

APRIL 2023

DELIVERED MONTHLY TO 1,845 HOUSEHOLDS

CAMBRIAN^{HEIGHTS} ROSEMONT

CHRONICLE

THE OFFICIAL CAMBRIAN HEIGHTS & ROSEMONT COMMUNITY NEWSLETTER



**SAVE A BUNCH
OF CASH**

Expert advice | Excellent rates
Better mortgages



403-771-8771

anita@anitamortgage.ca

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



**SAVE A
BUNCH
OF CASH**

Expert advice
Excellent rates
Many options
Better mortgages



ANITA **403-771-8771**
anita@anitamortgage.ca

Licensed by Avenue Financial

Why Pumped
Up Strength is
the class your
body craves!



- Revs Your Metabolism
- Builds Lean Muscle Mass
- Strength + Cardio In One
- Increases Bone Density
- Improves Mobility

**FUN & FEARLESS
FITNESS RETURNS!**

Pumped Up Strength

40-Minute Express Class

Mondays at 6:00 PM

**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 $7/3=2+2=4$ 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
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				
Gardening Coordinator	Lori Wagner-Lange	403-669-4371	eclipsegazer@yahoo.com	No
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
Casino Coordinator	Sonya Hnatiw	403-852-0198	hnatiw13@shaw.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

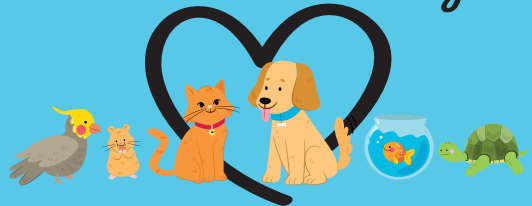


Wednesday Night Drop-In
In-Person & Zoom Hybrid

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

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

National Pet Day



April 11 is National Pet Day! On this day, we show our love and appreciation to our furry, feathery, or scaly friends, even those still in need of a home. Pet Day is also used to advocate against animal violence and cruelty. This April 11, be sure to shower your pet friends with care and love, whether it means your own pet, someone else's, or a shelter animal in need.

CAMBRIAN HEIGHTS' PRESIDENT'S MESSAGE

The Ceilidh Dance held on Saturday, March 18 at the community hall was a sold-out event with upwards of 90 participants thanks to the organizational and marketing efforts of our Social Committee. An evening of Irish dance and music was enjoyed by everyone who attended. Other social events are planned as we enter the spring months, including an afternoon Tea Party and for a second year, a Bicycle Repair Clinic with games and refreshments. Should you wish to get involved with organizing new events, please contact the Social Committee at social@cambrianheightscommunity.com.

As reported last month, Cambrian Heights partnered with Rosemont Community for an annual Spring Cleanup event application. Unfortunately, we were denied by the City of Calgary who cited budget cuts and our communities' lack of reported issues as mitigating factors in denying our application this year. By now, the website (Calgary.ca) should have a listing of successful community cleanup operations. Any neighbouring community holding such an event is obligated to provide this service to all Calgarians free of charge.

Cambrian Heights continues to operate a community garden. Should you be 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 the casino fundraiser dates of April 17 and 18 this year. Casino proceeds allow the association to remain financially viable and provide services and facilities for the community. We need volunteers for those two nights to work a shift at Pure Casino Calgary. No experience is required. Come and enjoy a hot meal, meet fellow residents, and support your community. Transportation and daycare expenses are available for reimbursement if required. Please contact us at casino@cambrianheightscommunity.com for more information.

With the summer months approaching, we again remind residents that with any issues involving planning and development within the community, they should contact the City file manager directly on applications where they feel such development will have a detrimental impact to their property or privacy. They may also file comments using the City's website

(calgary.ca) and development map link. This is the most effective way of letting the City know your objections and hopefully help mitigate such issues.

Also, as the snow melts and spring temperatures arrive, we hope to be providing more information with an Open House dealing with future enhancements to the off-leash park on 32 Avenue and 10 Street. This development will require volunteers and tax-deductible donations to complete. The City Parks department has been very supportive of such development and will be adding more trees to the area this year. We need community involvement to bring this project to active development. Please consult our website (cambrianheightscommunity.com) for updates to this process.

We currently are in need of a community resident to replace our treasurer who is retiring this year. This is a critical position for the community association but an opportunity to join an experienced team and help develop the programs and events for Cambrian Heights over the year. To discuss this volunteer opportunity, contact us at president@cambrianheightscommunity.com.

