-2:30 pm: Chair Yoga with Challenge

See our website for more class info & pricing:  
www.uplandsrecreationcentre.com/fitness



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\*Guarantee is being offered by Greater Property Group. Terms and Conditions apply.

## CITADEL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	23	10	6	\$594,900	\$577,500
January	23	5	4	\$474,950	\$485,000
December	22	4	8	\$539,900	\$532,500
November	22	11	14	\$454,950	\$439,000
October	22	8	13	\$515,000	\$470,000
September	22	10	7	\$479,900	\$465,000
August	22	13	13	\$499,000	\$505,000
July	22	12	16	\$484,950	\$497,000
June	22	31	31	\$539,988	\$550,000
May	22	30	21	\$525,000	\$561,000
April	22	26	20	\$549,900	\$557,500
March	22	25	30	\$499,950	\$553,000

To view more detailed information that comprise the above  
MLS averages please visit [cit.mycalgary.com](http://cit.mycalgary.com)

## HAWKWOOD COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	23	10	7	\$579,000	\$599,000
January	23	5	3	\$580,000	\$568,000
December	22	2	4	\$656,938	\$637,750
November	22	3	7	\$564,900	\$557,500
October	22	9	5	\$549,900	\$550,000
September	22	8	6	\$537,450	\$524,750
August	22	16	14	\$557,000	\$535,500
July	22	9	11	\$550,000	\$570,000
June	22	16	13	\$595,000	\$595,000
May	22	14	12	\$564,950	\$568,625
April	22	16	20	\$554,450	\$547,950
March	22	28	26	\$589,950	\$624,000

To view more detailed information that comprise the above  
MLS averages please visit [haw.mycalgary.com](http://haw.mycalgary.com)

# Hawkwood Community Association Board of Directors 2022-2023

## Executive

Acting President	Michele del Valle
Vice-President	Vacant
Secretary	Donna Chapman
Treasurer	Laura Dytnerksi

## Directors

Newsletter Editor	Danielle Kiss
Planning and Development	Justin Becker
Soccer	Tricia Molchulski
Community Garden	Anne Harding
Facilities	Vacant
Membership	Kawal Mahendru
Social	Vacant
Transportation	Vacant
Webmasters	Jodie and Erick Cardoza
School Liaison – Hawkwood	Shannon Erno
School Liaison – St. Maria Goretti	Vacant
Casino	Michele del Valle
Playground and Tot Lot	Vacant
Volunteer/Fundraising	Vacant
Director at Large	Isaac Antepi
Director at Large	Joanne Manser

## Contacts

Programs Coordinator	Heather Kovach
LEAF	Mark Koebel

## We Need Photos!

Do you have any great photos capturing the natural beauty or community spirit of our beautiful neighbourhood?

Please email your high-resolution pictures (minimum 200 x 200 dpi) to [hawkeyenews@shaw.ca](mailto:hawkeyenews@shaw.ca) so we can start featuring photos of Hawkwood on the front page of our newsletter each month!

## HCA Membership – Buy Yours Now!

A Hawkwood Community Association family membership is a great way to support our community. A valid membership is your ticket to a variety of events taking place throughout the year and is required to vote at our Annual General Meetings and participate in the Hawkwood soccer program.

### Family Memberships:

- Apply to children and adults in your household
- Cost \$30
- Are valid for 12 months

### Benefits and Activities:

- Voting status at our Annual General Meetings – where community policy is decided
- Participation in HCA Sports programs like U8 Soccer
- Maintenance of the new Hawkwood Community Park
- Support for community activities like these and others:
  - Winter Carnival
  - Fall Festival
  - Picnic in the Park
  - Park & Play, Stay & Play Programs with the City of Calgary
  - Halloween Extravaganza
  - And more!

Buy your HCA Membership online at <https://hawkwood.ca.getcommunal.com/memberships>.

## Keeping Up With Hawkwood

To keep up-to-date with everything happening in Hawkwood, make sure you follow our social media channels:

**Twitter:** @hawkwoodca

**Instagram:** @hawkwoodcommunityassociation

**Facebook:** @hawkwoodca

**Website:** [www.hawkwoodca.com](http://www.hawkwoodca.com)

These spaces are updated as soon as new information becomes available, so they are your best sources for the latest and greatest happenings in Hawkwood.



