# **CAMBRIAN**量ROSEMONT

THE OFFICIAL CAMBRIAN HEIGHTS & ROSEMONT COMMUNITY NEWSLETTER



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## Cambrian Heights Community Association

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

Bylaw Article 4.8.3: The quorum for the transaction of business at any Board meeting shall be one third of the standing Directors plus two. Voting Members required for quorum is 9/3=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	Wendy Elaschuk	403-289-7659	treasurer@cambrianheightscommunity.com	Yes
Secretary	Ian McKinnon	403-585-7030	ianrmckinnon72@gmail.com	Yes
Newsletter Coordinator	Stephanie Melville	403-909-7799	sem.melville@gmail.com	Yes
Membership Coordinator	Jennifer Manns		members@cambrianheightscommunity.com	Yes
Director Planning	Andrew Connolly	403-617-7627	planning@cambrianheightscommunity.com	Yes
Director - Casino / Garden	David Babich	604-837-7027	david@babich.ca	Yes
Director	Phillip Holcomb	587-785-3692	phillipholcomb@gmail.com	Yes
Director	Evan Wan	403-608-7915	evanwan@gmail.com	Yes
Committees - Non Voting				
Rink Coordinator	Scott Jacobson	403-771-9755	scottcolleenj@gmail.com	No
Hall Manager	Lora Riep	403-284-1175	CHCA_ hall@telus .net	No
City Liaison	Keith Magill	403-826-9152	keith.magill@calgary.ca	No
Social Committee	Betty Bacque		social@cambrianheightscommunity.com	No

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

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





#### **CAMBRIAN HEIGHTS' PRESIDENT'S MESSAGE**

December brings with it winter weather but also the warmth and good cheer of the Christmas and holiday season. Our outdoor ice rinks will be in full use thanks to the efforts of our rink rats headed up for so many years by Scott Jacobson. If you are able to help out this year, please contact Scott at scottcollleenj@gmail.com as our two rinks provide a huge recreational benefit to young and old through the winter season.

November witnessed successful staffing with volunteers for our casino dates at the beginning of the month. We owe a great thanks to those volunteers who made this most important fundraising activity a success. We are planning an Appreciation event for these volunteers and those that help out at events throughout the year this spring. Volunteering is a great way to meet your neighbours and enjoy the social activities sponsored by the Community Association. If you would like to register as a volunteer, please contact us at social@cambrianheightscommunity.com. In that regard we are happy to welcome a new Board member in November, Stephanie Melville, who will be focusing on community communications for Cambrian Heights. In addition, a longtime community resident, Wendy Elaschuk, has agreed to take on the Treasurer role starting in January and will join the Board in December. Both will also contribute by bringing their own perspective to issues impacting our community.

With the city-wide decision to allow R-CG zoning throughout the City many communities have responded by establishing restrictive covenants to challenge certain multifamily developments. There is currently an original Restrictive Covenant (7778HB) on homes south of Northmount Drive within Cambrian Heights. These existing covenants may provide a mechanism through the Courts to restrict what structures may be built on those properties. We have discussed this particular covenant and the existence of some builders' covenants in other areas of the community with legal counsel. We reference you to our website (www. cambrianheightscommunity.com) for a more detailed review including a legal counsel reference.

On November 30 we held our 5th annual Lego Contest at the Community Hall. These events attract contestants of all ages from surrounding communities and have proven very popular with children and adult viewers.

On December 13 we will be holding a Christmas Wreath making event. Tickets may be obtained through the website although attendance is limited to the first 35 purchasers. We again thank those volunteers involved in planning and making these events successful.

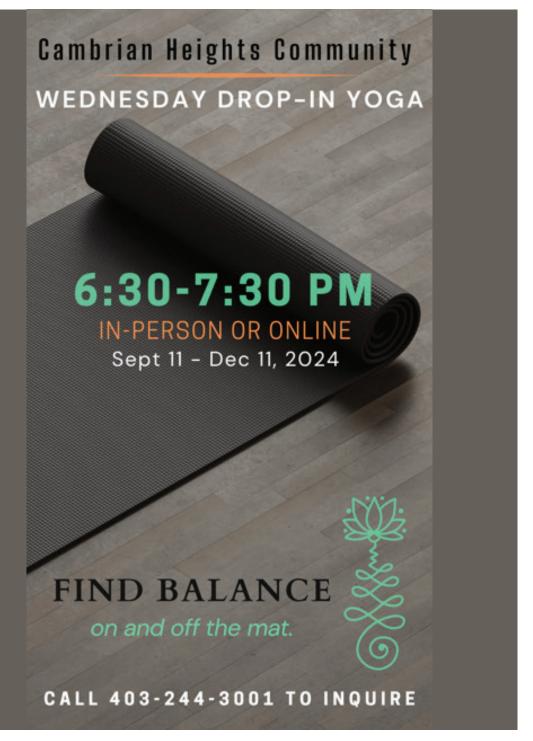
We have scheduled for January 25 a first ever free Career Coaching session at the Community Hall that will be hosted by one of our Board members experienced in this field. See our website and poster in this issue for more information. Plus save the date of February 1 for our annual Polar Party that will be held on our outdoor ice rinks behind the Community Hall.

