

OCTOBER 2024

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CAMBRIAN^{HEIGHTS} ROSEMONT

CHRONICLE

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 7/3=2+2=4 members. Maximum of 18 Voting Members.

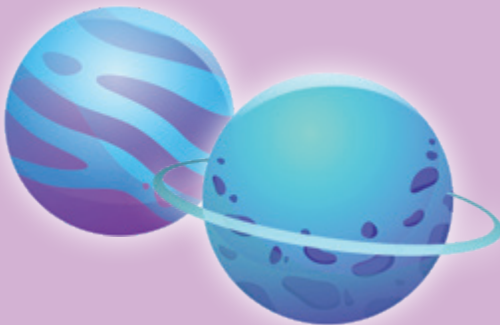
Position	Name	Telephone	Email	Vote
President	Daryl Connolly	403-470-5339	president@cambrianheightscommunity.com	Yes
Treasurer	Vacant		treasurer@cambrianheightscommunity.com	Yes
Secretary	Ian McKinnon	403-585-7030	ianrmckinnon72@gmail.com	Yes
Newsletter Coordinator	Vacant			Yes
Membership Coordinator	Jennifer Manns		members@cambrianheightscommunity.com	Yes
Director Planning	Andrew Connolly	403-617-7627	planning@cambrianheightscommunity.com	Yes
Director - Casino	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 Manager Lora for bookings at 403-284-1175.

ICE GIANTS

Uranus and Neptune are two ice giants in our Solar System. Ice giants are planets that are made up of elements heavier than hydrogen and helium, they are also as the name suggests, giant. From what we know, the surfaces of these planets are mostly made up of liquids and gases, and do not have solid surfaces.



CAMBRIAN HEIGHTS COMMUNITY ASSOC

FREE PUMPKIN GIVEAWAY

OCTOBER 26, 10AM
 UNTIL SUPPLIES LAST
 @COMMUNITY HALL

CAMBRIAN HEIGHTS' PRESIDENT'S MESSAGE

September witnessed our first Farmers' Market each Tuesday from September 3 to October 1 in the community hall parking lot. A total of fourteen merchants registered to participate over the month as a test towards making this a full summer market in 2025 running June through September. We were excited with the initial turnout and neighbourly vibe created with the market. At the writing of this letter, we and the vendors have not fully evaluated this trial, but early indications are positive towards 2025. The market offered fresh vegetables, fruits and berries, various jams, baked goods, Ukrainian and Mexican food products, sausages, mustards, mead beverages, fresh honey, and even ice cream. Updates on the result of this program will be provided on social media as well as our website (www.cambrianheightscommunity.com).

For those who have been following the progress on the community sign project we are awaiting cost estimates from two suppliers whose sign designs were the most popular in our survey. When we finalize the selection process a development permit will be applied for, which allows for further community input. So, everyone is aware we are also looking at our other park spaces and where we can contribute with the City on developing new or updated playground facilities that enhance our community.

The community has been confirmed with Casino dates of November 4 and 5 this year. The funds accrued from the volunteers provided, in our case to Pure Casino Calgary for those two days, provides the major funding supporting the Community Association Hall upkeep and social activities. Should you be able to help out this year at our Casino dates please contact our Casino Coordinator at david@babich.ca. We provide a meal during your Casino daytime or evening shift and also reimburse you for transportation to and from as well as babysitting if required. You will also be invited to attend a Volunteer Appreciation Night to be put on by the community.

Social activities are being planned by the Board for the fall/winter season which includes our annual Halloween Pumpkin Giveaway scheduled for October 26. We are attempting to organize further activities around this event at the community hall. A repeat of our Lego Contest is also scheduled for November 30. Other events into 2025

include our annual Polar Party (February 1), a Volunteer Appreciation Night, and a Dog Park Event. If you wish to get involved with community social programs contact us at social@cambrianheightscommunity.com. Please read the newsletter or consult with our website for details of all future activities.

We remain without a full-time volunteer Treasurer on the Board. Please consider volunteering if you have any accounting background. Contact us at president@cambrianheightscommunity.com with any questions or to discuss the level of accounting knowledge required.


Stay safe and find a reason to talk with your neighbours.

Daryl Connolly

President CHCA



Word of the Month



Flibbertigibbet:
noun (flib-er-tee-jib-it)

An excessively talkative, flighty, or light-headed person.

She was sitting next to a flibbertigibbet on the train ride to work.



News from the Friends of Nose Hill

by Anne Burke

Nose Hill Park is one of the largest urban parks in North America and is distinguished by its unique geological, ecological, and anthropological history (<https://inaturalist.ca/projects/nose-hill-park-bioinventory>). With an abundance of remarkable flora and fauna, this project aims to record observations made by Park users. This information and a quick update were posted on our Facebook page about how the Nose Hill Park iNaturalist project is going. There have been many awesome observations this year. Since January over 2,600 observations have been added. We have nearly 10,000 iNaturalist posts made for the Park. Let's keep the momentum going! Hopefully, we will be close to 11,000 by 2025 and encourage everyone to share their photos of flora and fauna on the Hill. We recently surpassed 200,000 posts made within the City of Calgary municipal boundaries. Of course, you can post (on iNaturalist generally) your biodiversity photos from anywhere in the world, including your own yard and other favourite parks. All this data will help to guide the Nature Calgary updated "Green Book" which is currently in the data collection phase.