## Buy your Hawkwood Community Association Membership Today!

Support activities & events hosted by the HCA:

Fall Festival  
Parade of Garage Sales  
Scavenger Hunts  
Trivia Nights, etc.

Support the new Outdoor Recreational Facility and connect with your neighbours

Memberships are \$30 and are valid for 12 months

Buy memberships online at  
<https://hawkwoodca.getcommunal.com/memberships>  
or scan the QR code:



Check us out online:

Website: [www.hawkwoodca.com](http://www.hawkwoodca.com)

Instagram: [@HawkwoodCommunityAssociation](https://www.instagram.com/HawkwoodCommunityAssociation)

Facebook: [Hawkwood Community Association](https://www.facebook.com/HawkwoodCommunityAssociation)

Twitter: [@HawkwoodCA](https://twitter.com/HawkwoodCA)

## Live Life to the Fullest A Day in the Life at Cambridge Manor



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*Enjoy an active social life*



*Pamper yourself at the salon*



*Daily dining in the company of new friends*

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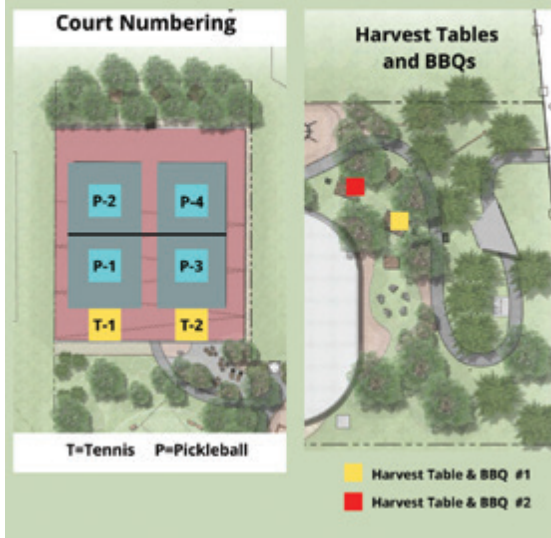
## HCA Membership Benefits

Purchasing an HCA membership allows you to book some of the Hawkwood Community Park elements. This year you can book:

- Tennis court
- Pickleball courts
- Pickleball net kit
- Harvest table and BBQ

More information and details can be found on our website at [www.hawkwoodca.com](http://www.hawkwoodca.com), or you can email [programs@hawkwoodca.com](mailto:programs@hawkwoodca.com).

### Hawkwood Community Park Booking Elements



## Acting President's Message

Hello Hawkwood!

I am Michele del Valle, and my family has lived in this neighbourhood for the past 14 years. Last year, I was looking for ways to give back to the community and signed up to be the Hawkwood Community Association (HCA) Casino Director. This volunteer position provided me with an opportunity to interact with many great community members who volunteered at our fundraising casino in August. Before the volunteer recruitment for our next fundraising casino begins (expected some time in 2024), I am pleased to step in as the Acting President.

As many of you know, Kevan Newman resigned from the HCA President role in November following almost 17 years of service to our community. Before he resigned, Kevan worked on building up a strong and dedicated team of wonderful volunteers who continue to serve on the HCA Board. This year we have a mix of continuing and new Board members who are bringing a depth of experience and excitement to their roles, building on the HCA's many programs and events. We do, however, have a few roles to fill and I will be working with my fellow board members on a process to recruit for the President and some other vacant positions so the HCA continues to be well-positioned to serve our community. In the meantime, if you are looking for volunteer opportunities in your own backyard and are passionate about being of service to your community, please send me an email at [president@hawkwoodca.com](mailto:president@hawkwoodca.com) and I will be pleased to connect with you.

We have many great programs and events planned for 2023! To stay up to date on Hawkwood's happenings, be sure to follow our social media pages.

In gratitude and kindness,

*Michele*

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

**CITADEL**



**HAWKWOOD**



### At-Risk for Mental Illness Research Program

*Seeking participants for youth mental health studies*

- Do you feel something is not quite right and you are concerned about recent changes in your thoughts, behaviour or experiences?
- Are you 12-30 years old?

