

FEBRUARY 2023

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THE OFFICIAL HAWKWOOD COMMUNITY NEWSLETTER



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# tuscany dental centre



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February 14th, 2023 | 2pm-4pm

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- Family gift bags \*while quantities last.
- Face painter!



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in Northwest Calgary

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Dr. Cam Brauer



Dr. Crick Ko

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dental centre  
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**[www.tuscanydental.com](http://www.tuscanydental.com)**

2078 – 11300 Tuscany Blvd NW | Calgary, AB

### HOURS OF OPERATION

|           |           |
|-----------|-----------|
| Monday    | 7am - 5pm |
| Tuesday   | 7am - 7pm |
| Wednesday | 7am - 7pm |
| Thursday  | 7am - 7pm |
| Friday    | 7am - 5pm |



# Why Spend Winter Alone?

Find Warmth In  
The Comfort Of  
New Friends



Cambridge Manor offers a range of seniors' lifestyle options in our beautiful new community in NW Calgary's University District with award-winning care from The Brenda Strafford Foundation

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# Julia Hayter

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Calgary – Edgemont



   @NDPJulia

juliahayter.albertandp.ca

 Authorized by Alberta NDP





# 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

*Did you know that  
Hawkwood has a*

# COMMUNITY GARDEN?



OVER 30 BEDS LOCATED ON A FORMER BASEBALL  
DIAMOND OFF HAWKWOOD HILL  
VISIT [HAWKWOODCA.COM/GARDEN](http://HAWKWOODCA.COM/GARDEN) TO LEARN MORE



### To View Additional Hawkwood Content

INCLUDING


- **News and Events**
- **Real Estate Statistics**
- **Crime Statistics**

and more...

### SCAN HERE



## 9 PM ROUTINE



CALGARY  
POLICE  
SERVICE

### CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



# Hawkwood Community Association Board of Directors 2022-2023

| Executive                          |                         |
|------------------------------------|-------------------------|
| President                          | Vacant                  |
| Vice-President                     | Russell Hoy             |
| Secretary                          | Donna Chapman           |
| Treasurer                          | Laura Dytneriski        |
| Directors                          |                         |
| Newsletter Editor                  | Danielle Kiss           |
| Planning and Development           | Justin Becker           |
| Soccer                             | Tricia Molchulski       |
| Community Garden                   | Anne Harding            |
| Director at Large                  | Isaac Antepi            |
| Program Coordinator                | Heather Kovach          |
| Facilities                         | Jerry Christensen       |
| 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                  |

## 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.

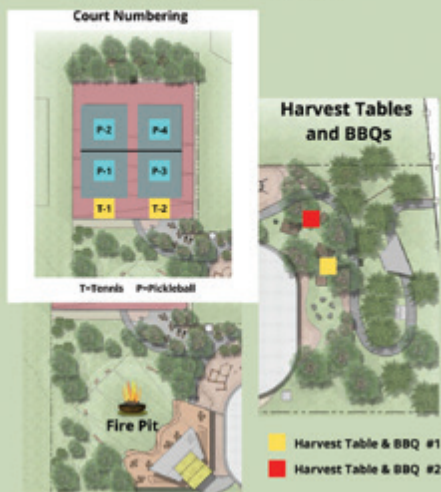
## New HCA Membership Benefits!

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

- Fire pit
- Harvest table and BBQ
- Tennis and pickleball courts
- Pickleball net kit

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

### Hawkwood Community Park Booking Elements



**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.

## News from the Friends of Nose Hill

by Anne Burke

Calgary's Pathway and River Cleanup will be May 5 to 7, 2023. Volunteers will receive safety information and training prior to event day.

During the annual cleanup event, they help remove litter in Calgary's parks, greenspaces, along pathways, and riverbanks. Registration for returning volunteers is from February 15 to March 8, 2023, and registration for new volunteers is from March 13 to March 31, 2023. They may register in groups of at least ten, identifying a leader and a designated cleanup area. Anyone without a group is assigned to a City team at one of three designated parks.

Last year, there were four areas assigned for cleanup in Nose Hill Park:

**Nose Hill West:** Shaganappi Trail/Edgemont Blvd parking lot, to head south along pathway beside Shaganappi Trail, stay to right at trail junctions, south to John Laurie/Brisebois Drive parking lot.

