

SEPTEMBER 2024

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CHRONICLE

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Fall Super Thrift Sale

Saturday, September 28

9:00am-1:00pm

Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW



The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.

For More Information:
samaritanclub.ca

**All proceeds will benefit
Calgarians in need**

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.

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Happy Hobbit Day!

September is a legendary month in Hobbit history! On September 21, 1937, J.R.R. Tolkien's *The Hobbit* hit the shelves, kicking off the journey through Middle-earth. Then, on September 22 — known as Hobbit Day — both Bilbo and Frodo Baggins, two of the most cherished hobbits ever, celebrate their birthdays!



CAMBRIAN HEIGHTS' PRESIDENT'S MESSAGE

September brings with it a new year feeling as schools resume and the summer's activities begin to wind down as Mother Nature starts a change in outdoor colours and temperatures in Alberta. It is also the beginning of a new activity schedule for the Community Association. This year I am pleased to announce we will be running a Farmers Market every Tuesday from September 3 to October 1 as a test towards making this a full summer market in 2025. The market will take place in the community hall parking lot and will be open from 3:00 to 7:00 pm. We anticipate providing vegetables, fruits, berries, preserves, baking, Ukrainian foods, meats, and more as vendors are confirmed. Updates will be provided on social media as well as on our website (www.cambrianheightscommunity.com).

We would like to thank all those who participated in the community newsletter survey concerning the signage design being considered for the park at the intersection of Cambrian and Northmount Drives. The Board will now review the results of the survey and proceed with final cost and design selection. A City development permit process will have to be initiated allowing further comments from residents.

While we will be maintaining our Yoga Programs this fall (see poster in this newsletter) we have cancelled our long-term Fitness program due to lack of live local participation. This was a long-standing program that never seemed to recover from the Covid-19 years. We will remain open for new ideas to replace this program in the future.

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 us at president@cambrianheightscommunity.com. 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.

Social activities are being planned by the Board for the fall/winter season which include an early October Trivia Night at the community hall. If you have any suggestions

or wish to get involved with community social programs, please contact us at social@cambrianheightscommunity.com. Please read the newsletter or consult with our website for future activities. We also encourage your involvement with Cambrian Heights community and its activities and programs by contacting us at cambrianheights@gmail.com.

We remain without a full-time volunteer Treasurer on the Board. This is a key position and without a resident coming forward as a volunteer will necessitate funds being expended to hire for this part-time position. Please consider volunteering if you have any accounting background. Contact us at president@cambrianheightscommunity.com with any questions.

Daryl Connolly

President CHCA



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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.



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Cambrian Heights Community



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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:

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

Korean Beef Bowl

by Jennifer Puri

Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.

- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce.

Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.

- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.



Bon Appétit!

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Rosemont Community Association

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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
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CONTACT ROBERT REEVE

825-903-5528 | rareworks28@gmail.com



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 Rosemonttyc.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 Rosemonttyc.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@rosemonttyc.com for more info about the next meeting.



8 SEPTEMBER 2024 | We ♥ Calgary | Call 403-720-0762 to Advertise

ROSEMONT PRESIDENT'S MESSAGE

Howdy Rosemontians!

Well, it's that time of year again when the kiddos are back in school, summer vacations are over, and we are getting ready for fall. Definitely felt like a very short summer, especially with all of the water restrictions. But life could be much worse, so I hope everyone was able to take advantage of the (relatively) smoke-free weather.

To kick off the new school year, all Rosemontians are invited to our annual Start Up BBQ at the hall on Saturday, September 14 from 5:30 to 7:30 pm. We will have some burgers on the BBQ, music, games for the kids and the chance to reconnect with old friends and meet some new faces. This is a free event for those that live in Rosemont with a free membership (see details below). So, whether you are new to the community or have lived here for many years, whether you rent or you own, we invite you to join us! All that we ask is that you RSVP at RosemontYYC.com/2024BBQ to help us plan numbers accordingly.

It's that time of the year to renew your Membership or sign up if you haven't before. Once again, we are offering free 2024-2025 memberships for all residents in Rosemont. Visit RosemontYYC.com/Membership to sign up. You get access to our great events (like the free BBQ on September 14) and 10% off hall rentals. It is a win-win, so sign up today!

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. If you have attended an event such as our paint night, movie night, BBQ or Christmas Market, you have seen an idea from a resident come to life. We are only as strong as our community spirit. Please email us with ideas and questions at info@rosemontyyc.com.

We will be having our next casino fundraising event on January 23 to 24 at Elbow River Casino. Please save these dates and we will send sign up information in the next couple of months.

Be sure to check out the many programs around the city starting up in September. Our friends at LDK Foundations (who rent our hall) have children's karate (5+) on Wednesday evenings from 6:00 to 7:00 pm starting on September 10. Visit LDKFoundation.com for more information.

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

Matthew

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What is Cart Contamination?

by the City of Calgary, Waste and Recycling Services



We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

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Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

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Kids are heading back to school, so why not be prepared with the following tips:

- **INCORPORATE A HEALTHY DIET.** Eating a variety of fruits and vegetables will give their bodies the antioxidants, vitamins and minerals they need to boost their immune system. Get creative and have your child help with meal prep. They will be more enthusiastic about eating it if they made it.
- **EXERCISE TO ACTIVATE THE IMMUNE SYSTEM.** Moving the body is essential in maintaining good health and fitness. Exercise activates the body's circulatory systems, especially the lymph system which drains fluids and is part of the immune system. You can keep it as simple as a walk in the park or a dance party in your kitchen.
- **GOOD NIGHT'S SLEEP.** Getting 10 to 12 hours of sleep is vital for keeping your immune system strong. Have the same bedtime every night and incorporate a relaxing bath and some quiet story time.
- **NATURAL REMEDIES TO BOOST THE WHOLE FAMILY'S IMMUNE SYSTEM.** The use of herbal and natural remedies can be an effective way of stopping germs in their tracks before infection takes hold. Come into Cambrian Pharmacy and talk to our knowledgeable staff on the right products for you and your family.

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