Our studies offer monitoring, education and/or interventions.

**For more info, please contact: 403-210-8740 or [napls@ucalgary.ca](mailto:napls@ucalgary.ca)**

*The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)*



# Community Garden News

Hello fellow gardeners!

Spring is around the corner and many of you have probably already started thinking about and planning your garden. The online garden registration has been set up on the website at [hawkwoodca.getcommunal.com](https://hawkwoodca.getcommunal.com). Registration is now open to all interested gardeners. Do not be alarmed by the price that you see on the website! The cost will show up as \$100 extra. When you click on the type of box you want, you will have a "volunteer" option that will remove that extra cost. We rely on and are very thankful for our volunteers who help with the maintenance and upkeep of our garden. Many hands make lighter work and keeps our garden space looking beautiful. These volunteer options are the same that the garden has had for several years, but instead of signing up later, it is now part of the registration process.

As we continue to work on having the garden registration done online, we ask for your patience as this is still a work in progress. If you need any further assistance, please do not hesitate to contact [hawkwood.garden@gmail.com](mailto:hawkwood.garden@gmail.com). We look forward to meeting and seeing you at the garden in the spring!

Anne Pozzi

## Hawkwood Pickleball Group

Registration for HCA's 2023 Pickleball Group is now open. A valid HCA membership is required.

Register here: [https://hawkwoodca.getcommunal.com/parent\\_programs](https://hawkwoodca.getcommunal.com/parent_programs).



LEARN THE GAME/HAVE SOME FUN

## Hawkwood Community Association Events

The following events are being planned for the coming months:

### Neighbour Day BBQ and Picnic

**Saturday, June 17**

BBQ, and beverages, games! Meet your neighbours and learn more about the Hawkwood Community Association.

### Parade of Garage Sales (Sponsored by Melissa Kost, CIR Realty)

**Saturday, July 15**

To give everyone a little more time to organize, we are moving our Hawkwood POGS to Saturday, July 15.

For more information on each event, please visit our website at [www.hawkwoodca.com](http://www.hawkwoodca.com) and our social media accounts.

## Tennis Group

If you are interested in seeing a tennis group in Hawkwood, email Heather at [programs@hawkwoodca.com](mailto:programs@hawkwoodca.com).

# TENNIS ANYONE?



**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

# Citadel Community Association Board of Directors 2021-2022

Executive	
President	Stephanie Christensen
Vice-President	Vacant
Secretary	Corey Feodoroff
Treasurer	Ilzett Thompson
Directors	
Volunteer Coordinator	Vacant
Communications Director	Vacant
Facilities Director	Doug Sick
Events Director	TJ Thompson
Membership Director	Doug Sick
Community Engagement	Allison Buchanan
Sports Director	Kim McCann
Casino Chair	Karen Mills
Fundraising Director	Vacant
IT Director	Cody Hesse
Building Rentals	Corey Feodoroff (Interim)
Director at Large	Jennifer Sick
Director at Large	Daryl Reinke
Director at Large	Ed Bowes
Director at Large	Sandra Daignault
Director at Large	Kervin van den Meijenberg
Director at Large	Ram Gupta

Social Media

Facebook: Citadel Community Association

Instagram: @citadel\_community\_yc

Website: www.citadelca.ab.ca

Soccer Program Registration

The CCA, in partnership with Calgary Northside Soccer, is pleased to announce that registration for the 2023 Outdoor Grassroots Soccer League is now open!

The spring program in Citadel runs the week of April 24 to the end of June.

## PRESIDENT’S MESSAGE

Spring is almost upon us, and the Citadel Community Association continues to plan events for our community. In that regard, we will be offering a Landscaping workshop in mid-late April, and we should have the details posted on our website soon.

We are also working on plans for building our community garden. It won't be ready for planting this year, but we will be working hard to landscape and build the garden boxes. Stay tuned for more information on that endeavor!

We are currently planning for our Stampede event and are looking for volunteers to help us with games and food. Last year, we welcomed 600 people to our event.

