

FEBRUARY 2024

DELIVERED MONTHLY TO 2,025 HOUSEHOLDS

CAMBRIAN HEIGHTS ROSEMONT

CHRONICLE

THE OFFICIAL CAMBRIAN HEIGHTS & ROSEMONT COMMUNITY NEWSLETTER



FILL THIS SPOT WITH YOUR AD

Promote your business and get noticed!

Contact us at 403-720-0762 or grow@greatnewsmedia.ca



GET A QUOTE NOW



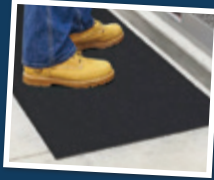
CALGARY MAT & LINEN SERVICES

403.279.5554
calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies



VISIT OUR WEBSITE



CONTACT US



No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

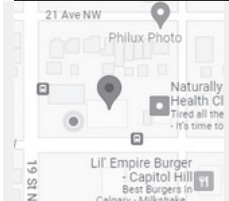
CALL US TODAY AT
403-726-9301
calgaryfreshjock.com

CALGARY FINE DENTISTRY

Dedicated to providing you with optimal dental health.



*Dr. Lauren Vredenburg,
Practice owner*



Come check us out!

403-284-3061
#206 1910 20th Ave, NW
www.calgaryfinedentistry.com



News from the Friends of Nose Hill

by Anne Burke

Some features produce a positive response in visitors, as a focus for passive recreation, education, and interpretation; they remain opportunities for interpretation of bedrock themes in the park. Among the landscape features are large sandstone boulders several metres across. Those in north slope coulees may contain fossil clam shells, as remnants of a wave cut terrace which tumbled onto valley glaciers.

The Nose Hill pre-glacial gravels in the eastern portion of the Hill extend throughout the hilltop. In the Burnco gravel pit - and the slopes leading to this area from 19 Street and from Charleswood Drive - several trails and junctions in the south-facing areas are where exposed gravel from the Hill use in the 1960s and 70s would have been visible unless remediation was done with nurse and native grasses, after re-rooting foot traffic while the repair was undertaken.

A review of land uses of Nose Hill revealed that areas more severely damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating. Although rutted trails remained, some already had grass growing in them due to less traffic. Ravine trails were heavily overgrown by tall grasses, thistles, and nettles, so that people used them less.

Firefighting, weeding, and controlled burns with vehicles damaged the plateau and slopes above the Porcupine Valley bike path. Widened and two-track trails are from social use; trail braiding on steeper hillsides due to wet, icy, or poor conditions. An on-hill project was raking to prevent new desire lines. Work was needed on the old motorcross routes up the bluff south of Porcupine Valley and along the Many Owls Valley Road where the trails had been washed out or deeply grooved. Pedestrian use of old vehicle roads slowed regeneration and remediation was warranted.



**Hate Your
Renewal
Rate?
Call Me!**

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

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 6/3=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	Vacant		treasurer@cambrianheightscommunity.com	Yes
Secretary	Ian McKinnon	403-585-7030	ianrmckinnon72@gmail.com	Yes
Newsletter Coordinator	Vacant			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	David Babich	604-837-7027	david@babich.ca	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 Manager Lora for bookings at 403-284-1175.



PUMPED UP STRENGTH™

Pumped Up Strength™ is a revolutionary new approach to group resistance training that will:

- Challenge your body in new ways
- Rev your metabolism
- Build stronger muscles
- Increase bone density
- Reduce risk of injury
- Increase overall caloric expenditure
- Pump up the FUN factor of your group strength classes!

**PUMP UP THE MUSIC
PUMP UP THE FUN!**

Lorene, Fearless Leader
 Scary Bunny Fitness and
 Wellness Coaching
scarybunnybefit@gmail.com
 403.815.3821

Are you ready to
 conquer your strength
 and mobility goals in
 2024?

Pumped Up Strength

Returns January
 2024

Handheld weights, yoga mat, water

FUN for ALL Ages and Fitness Levels

Members \$8 / Non-members \$10

Contact Lorene:
scarybunnybefit@gmail.com
 or 403.815.3821
 for all the details!

CAMBRIAN HEIGHTS' PRESIDENT'S MESSAGE

January provided the onset of winter which was celebrated by our eighth annual Polar Party January 27 with hot beverages, cookies, and music for all. While the date of writing of this letter does not allow me to summarize the events of that day, we hope the weather cooperated and was an event enjoyed by all participants. We are planning a Volunteer Appreciation evening in Q2 for all those who helped organize and run social events as well as those who make the Casino funding for the Community possible. We are also planning a repeat of the highly successful Ceili Dance social for March 9. Check our website for dates and details (cambrianheightscommunity.com). Our Yoga and Fitness programs also are continuing with details in this newsletter.