Daryl Connolly, President CHCA



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

CAMBRIAN HEIGHTS



ROSEMONT



Scouts About - 4th Elks Triwood



April Updates

Beavers and Cubs went to the climbing centre last month. The Cubs learned how to tie climbing knots and belay each other. Beavers went to the Climb Park and had fun on the creative climb structures. Scouts completed their annual overnight ski trip, this year to the Elk Lakes Hut. This was a 10km ski adventure from Elks Pass Parking Lot in Peter Lougheed Park over to Elk Lakes Hut in Lakes Provincial Park, BC.



Scouts at Elk Lakes Cabin

Cubs are looking forward to an overnight camp in April to prepare for backpacking in May, while the Beavers are planning a sleepover at the Hangar Flight Museum in April.

Finally, we had a great get together with all sections and family members for our annual Baden Powell banquet on March 6. Pictures to come in next issue.

Happy Scouting!

Fundraisers

Thanks to everyone who purchased the Easter chocolates from our Purdy's chocolate fundraiser.

We will have one more drop off bottle drive on May 20 or 27. Stay tuned for signs in the community. Thanks in advance for saving your bottles!

Drop Off Bottle Drives

May 20 or 27

Drop your bottles off at the TCA community centre. Scouts will be on hand to help unload and get rid of used bottles.

Become a Leader

We need leaders to make these programs happen. If you are new to Scouting or want to get back into Scouting and are interested in building your outdoor skills along with your youth, there is a place for you at 4th Elks. Contact us at 4thElksTriwood@gmail.com.



Beavers at the climb park



Cubs learning to belay and tie knots

Acrobatic Skunks



Shy and about the size of a squirrel, the spotted skunk has a unique way of warning its attackers to back off. When threatened, this tiny skunk will flip itself into a handstand with legs splayed out. It will also puff up its tail to look bigger. If the threat remains, these tiny acrobats will then spray their attacker from upside down!

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.



The Quietest Place on Earth

A laboratory in Minneapolis has the quietest room in the world! As an anechoic chamber, it prevents the reverberation of sound waves. It's said to be so quiet inside that you can hear your bodily functions, such as the blood circulating in your veins. Being in this room is so off-putting to the senses that no one has stayed inside for longer than 45 minutes!



Community Parks Development



Want to help make this Northmount Drive Park Space more attractive and user friendly? Volunteer to help the community association plant flowers in the spring as we try to add enhancements to increase the use of this park space. Email us for more information at cambrianheights@gmail.com.

Only your participation will make this project possible.



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	

GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



**SCAN THE QR CODE
FOR THE ANSWERS!**



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. RosemontYYC.com
2. Pub Night
3. Casino Fudnriaser
4. Helping Out

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

First, be sure to check out our new website at RosemontYYC.com if you haven't already and make sure you are getting our monthly email blast. There is more information on there than in here, including things like City of Calgary requests for input, happenings around the community, and lots more.

As we move into spring, be sure to contact 311 if you see potholes, ice dams, etc. The City can only help if they are aware of the issue. You can call them, submit it online, or else you can use their app (it works quite well actually).

Mark your calendar for May 13 at 7:00 pm. We will be hosting a Pub Night. Details are TBD as I write this, so please check out RosemontYYC.com for the details, including RSVP.

We are in the process of sprucing up the inside of our community hall with a new coat of paint. If you are a home decorator and would like to volunteer your services for an hour or two, we would appreciate your input. Please email us if you have an eye for this kind of thing and can help us make the community hall a little brighter and more welcoming.

Our biennial casino fundraiser night is May 11 and 12 at Elbow River Casino. Volunteering at this event provides a dependable revenue stream for us to offer free and discounted events (such as the Winter Carnival and Stampede Breakfast) and maintenance to the hall, such as the new wooden boardwalk. Most spaces are filled (thank you to everyone who has signed up) but there are a couple spots still open. Please contact Ian Kirkland to sign up or email us for more information.

On the volunteering note, we always need help with planning and executing our events. Please contact us if you would like to help with one of our upcoming events (Pub Night, Stampede Breakfast, September Start Up, etc.). Unfortunately, we are in the position where the

same half dozen folks are helping to organize or execute all of our terrific events and we need additional help. Otherwise, we will regretfully have to start cancelling events, which we don't want to do. So, if you have ever attended one of our events and thought "You know, it would be so much better if xyz...", we'd love to have you help make them even better as we need fresh ideas.

Speaking of volunteers, we have been running our shinny program for the past 24 years, with hundreds of kids getting to enjoy the joy of hockey at our outdoor rinks. Without amazing volunteers like Grant Parks and Jean Blackstock, we can't run it. This was Grant's last year coaching and Jean needs help with coordinating it next year. Without a coach and coordinator, we can't run it. Please contact us if you would like to help and we can put you in contact with Grant and Jean.

