

AUGUST 2025

DELIVERED MONTHLY TO 2,045 HOUSEHOLDS

CAMBRIAN^{HEIGHTS} ROSEMONT

CHRONICLE

THE OFFICIAL CAMBRIAN HEIGHTS & ROSEMONT COMMUNITY NEWSLETTER



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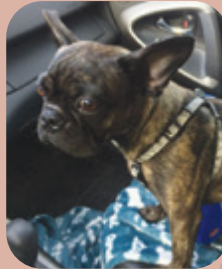


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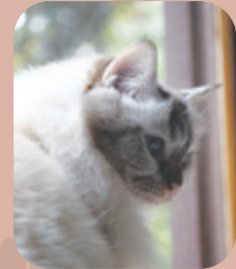
Breathe new life into your space



Cats, Canines, & Critters of Calgary



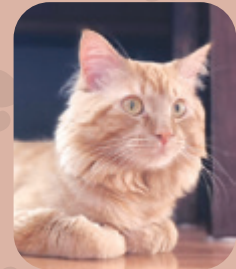
Bugsy, Dalhousie



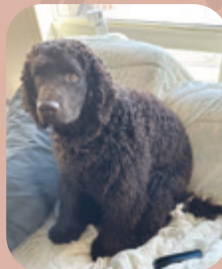
Ella, Mount Royal



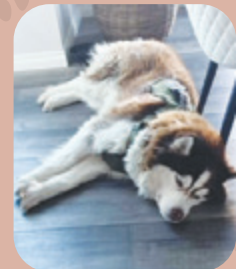
Mac, Evanston



Mango, Evanston



Mick and Turd,
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

To have your pet featured, email news@mycalgary.com



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CALGARY'S DESTINATION FOR PREMIUM CLASSES IN HIP HOP & STREET DANCE

FALL REGISTRATION

AGES
3 - 17

SEMESTER 1
SEPT 12 - DEC 9, 2025



SCAN
QR CODE
FOR MORE
INFO

WORD OF THE MONTH

Galumph: Verb (guh-LUMF)

To move in a noisy or awkward style.



They galumphed around the living room looking for Sara's phone.



HAMMERSPACE

Have you ever wondered how Tom can just pull a bat out of thin air to try to get Jerry with? Or where exactly Bugs Bunny keeps all his goodies that seem to just "appear." Funny enough, there is a name for this magical place where things pop out from. This imaginary extradimensional storage area is called hammerspace.

the
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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 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

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

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 $8/3=3+2=5$ members. Maximum of 18 Voting Members.

Position	Name	Telephone	Email	Vote
President	Daryl Connolly	403-470-5339	president@cambrianheightscommunity.com	Yes
Treasurer	Vacant			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	Vacant			Yes
Director	Evan Wan	403-608-7915	evanwan@outlook.com	Yes
Director - Farmers Market	Valerie Vallance		vvallance@shaw.ca	Yes
Committees - Non Voting				
Rink Coordinator	Brent Else		belse@ucalgary.ca	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.

BRAIN
GAMES

SUDOKU

3		4	1					
			5		2	6		7
			9			4		
9			4				1	
6	5			1			7	4
	3				8			9
		9			5			
5		3	2		1			
					4	1		3

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CAMBRIAN HEIGHTS' PRESIDENT'S MESSAGE

August is a month where families focus on summer outdoor activities before a new school year commences. July saw another successful year for the Calgary Stampede and the Calgary Folk Music Festival. With the last few weeks of summer ahead, we are fortunate to be surrounded by Confederation and Nose Hill parks to enjoy over the outdoors. Our smaller community parks also remain a valuable community asset. We currently have three park projects designed to increase their use and design. We also continue to pursue with City administration the installation this fall of a community sign in our park at the corner of Northmount and Cambrian Drives. If you have ideas to improve other community parks we would like to hear those ideas. Contact us at cambrianheightscommunity.com.

On June 26 we held our Annual General Meeting at the community hall. Discussions included insights into the housing construction implications of the new development rules allowed under the 2024 R-CG rezoning bylaw. The Restrictive Covenants covering a portion of Cambrian Heights was of particular interest to residents. Details are available on our website, and we also urge every resident who wishes to stay abreast of the City of Calgary plans for residential development to review both the City of Calgary's Housing Strategy and The Calgary Plan. Both may be found on the city website (calgary.ca) and detail strategies and objectives to guide the City's building codes. These development guidelines will shape all Calgary communities in the future. The more you review these plans, the better you will be able to understand and direct questions towards Ward 4 councillor candidates and mayoral candidates this fall.

This summer's Cambrian Heights Farmers Market at the community hall parking lot has been an immediate success since its initial opening May 27. There have been over 20 vendors registered all offering fresh and frozen food and beverage options. With variability in products for sale as new vendors showcase their products each day, buyers have responded to this opportunity to purchase fresh products by walking to this open-air market from 3:00 to 7:00 pm each Tuesday. All food products are regulated under the Alberta Farmers Market Association and by Alberta Health Services. As designed, this market will run every Tuesday through to October 7. Participant details are provided on our website and in our social media posts. The Farmers

Market also has an Instagram page where they post updates frequently.

We hope everyone enjoys the summer season and we look forward to your participation in our fall social programs. Check our website for news, informational articles, and both activities and the history of the community. A new website is in the design and development phase that will enhance its use as a community informational asset. We continue to encourage residents to register their email addresses on the website to receive bulletins dealing with developmental projects impacting the community.