We encourage residents to utilize our excellent outdoor ice surfaces behind the community hall and serviced by a dedicated group of volunteers. It is never too late to volunteer some time to help out our Rink Rats. See contact information for Scott Jacobson in our list of community volunteers. Fabrication of a fire pit is complete and by the reading of this newsletter will have been in operation. Look to the website for advanced scheduling of this ice rink feature as we test its usage with safety considerations.

Redevelopment within Cambrian Heights will continue into 2024. With anticipated changes in Q2 of this year to zoning bylaws by City Council, establishing a City wide RC-G designation, we will witness more multifamily housing construction in the future with the corresponding issues of increased density and street parking. This densification will be further impacted by the removal of all parking restrictions on new developments and the permitting of both secondary suites and back yard suites on a single parcel of land. We encourage individuals to follow developments on the City website (calgary.ca) as these bylaw amendments are approved to appreciate the limits in our ability to modify such new development designs. Our Planning committee will continue to monitor these changes and comment to the City planners and our Ward 4 Councillor where concerns exist.

As part of our program to work with Calgary Parks to improve our community green spaces, we have decided to add a Cambrian Heights community sign in the park

bordering Northmount and Cambrian Drive this year. While preliminary sign designs are being discussed at the Board level, we welcome any suggestions for the sign design from community residents. If you have a comment or ideas, please forward them to us at cambrianheights@gmail.com.

The Community continues to need volunteers to replace our interim Treasurer and Social Media Director. These positions provide the Community Association financial controls and coordinate our social media communications activities. They both offer an opportunity to join an experienced team and the opportunity to help develop the programs, events, and residential planning for Cambrian Heights. It is your community. Help make it better for your family by volunteering even on a limited basis. To discuss any volunteer opportunities please contact us at president@cambrianheightscommunity.com.

Daryl Connolly

President CHCA



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

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

VOLUNTEERS NEEDED



Your Community is in need of additional resident participation in areas of Accounting, Social Media and Program Development. A few hours a week can make a huge contribution to your neighbourhood and its enjoyment.

BENEFIT

- ✓ Meet Active Community Residents
- ✓ Participate in Social Event Planning
- ✓ Help Improve Our Parks
- ✓ Interact with City Development Plans

For More Information

Email cambrianheights@gmail.com

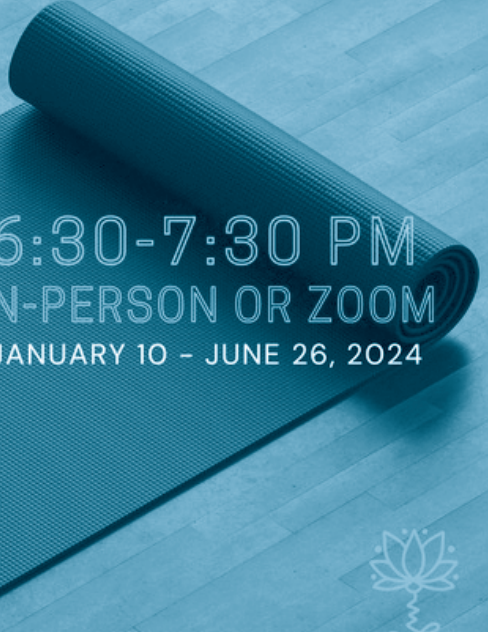
or visit

www.cambrianheightscommunity.com

Cambrian Heights Community

WEDNESDAY DROP-IN YOGA

6:30-7:30 PM
IN-PERSON OR ZOOM
JANUARY 10 - JUNE 26, 2024



FIND BALANCE

on and off the mat.

CALL 403-244-3001 TO INQUIRE

chinook school of music music kids

NOW OPEN IN NORTH HAVEN! MUSIC LESSONS & GROUP CLASSES

ALL AGES & LEVELS

MUSIC KIDS

AGES 6 MONTHS - 5 YEARS
INSTRUMENT PLAY,
SINGING + MOVEMENT



PIANO VOICE VIOLIN GUITAR
UKULELE DRUMS FLUTE THEORY
MENTION THIS AD FOR 10% OFF
YOUR FIRST REGISTRATION!

VISIT US AT 1101 48 AVE NW
CALL 403-246-8446

WWW.CHINOOKSCHOOLOFMUSIC.COM



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

From the Heart: Show Your Cardiovascular System Some Love This Valentine's Day

From The Primary Care Network

Love is in the air and with February being Heart Month, there's no better time to show your cardiovascular system some love.

Heart disease is the second leading cause of death in Canada – luckily the Canadian Heart and Stroke Foundation says up to 80% of premature heart disease and stroke can be prevented through lifestyle choices.

Here Are Some Tips for Improving Heart Health:

- **Prioritize a Healthy Diet** – Maintaining a heart healthy diet is an important factor in heart health. Navigating all options and information can be challenging. Calgary Foothills PCN has a team of register dietitians and nurses and offers workshops.



- **Set Health Goals** – Set achievable health goals with the support of health management nurses. Incorporate exercise into your daily routine, manage stress, quit smoking or vaping, and get assistance with access to services for high cholesterol.