I also wanted to remind you that the Citadel Community Association Hall is available to rent. If you are looking for a venue for a birthday, anniversary, or Christmas party, complete the rental request form on the website at <https://www.citadelca.ab.ca/CCA/index.php/rentals/rental-inquiry>.

Stephanie Christensen, CCA President

Spring

PLANT

sale

Order online:

<http://bitly.ws/zFaV>

Patio Planters

Hanging Baskets

Bell Peppers

Tomatoes

Herbs

Deadline: April 10, 2023

Pickup Date: May 6, 2023

Citadel Community Association

# Citadel ELM Program

(Enhanced Landscape Maintenance/Lot Levy)



Citadel collects a special tax of \$66.95 annually. This tax is collected from all households in Citadel, West Citadel, and Morningside, and is used to enhance our community outside of what the City of Calgary is able to do. This tax is collected through our city tax program annually.

## These Funds Are Used For:

- Spring and fall cleanup
- Garbage removal
- Park cleanup
- Weeding
- Weekly mowing of medians
- Fertilizing and aerating
- Weekly watering/fertilizing of flower beds and pots
- Shrub pruning/mulch
- Perennials
- Spring and summer flower plantings
- Winter pot displays
- Summer flowerpot arrangements
- Soil amendment
- Trees
- Seasonal lighting
- Program management

## Benefits:

- Increased Property Value. Community realtors state that it is easier to sell a home in a community with an ELM program because it shows community pride.
- Maintained parks and medians
- Summer flowers!
- Winter arrangements
- Garbage pick-up
- More mowing and watering
- Weeding
- Spring and fall cleanup
- Median turf maintenance

Everything you need to know about the program is available on the City of Calgary website under enhanced landscape maintenance. You can also take a look at the Citadel Community Association website about the history of the ELM Program/Lot Levy in our community. Questions can be directed to [lot\\_levy@citadelca.ab.ca](mailto:lot_levy@citadelca.ab.ca).

MLA Calgary - Edgemont

**Prasad Panda**

222, 5149 Country Hills Blvd NW  
Calgary, Alberta

📞 403-288-4453

✉ [calgary.edgemont@assembly.ab.ca](mailto:calgary.edgemont@assembly.ab.ca)



Budget 2023 secures Alberta's future by diversifying and growing the economy, creating good paying jobs, strengthening health care and education, and keeping Alberta communities safe – all while remaining committed to responsible fiscal management.


Calgary is seeing major investments in transportation. Our government is investing \$1.1 billion in Calgary transportation projects including \$541 million for Calgary LRT projects, \$429.7 million for Deerfoot Trail upgrades and improvements, and \$134.2 million to complete the Stoney Trail Ring Road.

Alberta's economy has momentum, and our government is focused on creating jobs and diversifying the economy. 2022 saw a 30 percent increase in venture capital investment attraction bringing the total for the year to a record \$729 million. This is because of the low taxes and solid economic policies implemented by this government. February's employment numbers show just how well our economic policies are working, with a record number of Albertans having full-time jobs.

Healthcare is also a major focus for our United Conservative government. This budget aims to improve healthcare by adding more doctors, nurses, and healthcare aides. Alberta is investing \$396.4 million into Calgary health care including \$166 million for the Calgary Cancer Centre, \$84.7 million for the Peter Lougheed Centre, \$63.6 million for the Foothills Medical Centre, and \$3 million for planning the North Calgary/Airdrie Regional Health Centre.

Over 3 years, our government is also investing \$72 million to create more than 3,400 new seats in post-secondary health care programs, including 120 new physician seats at U of C and U of A, and thousands of new seats for nurses and health care aides. \$113 million from Alberta Health will add 100 residency programs for newly graduated doctors.

With its strong focus on investment attraction, job creation, economic growth, and the health and wellbeing of all Albertans, budget 2023 is securing a bright future for Alberta.