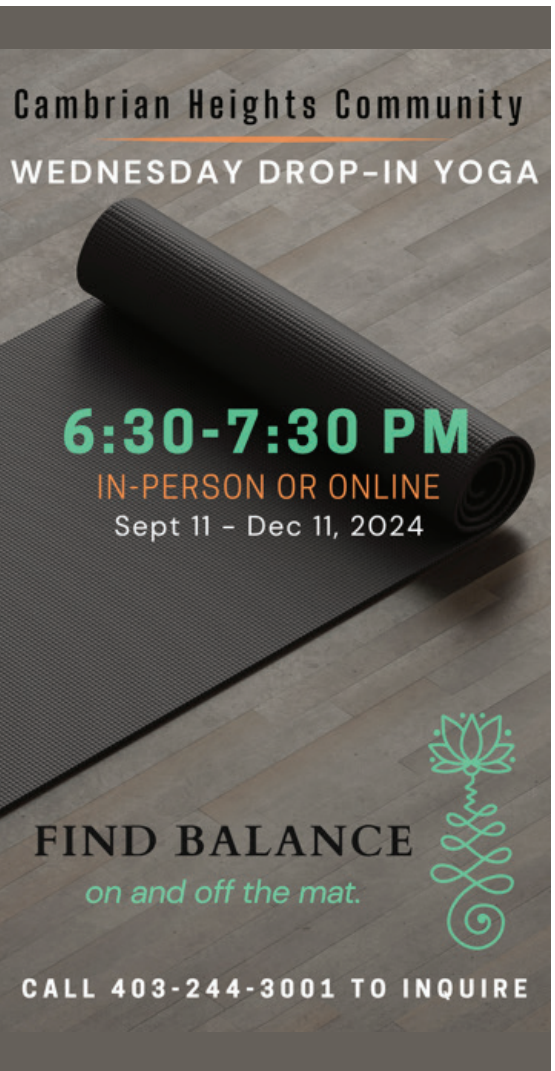

World Migratory Bird Day is on the second Saturday in October and again in May. The goal is to raise awareness of issues affecting migratory birds and to inspire action around the world to take measures for their conservation. Migrating birds may fly from 24 kms to 960 kms or more per day. Hawks, swifts, swallows, and waterfowl migrate primarily during the day, while many songbirds migrate at night. Calgary has over 200 bird species and is one of Canada's first Bird Friendly Cities certified by Nature Canada. Bylaws preventing off leash dogs and encouraging people to stay on designated paths can lessen disturbance and decrease the risks to sensitive grasslands species.

Cambrian Heights Community
WEDNESDAY DROP-IN YOGA

6:30-7:30 PM
 IN-PERSON OR ONLINE
 Sept 11 - Dec 11, 2024


FIND BALANCE
on and off the mat.

CALL 403-244-3001 TO INQUIRE

**Scary, Spooky.
 Skeletons**

Of the total body weight of an average human, about 14% is made up of bone mass. Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.



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 our 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 dropoff at: Cambrian Heights Community Association, 600 Northmount Drive NW, Calgary AB T2K 3J5

Eight Reasons Why You Should Leave a Toxic Workplace

by Nancy Bergeron, R.Psych | info@nancybergeron.ca



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

1. Mental Health: Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

2. Physical Health: The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

3. Emotional Well-being: Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

4. Career Growth: Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

5. Relationship Strain: The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

6. Reduced Productivity and Job Satisfaction: It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

7. Ethical Considerations: Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

8. Long-Term Happiness: In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.

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

GAMES & PUZZLES

Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



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CODE FOR THE
ANSWERS!



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
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.



Howdy Rosemontians!

I hope everyone has been having a great fall and enjoying the beautiful weather (as of writing this).

A huge thank you to all of the volunteers that made the Start Up BBQ a big success. It was a lot of fun with over 100 attendees and lots of catching up, fun, and food. Once again, we can't do these events without people like you so thank you to everyone that stepped up to help out.

As of writing this, we are firming up our October November, and December events. We may have a Halloween event (late October), our AGM will be late November (possibly 20 or 27) and our very popular Christmas Market (weekend of November 16).

The best way to stay informed of updates is by getting our email blasts and they will have more information on these events. Subscribe at RosemontYYC.com and this is where you can always find the most up-to-date information.

We will be looking for vendors for our Christmas Market so if you are interested, please email us at info@rosemontyyc.com.

With the start of the new year, we're looking for new ideas and ways to connect our community. If you have a great idea and would like our support to make it happen, contact us. We are also looking for new members to join our board so if this is something that interests you, please let us know. It is a small-time commitment each month (two to four hours typically) and you can help ensure that we are addressing the needs of our community.