- **Focus on Mental Health** – Stress can cause the heart to work harder and increase your risk of heart disease and stroke. The Calgary Foothills PCN mental health team offers one-on-one counselling and workshops.

Register for free support online at cfpcn.ca. If you're not sure where to start, talk to your family doctor who can help with your care plan.

Chaos
Nose Creek
would like to invite you to
**TRY
SOFTBALL!!!**

AGES
4 & UP

REGISTRATION
NOW OPEN!

www.nosecreeksoftball.ca

BARKER'S
FINE DRY CLEANING

PICK UP &
DELIVERY
SERVICES

403-282-2226

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	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@Rosemontyyc.com

GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING



2023-2024

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
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 Rosemontyyc.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@rosemontyyc.com for more info about the next meeting.

ROSEMONT PRESIDENT'S MESSAGE

Howdy Rosemontians!

Hopefully things have warmed up by the time you're reading this as I'm writing it during the minus 30-degree Celsius weather.

At the time of this writing, we are exploring a joint event with the school on February 10. If we go ahead with this event, details will be posted on our website (RosemontYYC.com) and in an email blast (please sign up for them if you don't receive them).

Shinny has been off to a great start to the year. Patrick and Dave are leading the charge, and it sounds like everyone is having a blast so far. A huge thanks to them and Jean for kicking off another terrific year of learning and having fun out on the ice.

Speaking of ice, after a very late start to the year, the Ice Guys went hard in December and January to get the ice into great shape. The temperatures have fluctuated massively, and they have braved the minus 20-degree Celsius weather night after night to get it ready for the community at large. We have heard from several skaters again this year about how fantastic the ice is, especially compared to many other outdoor rinks this year and that doesn't happen without hundreds of hours of volunteer effort and dedication. So, thank you to everyone who has been getting out and helping. There have been many nights with a full group which is awesome to see.

This is a pretty slow time of year for us so stay tuned for upcoming spring events. We are hoping to host a pub night in March and are always looking for new ideas so if you have a suggestion, please reach out to us at info@rosemontyyc.com.

Many programs are starting up again, including our friends who rent space at our hall, such as LDK Foundation Karate and Common Digs. Please visit RosemontYYC.com/programs for more information.

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

Matthew



MLA Calgary - Klein

Lizette Tejada

201, 1055 - 20 Avenue NW

☎ 403-216-5430

✉ Calgary.Klein@assembly.ab.ca

✂ @lizettendp | 📷 lizettendp

February is an exciting month in Calgary, particularly for Calgary-Klein! I am looking forward to seeing you at the many community events that help get us out and moving, and at some of the warm, indoor gatherings as well.

One of the top issues I've been hearing about in the last few months is retirement security and concerns about the provincial government opening a path to pull Albertans out of the Canada Pension Plan (CPP) - replacing it with a newly created Alberta Pension Plan. The CPP is an internationally respected pension plan with good returns, and your official opposition is advocating against moving to a riskier and unproven model. Join us at our town hall on February 24 to share your thoughts on the CPP. For details and to sign up, please go to albertasfuture.ca. I will be joining my colleagues that day and we're very excited to hear from you.

With winter in full swing, you can warm up at YYC Hot Chocolate Fest from February 1 to 29. Try out the amazing creations from your local businesses in Calgary-Klein, I know I will be! Chinook Blast is running from February 2 to 19 - offering a wide array of fun activities from markets to concerts to brighten up your winter. And as always, our hardworking community associations give us many opportunities to gather and connect as neighbours.

It is my pleasure to represent you and I always look forward to connecting with residents on what matters most to them. You can keep in touch with the office via email or telephone. You can also reach out through Facebook, Instagram, and X - my handle is @lizettendp.

I'm sure I'll see you out and about very soon, come say hello!

Lizette Tejada

MLA, Calgary-Klein

BUSINESS CLASSIFIEDS

For business classified ad rates contact 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.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

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.

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.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up /Drop-Off Service Available.



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.

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

CAMBRIAN HEIGHTS



ROSEMONT



CALGARY'S INDEPENDENT PHARMACY CELEBRATING OVER 60 YEARS OF CARE!



It's *February*, which means it's *Heart Month*.

Our team at Cambrian Pharmacy is here to help, whether you have questions about heart medications, or are looking for a supplement.

To honour heart month, we're focusing on some amazing products in store that support the cardiovascular system. We have a great selection of supplements that help address inflammation, cholesterol levels, blood cells, and preventative heart health. If you've been thinking about exploring the world of heart health, come chat with our supplement or pharmacy team today!

We love finding you the right product, so from our heart to yours, let's spread the love this month with heart health! To view our February deals, please scan the QR code below.



9, 728 Northmount Drive NW | Calgary, AB | T2K 3K2

403.289.9181 | CAMBRIANPHARMACY.COM