As we get into spring season, our friends at LDK Foundation Karate Group and Common Digs (both renters at the community hall) have terrific spring and summer programs coming up. If you haven't checked them out already, I highly recommend you do so as they offer fantastic programming. You can find their details on our website at RosemontYYC.com.

As always, keep looking after family, friends, neighbours, and yourselves.

Matthew





^{the}Gutter Doctor



- Gutters • Downspouts • Fascia
- Soffit • Siding • Roofing • Cladding
- Gutter Cleaning



403-714-0711 • gutterdoctor.ca



No more cleaning out gutters - guaranteed!



LIFETIME WARRANTY
★ TRANSFERABLE ★



★ Trustpilot
★★★★★

70,000+
5-STAR REVIEWS

ACT NOW

15% off
*Your Entire Purchase**

1-844-211-4281

Call Us for a Free Estimate!
www.LeafFilter.ca/15off
Promo Code: 1CGY002

+ Additional Discounts for Seniors & Military!

+ FINANCING THAT FITS YOUR BUDGET!¹

*See Representative for full warranty details. *One coupon per household. No obligation estimate valid for 1 year.
¹Subject to credit approval. Call for details






momentum
Learn > Earn > Save > THRIVE

Need Momentum in your life?
With our programs, you can...


Train for a Good Job

Manage and Save Money

Start a Business




Are you ready to Get Started?
Visit momentum.org or call **403-272-9323**



Dr. Craig Sabey
Family Dentistry

- Laser dentistry
- Nitrous oxide
- New patients welcome

Visit our Website
www.sabeydental.com



403-284-9390 102, 1926 - 20th Avenue NW



COME TRY Ringette

REGISTER HERE






COMETRYRINGETTE.CA

April 23
2:00-3:30PM
Flames Community Arena

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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; www.official-plumbing-heating.ca.

CAMBRIAN HEIGHTS 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 | Licensed by Avenue Financial.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

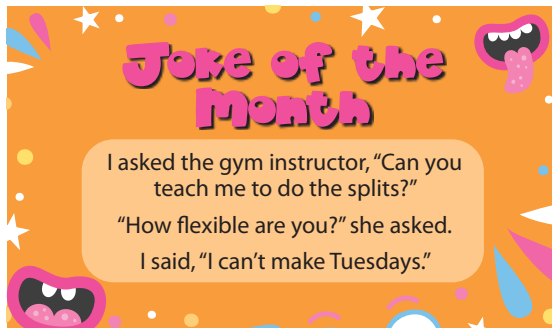
FALCONER HANDYMAN SERVICES LTD: Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644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

ADAIR TREE CARE LTD. PROFESSIONAL ARBORISTS: Calgary's trusted arborists since 1997. Expert tree pruning, removal, stump grinding, pest and disease management, fertilization, and planting. We love your trees! 403-686-6030, www.adairtreecare.com.



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.



JEREMY NIXON CALGARY-KLEIN

HUSBAND. FATHER. COMMUNITY BUILDER.



Jeremy's career has always been about making a difference, from non-profits to the legislature he has consistently stood up for those in his community.

He grew up knowing his father's own experiences with homelessness and went on to advocate for others through the Mustard Seed, Canadian Mental Health Association and the Boys & Girls Club.

As a homeless shelter manager, Jeremy saw firsthand how government inefficiency and bloat hurts not just our most vulnerable citizens, but also the lives of everyday Calgarians.

He believes an engaged society, strong economy, and good government ultimately lead to better results for Albertans.



JEREMYNIXON.CA | INFO@JEREMYNIXON.CA | (587) 885-1595

United Conservatives
Alberta Strong & Free

AUTHORIZED BY THE OFFICIAL AGENT OF THE UCP
CALGARY-KLEIN CONSTITUENCY ASSOCIATION

Your Patio Furniture Superstore!

YETI **Wicker Land Patio** **weber**

TRAERGER **RATANA**

BBQ LAND **Modern Patio**

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca

RARE WORKS RENOVATIONS



STANDS THE TEST OF TIME

COMPLETE HOME CARE

SMALL JOBS WELCOME

- Bathrooms
- Basements
- Doors
- Windows
- Framing
- Finishing
- Plumbing
- Electrical
- Tile & Slate
- Stonework
- Glass Blocks
- Desks
- Stairs
- Railings
- Retaining Walls
- Chain Link & Wood Fencing
- Roofing

ROSEMONT RESIDENT FOR 12 YEARS

CONTACT ROBERT REEVE

825-903-5528 | rareworks28@gmail.com