## Citadel Community Association Membership

\$30/yr

**Benefit 1**

Free access to Events such as:  
 Easter Event - April 2nd  
 Parade of Garage Sales - June 24/25  
 Stampede BBQ - July 8  
 Movie-in-The Park - TBD  
 Halloween Carnival - TBD

**Benefit 2**

Free access to Workshops:  
 Green Calgary  
 Resume Help  
 De-cluttering & Downsizing

**Benefit 3**

Free access to Seniors  
 Events & Programming

**Benefit 4**


Discounted Fitness Classes  
 including Ageless Energy & Yoga  
 Badminton

**Benefit 5**

Discounted Hall Rentals  
 Access to tennis courts, skating rinks

**Benefit 6**

Volunteer opportunities,  
 meeting new people, having fun



Find us on the web at:

<https://www.citadelca.ab.ca/CCA/index.php/memberships>  
 Facebook: Citadel Community Association  
 Instagram: Citadel\_Community\_YYC



## In need of stucco paint and repair?

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# Julia Hayter

Calgary – Edgemont



## Julia Hayter: A powerful voice for Calgary-Edgemont on a strong Rachel Notley Team

Julia is an Education Assistant and has served as Chair and Vice-Chair of her children's Parent School Council. She is a strong advocate of a public education system that supports Alberta's students and prepares them for the future.

Julia is raising her three school-age children in Northwest Calgary. She knows what it's like to budget for today—with an eye on tomorrow.



### **Rachel Notley is focused on what matters to you and your family:**

- Protecting mental health and improving public healthcare: supporting hospitals, clinics, EMS, and frontline healthcare workers.
- Providing cost-of-living relief: utilities, insurance, housing, fuel and more.
- Building a resilient economy by supporting innovation and the creation of good-paying jobs in emerging sectors.

This time, Rachel Notley and Julia Hayter.

JuliaHayter@albertandp.ca    @NDPJulia  
Authorized by Alberta NDP albertandp.ca





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is where  
*families*  
COME FIRST



When your new home can be surrounded by everything your family deserves,  
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### Single-Family Laned

FROM THE MID

**\$500s**

BY **EXCEL HOMES** 

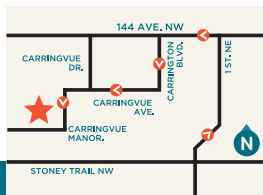
### Single-Family Front-Drive Garage

FROM THE LOW

**\$600s**

BY **EXCEL HOMES**  

Prices & terms are subject to change without notice.



### SHOW HOME HOURS

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# BUSINESS CLASSIFIEDS

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**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**CITADEL | HAWKWOOD MORTGAGE BROKER:** SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**SPRING SPECIAL:** Power rake, aerate, cut, free fertilizer: \$190. Weekly cuts: \$40. \$3 per bag to take away. Calgary owned and operated since 1995. Call the father-son team now at 403-247-2292 or 403-796-9377.

**CERTIFIED MASTER ELECTRICIAN:** Terry Raabis, RME/CME, CQT – Big Sky Ventures. Call: 587-228-9371 or e-mail: [bigskyventures@shaw.ca](mailto:bigskyventures@shaw.ca). Home renos, re-wiring, troubleshooting, hot tub connections, smoke and carbon monoxide detectors, breaker panel upgrades, and much more! Fully licensed and insured. Customer satisfaction guaranteed.

**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](http://www.communitymediation.ca), 403-269-2707.

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**TERRAVIEW LAWN CARE:** Spring cleanups, power raking, aerating, slit-seeding, power washing, etc. Weekly and biweekly yard mowing and yard maintenance services. Reasonable rates. Call us today to discuss your yard care needs and to schedule any services. Craig | 403-819-7905. Ron | 403-669-4671.

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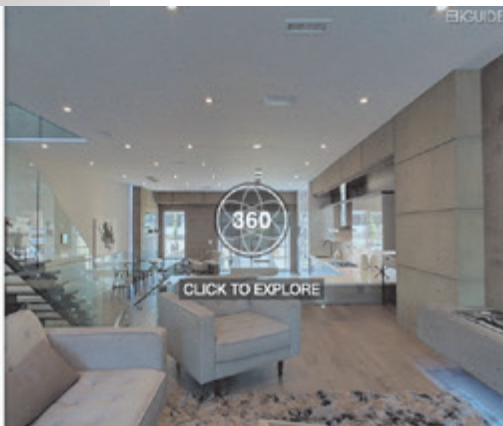


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