**Nose Hill East:** parking lot at 64 Ave NW and 14 St NW - to clean trails south to 14 St NW parking lot.

**Nose Hill North:** Shaganappi Trail/Edgemont Blvd. parking lot east to 14 St Berkley Gate parking lot (and stay left at paved trail junctions).

**Nose Hill - 64 Ave:** Nose Hill, 64 Ave Parking lot.

During the cleanup, volunteers remove the litter in their assigned locations and collect it in bags, which are placed beside pathways or in City garbage bins. City staff pick up and transport them to a designated dump site where they are properly disposed of by City Waste and Recycling Services. If you have any questions about volunteering for the 2023 Pathway and River Cleanup, or garbage bags have not been picked up, please contact 3-1-1. Join the conversation on cleanup day and see photos from the events by searching #yyccleans.



**HAWKWOOD**

THIS IS YOUR COMMUNITY. THIS IS OUR 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:** [@HawkwoodCommunity Association](https://www.instagram.com/HawkwoodCommunityAssociation)

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

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

# Citadel Community Association Board of Directors 2021-2022

## Executive

|                |                       |
|----------------|-----------------------|
| President      | Stephanie Christensen |
| Vice-President | Karen Mills           |
| Secretary      | Corey Feodoroff       |
| Treasurer      | Ilzett Thompson       |

## Directors

|                         |                           |
|-------------------------|---------------------------|
| Lot Levy Director       | Shari Pitka               |
| 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                  |

## Social Media

**f** Facebook: Citadel Community Association

**@** Instagram: @citadel\_community\_yc

**globe** Website: [www.citadelca.ab.ca](http://www.citadelca.ab.ca)



## mybabysitterlist

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.



# Girl Guides

Everything she wants to be.

## WICHEWAKN DISTRICT

200th Sparks are learning and exploring what it means to be a Spark! We have talked about fire safety and taken a trip to the fire hall, learned how to sell cookies by going door to door, discovered what is important to be a friend by playing games, and here are some pictures of us learning to be scientists.


There is still time to join us this guiding year. Our district serves Arbour Lake, Bearspaw, Citadel, Hawkwood, Ranchlands, Royal Oak, and Rocky Ridge. If you have any questions, please feel free to reach out at [any-calgarywichewakn@girlguides.ca](mailto:any-calgarywichewakn@girlguides.ca). Thank you.



February 1



February 2



## NUBIAN PYRAMIDS

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia', holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.





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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      |
| 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 |
| February  | 22 | 39         | 27   | \$515,000    | \$580,000 |
| January   | 22 | 10         | 13   | \$499,000    | \$512,500 |

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      |
| December  | 22 | 2          | 4    | \$656,938    | \$637,750 |
| November  | 22 | 3          | 8    | \$532,400    | \$528,750 |
| October   | 22 | 10         | 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 |
| February  | 22 | 27         | 20   | \$589,000    | \$636,400 |
| January   | 22 | 6          | 10   | \$534,900    | \$568,194 |

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

# CCA Fitness Classes

*Ageless Energy*  
*Mondays @ 11:15am*  
*Jan 9 - Mar 20*

*Ageless Energy*  
*Wednesdays @ 10:00am*  
*Jan 11 - Mar 22*

*Yoga*  
*Thursdays @ 9:30am*  
*Jan 11 - Mar 23*



sign up at [www.citadelca.ab.ca](http://www.citadelca.ab.ca)



## LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!

### 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.

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**Derrick Wilson** MBA, CFP, FCSI  
Senior Portfolio Manager and Wealth Advisor  
Direct: 403-299-6523 | [derrick.wilson@rbc.com](mailto:derrick.wilson@rbc.com)



**Wealth Management**  
Dominion Securities

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 🌐 Calgary.ca/ward2 📺 Ward2Wyness  
 📷 @WynessJennifer 📺 @JenniferWyness



**MLA Calgary-Edgemont**  
**Prasad Panda**  
 222 – 5149 Country Hills Blvd NW  
 📞 403-288-4453  
 ✉️ calgary.edgemont@assembly.ab.ca

### Ward 2 Bus Tour

This coming spring, our office will conduct a Ward 2 Bus Tour with the Community Association Presidents, Community Resource Officers, and the GMs/Directors from various business units: Mobility, Parks, Bylaw, Recreation, and Calgary Transit.