Have a wonderful Christmas and best wishes for a family focused Holiday season and start to 2025 from all of us involved with the Community Association. Please consider involving yourself in community activities through 2025 and always feel free to send us comments you may have to expand or improve our programs.

Daryl Connolly

President CHCA

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#### **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:

- Apply online on our Website (www.cambrianheightscommunity.com) and purchase safely & securely (Credit Card or Paypal).
- 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.cambrian	heightscommunity.com.			
Name:				
Address:				
Email:Ph	none:			
(Personal information is used to inform members of Comm than those associated with Cambrian Heights Community	nunity events only, no information is shared with other organizations or individuals other Association).			
Membership Type: (Please Select One Only)				
CAMBRIAN HEIGHTS RESIDE Senior (\$5.00) Individual (\$1	ENTS: ( voting member ) 0.00)			
NON- CAMBRIAN HEIGHTS R  Associate (\$20.00)	ESIDENTS: ( non-voting member )			
Associate membership cards are not sent	out unless proof of membership required for: Please McKnight Soccer Yoga Fun&Fitness			
Membership term is for 1 year and is current from January Association Bylaws.	1 of the year purchased until December 31 of the same year as per the Community			

Return the completed form with cheque payable to the Cambrian Heights Community Association and mail or dropoff at: Cambrian Heights

Community Association, 600 Northmount Drive NW, Calgary AB T2K 3J5



>>> COACHING <<<

## **Career and Resumes**

On January 25, 2025, we will be hosting a free career coaching and resume session

Cambrian Heights Community
Centre

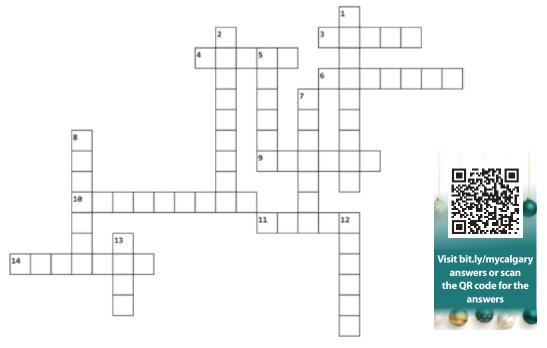
For more information, contact Phillip phil.holcomb@yahoo.com











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- 3. On December 5, 1991, Jostein Gaarder's novel, *Sophie's* \_\_\_\_\_, was published and tells the story of a Norwegian teenager on a journey of discovery about the history of philosophy.
- 4. *Driving Miss* \_\_\_\_\_\_, starring Morgan Freeman as a chauffeur to an elderly widow played by Jessica Tandy, was released on December 13, 1989.
- 6. Canadian singer, Nelly \_\_\_\_\_, was born on December 2, 1978, in Victoria, British Columbia.
- This Christmas tree decoration, originally made from real silver that was shredded, was first invented in Germany in 1610.
- 10. December's official birthstone has the same name as the colour that it is.
- 11. Dr. Martin Luther King Jr. was awarded the Nobel \_\_\_\_\_\_ Prize on December 10, 1964.
- 14. James Cameron's \_\_\_\_\_\_ was first released on December 19, 1997, and is one of the highest-grossing films ever.

#### Down

- 1. International \_\_\_\_\_\_ Day was mandated by the UN General Assembly in 1985 and takes place every year on December 5.
- 2. December's birth flowers are the \_\_\_\_\_ (also known as paperwhites) and the holly.
- 5. On December 24, 1818, a choir in Austria first performed the popular Christmas carol "\_\_\_\_\_\_Night".
- 7. This annual holiday celebrating African American culture is observed from December 26 to January 1.
- 8. On December 29, 1989, the Associated Press named hockey player Wayne Gretsky and tennis player
  \_\_\_\_\_\_ Navratilova Best Athletes of the Decade.
- 12. Canadian actor and comedian, \_\_\_\_\_ Levy, was born on December 17, 1946, in Hamilton, Ontario.
- 13. On December 1, 2003, the final film of *the Lord of the Rings* trilogy, *The Return of the* \_\_\_\_\_\_, premiered in New Zealand.