We will be having our next casino fundraising event on January 23 and 24 at Elbow River Casino. Please save these dates and there will be more information on these events in the coming weeks.

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

Matthew



Let's Share the Road Safely and Look Out for Each Other

by the City of Calgary

October's traffic safety focus is Pedestrian Safety.

Most pedestrian collisions happen when we're rushing to get to work, school, an activity, or home.



Weather conditions and daylight changes in the fall make it harder for people to see.

When driving or cycling, be ready in case pedestrians make unexpected moves.

- Never pass a stopped vehicle at a crosswalk.
- Pay attention to pedestrians when turning.
- Watch for children. Drive cautiously through areas where children could be walking or playing.
- Be patient – especially with seniors or pedestrians with disabilities who need time to cross the road.

Pedestrians

- Don't assume drivers see you. When waiting to cross a road, make sure cars have come to a stop before proceeding. Make eye contact and wave.
- Don't walk distracted. Keep your head up.
- Walk on sidewalks. If there's no sidewalk, walk facing traffic.
- When walking to train stations, look both ways when crossing the tracks and obey traffic signals.
- Use point, pause, proceed to let drivers know you're entering a crosswalk.
- It's important to teach children how to safely cross the street. Practice safe crossing skills to help them learn how to navigate our streets safely.
- Remind kids not to run into the street or cross between parked cars
- Help kids to identify and understand car turn signals and back up lights and to be alert for cars turning or backing up.
- Teach kids to put phones, headphones, and devices down when crossing the street.



Calgary Confederation
Len Webber, MP
 2020 – 10 St NW
 Calgary, AB T2M 3M2
 ☎ 403-220-0888
 ✉ len.webber@parl.gc.ca



Councillor, Ward 4
Sean Chu
 ☎ 403-268-3727
 ✉ ward04@calgary.ca
 🌐 www.calgary.ca/ward4
 🌐 www.seanchu.ca

Time, Talent, and Treasure

We all have something to give – our time, our talents, and our treasure (money). Some have more of one than another, but we all have something we can give.

Community service is the price you pay to live somewhere, and everyone should get involved in their community in one way or another. In the end we all benefit when people in the community step up to help organizations, run events, and fill the gaps in community services.

One of the best ways to get involved is through existing community service organizations because they are experienced in our community and know where help is needed.

Your local community association is a great place to start because you will be helping and improving the very neighbourhood where you live.

However, there are also many other organizations that also do incredible work in our neighbourhoods like food banks, animal shelters, newcomer groups, and youth sports organizations.

You can volunteer locally but still be part of a massive global network if you join organizations like the Salvation Army, Calgary Lions Club, the Kiwanis Club of Calgary, or the Rotary Club of Calgary. Each organization offers a slightly different focus, so look around for the best fit for your interests.

Volunteering is something we ought to pass along to younger generations. Please consider inviting a young person out to your volunteer activities so that they can learn early the value of community service. Their enthusiasm and energy will liven up any gathering and the lessons they learn will be of life-long value. It's a win-win for all involved.

Finally, if you are not able to commit your time or your talents to any of the organizations above, please consider helping with a donation. Your donation can be monetary, or it could be with a life-saving blood donation. After all, these are the very people that make your community the place you proudly call home.

Greetings, Ward 4 Residents!

As the crisp October air settles in, it's time to prepare our homes for the winter season. In this month's newsletter, we've put together some essential tips and reminders to help you get ready. From protecting your pipes to winterizing your garden, we've got you covered.

Preparing Your Home for Winter? Start with the Homeowner Water Guide Fall Checklist.

This checklist offers reminders and helpful tips, including:

- Inspect toilets, taps, humidifiers, hot water heaters, water softeners, and other water-using devices for leaks.
- Shut off your outdoor water supply and winterize your irrigation system to prevent winter leaks.
- Consult the Watering 101 Guides to determine when to stop watering plants, shrubs, trees, and lawns.
- Leave plant debris in garden beds over winter to create a habitat for pollinators.

Toilets, faucets, and outdoor irrigation systems are common sources of household leaks. Our Homeowner Water Guides offer step-by-step instructions for identifying and fixing leaks, enhancing water efficiency, and preparing your yard for winter. Together, we can make every drop count. For the Fall Checklist and more, visit calgary.ca/waterguide.

Enjoy the Holidays Without Clogging Your Pipes

The holidays bring thoughts of food, family, and fun, with the aromas of gravy, turkey, and bacon filling the air. However, remember that fats, oils, and grease (FOG) can block pipes and cause costly sewage backups if they go down the drain.

Remember to:

- Cool it: Allow FOG to cool in a disposable can or container.
- Scrape it: Transfer it into a certified compostable or paper bag.
- Compost it: Place the sealed bag in your green cart.

Smaller amounts of FOG can be wiped up with a paper towel and placed in your green cart. Learn more at calgary.ca/protectyourpipes.

Kind regards,

Ward 4 Councillor Sean Chu

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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.

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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



 **the Gutter Doctor** 403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

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