If you would like to submit a concern in your community, please email [ward2@calgary.ca](mailto:ward2@calgary.ca) and we will add the location on our tour to assess. Once the tour wraps up, a complete summary of findings will be posted on our website, so please stay tuned!

### Snow and Ice Road Conditions Map

With snowy conditions here to stay, there is always a potential for heavy snowfall in the city. The Snow and Ice Road Conditions map shows the process of snow clearing operations, locations of snowplows, priority routes, and visuals of road conditions from traffic camera images. Plan your commute safely by visiting <https://maps.calgary.ca/RoadConditions/>.

### 2023 Customer Review Period

Residents should have received their 2023 Property Assessment notices in the mail. Please check the property details and review the property value. Your property assessment reflects the market value of your property on July 1, 2022, and the characteristics and physical condition of the property on December 31, 2022. Your property is used to calculate your annual property tax bill, which is mailed in the spring.

To help you review your property assessment, general resources are available on [calgary.ca/assessment](http://calgary.ca/assessment) and property specific tools through the secure logon feature of Assessment Search at [calgary.ca/assessmentsearch](http://calgary.ca/assessmentsearch). By logging onto your property specific account, you can:

- Check the property details used to determine the assessed value of your property.
- Update your residential property details.
- Compare your property's assessed value to other similar properties in your area to ensure fairness.
- Review real estate market trends and learn how your property was assessed.

If you have questions about your 2023 property assessment, please contact my office during the 2023 Customer Review Period, which runs until March 13, 2023.

Help is on the way for Albertans calling 911 and for those needing emergency health care.

As part of the Healthcare Action Plan, Alberta's government is working with Alberta Health Services to improve EMS response times and open acute care beds in emergency departments faster.

Paramedics are highly skilled health professionals who are trained to respond in times of crisis. Our government wants their skills to be used in the best way possible, while also ensuring Albertans are not left waiting after a 911 call. Instead of using ambulances for patients who do not require medical support during transport, AHS will arrange for alternative transportation. Options like community shuttles and wheelchair accessible taxis can transport patients back home.

This means ambulances will be on the road and available for emergency calls instead of being needlessly tied-up when medical care is not needed.

This new program is one of several actions underway to better serve Albertans. AHS has an aggressive plan to improve four priority areas which include: improving EMS response times; decreasing emergency department wait times; reducing wait times for surgeries; and improving overall patient flow and capacity.

Our government is also working with AHS to take further action, including adding a triage physician to emergency department waiting rooms to support patient offloads, and allowing paramedics to assess and treat patients without having to transport them to hospital.

I was pleased to be part of the ceremony that turned over control of the new Calgary Cancer Centre to AHS for final commissioning and staffing. During my time as Infrastructure Minister, I was very proud of the efforts of our team to keep this important project on time and on budget. I look forward to 2024 when the Centre will begin providing patients with the best quality in Cancer treatment.



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**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.

**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.

**DALHOUSIE COMMUNITY KINDERGARTEN AND PRESCHOOL:** Offering outstanding programs for early learners. Cheery classroom spaces, exceptional learning experiences, and passionate teachers and assistants make all the difference! Registration for 2023/24 classes is ongoing. Find out more at [https://dcakids.com/community\\_programs/](https://dcakids.com/community_programs/).

**FALCONER HANDYMAN SERVICES LTD:** Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email [handyfalconer@gmail.com](mailto:handyfalconer@gmail.com).

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**LONDONDERRY PAINTING AND DECORATING:** Interior painting: walls, ceilings, wood trim, wallpaper application and removal. Exterior painting: house, garage, fences, decks, including fence and deck repair. Seniors receive a discount. For a free estimate call Howard at 403-226-3456.



## Tessa and Scott

Tessa Virtue and Scott Moir made history in February 2010 at the Vancouver Winter Olympics when they became the first North Americans and youngest skaters to win gold in ice dance. Holding five Olympic medals, this beloved Canadian pair is the most decorated in Olympic figure skating history. What a legacy!





**Kirby Cox | Barb Daroux**

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