#### **Easy Turkey Chili**

by Jennifer Puri

Turkey is a large bird which is rich in protein and other nutrients such as iron, zinc, and selenium. It provides many of the same calories as chicken and most people are easily able to digest it.

Ground turkey is an inexpensive way to consume turkey and over the years has grown in popularity as a substitute for ground chicken. Rich in vitamins and minerals it can contribute to a healthy diet as it is low in fat. Dark meat is more flavourful but has more calories than white meat without the skin.

Turkey can be added to soups, salads, sandwiches, burgers, or Chili as shown in this Easy Turkey Chili recipe below.

**Prep Time:** 15 minutes **Cook Time:** 1 hour

Servings: 6 Ingredients:

- 1 lb lean ground turkey
- 2 tbsps. olive or vegetable oil
- 3 garlic cloves finely chopped
- 1 medium yellow onion chopped1 red bell pepper finely chopped
- 1 900 ml carton (low sodium) chicken broth
- 1 28 oz can diced tomatoes
- 1 small can corn niblets drained and rinsed
- 1 540 ml can black beans drained and rinsed
- 1 540 ml can red kidney beans drained and rinsed
- 1/2 tsp Chili powder
- 2 tsps. ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- 1/2 tsp ground black pepper

#### **Directions:**

- In a large pot add olive or vegetable oil, chopped onion, garlic, and red pepper. Sauté the vegetables for 3 to 4 minutes until onions are softened and then add the ground turkey. Sauté the turkey for 4 to 5 minutes until cooked through.
- Add the Chili powder, ground cumin, oregano, salt and black pepper and continue to cook for a couple of minutes.

- Add the black beans, kidney beans, corn, and diced tomatoes and blend in with the turkey.
- Add the chicken stock and bring to a boil and then reduce heat and allow the Chili to simmer for approximately 45 minutes, stirring occasionally.
- Garnish the Turkey Chili with sour cream, shredded cheddar cheese and chopped coriander leaves or taco chips and sliced avocado if preferred.

Bon Appétit!





### **Rosemont Community Association**

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

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

#### **GAMES & PUZZLES**

#### **Guess the Holiday!**

- 1. This holiday seems like it could be named after a sport, but it has nothing to do with one.
- 2. This incredibly bright festival celebrates good winning over evil and the arrival of a new season.
- 3. This holiday typically revolves around one shape.
- 4. Eggnog, trees, and bells are classic elements of this holiday.
- 5. Costumes are a huge part of the fun of this holiday.
- 6. This holiday happens on the first Sunday after the full moon that occurs on or after the spring equinox.





### 2024-2025

#### 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 Rosemontyyc.com/membership OR
- mate this form and mail to DO Pay 75007 0 729 Northmount Drive NIW Tak 618

2. Complete this form and mail to PO box 73007,	iplete this form and mail to FO box 73007, 9-726 Northinount Drive NW 12K 036.		
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 cheaues 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 Rosemontyyc.com for all community-related Board Meetings are held monthly and are open to anyone in the information, including upcoming events and hall rental info. Register for our community who wishes to attend. Email us at info@rosemontyyc monthly email blasts and sign up for a community membership too.

com for more info about the next meeting.

#### **ROSEMONT PRESIDENT'S MESSAGE**

Howdy Rosemontians!

Hope everyone is getting into the holiday spirit and enjoying time with your friends and family.

Our popular shinny program is back! Starting January 7 to March 11 on Tuesday nights from 5:30 to 6:30 pm. All participants aged 6 to 12 can join. The kids require hockey skates, skate guards, hockey helmet and face mask and optionally knee and elbow pads. Patrick Palardy is ready to lead the kiddos through some outdoor fun this year! It costs \$30 and requires a community membership either from Rosemont or another community (Rosemont residents get a free community membership by going to RosemontYYC.com/membership). To register, please contact Jean Blackstock at 403-305-9447 or jmblackstock@gmail.com. If you have a child that would like to participate but are unable due to financial limitations, please email us at info@RosemontYYC.com.

Come get into the holiday spirit and join us for a lovely Christmas Tea being organized by Jean Blackstock on December 13 from 10:00 am to 12:00 pm at the Rosemont Hall. Contact Jean at 403-305-9447 with any questions or to volunteer.

With the recent blanket rezoning bylaw going into effect, some residents have been asking about a legal tool called Restrictive Covenants (RCs) that can limit development on a property. Rosemont CA isn't advocating for or against these, but we want to provide some resources if you are interested. Please visit RosemontYYC.com/Rezone for some basic information and resources where you can learn more. As of this writing, we haven't heard of any concerted effort within Rosemont to implement these but will communicate to the community if there are any groups that wish to organize.

The city has updated their snow clearing bylaw so be sure you are in compliance. Snow from public spaces, like sidewalks, can be shovelled onto roadways but snow from your driveway (private property) cannot be. And as always, homeowners must clear sidewalks within 24 hours after snowfall. Fines have been increased to \$250 for first offense and may also include a \$150+ fee for a contractor to be sent out. So be sure you are clearing your sidewalks to keep everyone safe (and avoid penalties). Free sand-salt mixture can be picked up at various

locations throughout the city. More information can be found at Calgary.ca/Bylaws/Snow-Shoveling.html.

And we have just one or two spaces left for helping with our Casino fundraising event on January 23 and 24. Please email lan at Casino@RosemontYYC.com if you would like to learn more about the spots available. It is a great event that helps us continue to offer free events, hall upgrades and is a great chance to meet some new folks in the neighbourhood.

As we get into the holiday season, we encourage everyone to reach out to those around you and find ways, no matter how small, to help one another. Shovel a neighbour's sidewalk, help someone across the street, donate time or money if you're able to, or anything you can think of. This is what the community looks like, and we can all use a little more of it during the holiday season.

Happy holidays from all of us at the Rosemont Community Association!



#### Christmas Tea

# Friday, December 13 10:00 am to 12:00 Noon at Rosemont Hall Come on Down and Wish your Neighbours Merry Christmas!



This Photo by Unknown Author is licensed under CC BY-NC

Call Jean Blackstock with any questions at 403 305-9447 or to volunteer!

# Shinny Hockey 2025 Rosemont Community Rink Tuesday Nights, 5:30 to 6:30 pm Girls and Boys Aged 6 to 12



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

Patrick Palardy will be the Coach

Starts January 7 to March 11 or until the ice goes \$30.00 and community membership

Come on down and enjoy some great hockey!
This is outdoor hockey, and we will follow AHS
Covid 19 Regulations for Sport Physical Activity and
Recreation, Bathrooms will be available.

Call Jean Blackstock at 403 305-9447 to register or email at <a href="mailto:jmblackstock@gmail.com">jmblackstock@gmail.com</a>.



#### Scouts About - 4th Elks Triwood



#### Fall 2024 Updates

We had a great kick off to the fall as Beavers, Cubs, and Scouts went on a canoe camp to the Red Deer River near Drumheller. The Triwood Scouts also entered two teams into the "Great Escape" event this October. Our team competed against 700 other youth in a giant orienteering game that went from 6:00 pm to 2:30 am and won first prize! Cubs played the animal game in West Confederation Park with 100 other Cubs from NW Calgary. Beavers went on a 'reconciliation' walk along with the Cubs to Nosehill park.



Cubs canoeing Red Deer River in voyageur canoe



Scouts with their 1st place trophy from Great Escape

A sleepover at the Tyrell Museum is planned for later in the fall for Beavers and Cubs.

#### **Fundraisers**

Thanks to those of you who provided bottles at our bottle drive this past October.

• **Triwood Christmas Market:** Scouts will work as Fire Marshalls at the Triwood Christmas market to help 'keep the fires burning.' They may have some chocolate on hand to sell.

- Bottle Drive | January 11: Scouts will knock on doors to collect bottles. You can also drop bottles at TCA between 9:00 am and 12:00 pm.
- Chocolate Campaign | April: Look for youth selling chocolate almonds around the community.
- **Bottle Drive | May 24:** Scouts will knock on doors to collect bottles. You can also drop bottles at TCA between 9:00 am and 12:00 pm.

#### 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.

Facebook: @4thCalgary

#### Webpage:

https://scoutstracker.ca/hello/4thElksTriwood/About



## [Alfred] Nobel Prize



The very first Nobel Prize award ceremony took place on December 10, 1901. These were created due to Alfred Nobel's will and his interest in science, society, and culture, and are described as prizes given for "the greatest benefit to humankind."

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**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.

**SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING:** Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. 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.

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#### **CAMBRIAN HEIGHTS**



#### ROSEMONT



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