Daryl Connolly

President CHCA



3-1-1 Calgary App Gets an Update

by The City of Calgary

The newly updated 3-1-1 Calgary app empowers Calgarians to work together, covering more than 90 City services. Every photo and report submitted helps The City respond more quickly and helps improve service delivery keeping our communities running smoothly. "Use the app when you notice issues and encourage your neighbours and friends to do the same," says Gilberto Ancheta, 3-1-1 Coordinator.

How to Use the App

Report issues you see like potholes, graffiti, or missed waste collection. Simply describe the concern, upload photos, tag the location, and submit your request.

New Changes

New features include real-time status updates on submitted requests, allowing users to track progress and receive notifications. The app also includes a built-in City news feed sharing key programs, services, and updates. With only 30 percent of 3-1-1 requests coming through the app, there's opportunity to grow this efficient digital option. Download the Calgary 3-1-1 app today and help spread the word.



Cambrian Heights Community
WEDNESDAY DROP-IN YOGA

6:30-7:30 PM

IN-PERSON OR ONLINE

Jan 8 - Jun 25, 2025

FIND BALANCE

on and off the mat.



CALL 403-244-3001 TO INQUIRE

CROCODILE TONGUE



Do you know the difference between an alligator and a crocodile? Well, although there are many reasons these two beauties are unique, one of the most interesting is their tongues. A crocodile cannot stick its tongue out! So, if you are being mocked – it's probably an alligator.

The Art of Finding Work: Rare is the Jobseeker Who Does Their Homework

by Nick Kossovan

In the late '90s, I was interviewing for a call centre management position with a well-known insurance company. Karl, my interviewer, and I clicked. Small talk revealed we shared a love of golf and agreed that Rhum Corner makes the best mojitos in Toronto. Karl seemed impressed by my STAR stories and experience creating incentive programs that drove sales. Forty minutes into the interview, Karl asked, "Knowing you'd be interviewing here, did you call the call centre?"

I hadn't.

I didn't get the job.

Hard lesson learned.

Since my interview with Karl, I have always made it a point to contact the company's call centre, use their products if I'm not a current user, speak to previous employees, and review recent media coverage. My goal is to gather as much information as possible, which I can leverage in my interview. If it's a job I'm eager to land, I'll gather information to mention in my cover letter.

"Last night, I called your call centre and waited more than three minutes before speaking with Stacy, who was pleasant. What's the average wait time for customers calling the Bank of Galicia call centre? While managing NOLA Bank's 60-seat call centre, I reduced the average wait time from 2:45 minutes to less than 42 seconds by..."

Candidates who've done their homework are few and far between, and those who have always stood out in my mind.

When I say "homework," I'm not talking about visiting the company's website and simply reviewing the rudimentary aspects of the business, such as what they do, annual revenue, the name of the CEO, and such. I'm talking about doing a deep dive—thinking like a private investigator—looking to uncover possible pain points (read: challenges) the employer is experiencing, such as my above example regarding average wait time and explaining how you'd resolve it.



In preparation for an interview, start by visiting the company's website; then go the extra mile. Here are some examples:

Call the employer's call centre (or visit their stores, branches, dealerships, etc.)

Since I'm in the call centre management space, my interviews have been for call centre management positions. Karl's question made me realize that calling the employer's call centre to gauge its performance is worthwhile, even if only to understand what I'm getting into and what challenges I'll encounter. Whether you're applying for a call centre management position or not, calling the company's call centre will give you an insight into the company's culture and how important customer service is to the employer,

In my case, I'll call the employer's call centre several times and assess how easy it is to navigate their IVR (Interactive Voice Response), how long it takes for an agent to answer my call, how their agents introduce themselves, etc. During the interview, I'll discuss my experiences with the call centre and how I would resolve any issues.

Experience the employer's product

While overseeing Crocs' customer service department, I had to hire several agents. Although all the candidates I interviewed knew what Crocs did, few wore them. Several candidates even admitted they weren't "a fan of" Crocs. Crocs have been a part of my life for a few years, so when I interviewed with Crocs, I wore a pair of my Crocs, which my interviewer and to-be boss noticed. During the interview, I shared the good and bad aspects of wearing Crocs, how I felt Crocs compared to Birkenstock, Skechers, Teva, and Vans, and how I see Crocs positioned in the footwear market.

Demonstrating that you use the employer's products and why you choose them over their competitors will give you an edge over other candidates. What employer wouldn't want to hire one of their fans, someone enthusiastic about their brand? If you have never experienced the employer's product(s), you should do so and let your interviewer know what you think.

Imagine you're interviewing for a social media manager position at a Mexican restaurant chain called Taco Loco. You've never eaten at a Taco Loco before, so you go to Taco Loco for lunch two days before your interview.

"The other day, I had lunch at your Dundas Square location. I had the Tres Quesabirria Tacos. Both the food and the atmosphere were on point. Something you should consider is offering keto-friendly and gluten-free options since these diets have become mainstream. As Taco Loco's social media manager, I'd lean more towards creating behind-the-scenes content, such as videos of meal preparations and customer testimonials, instead of simply posting pictures of dishes. Furthermore, I would increase followers and engagement by offering a 25% off coupon to anyone who follows Taco Loco's Instagram account or by hosting a contest where you can win a \$200 Taco Loco gift card by posting a selfie of yourself eating at Taco Loco and tagging Taco Loco."

Other ways to do in-depth homework:

- Read the company's annual report.
- Read reviews and look for common complaints.
- Google [company name] under 'News.'
- Speak to current and former employees.

Doing more homework than most job seekers shows that you're committed to contributing to the company's success, making it harder not to hire you.

Lake Windermere

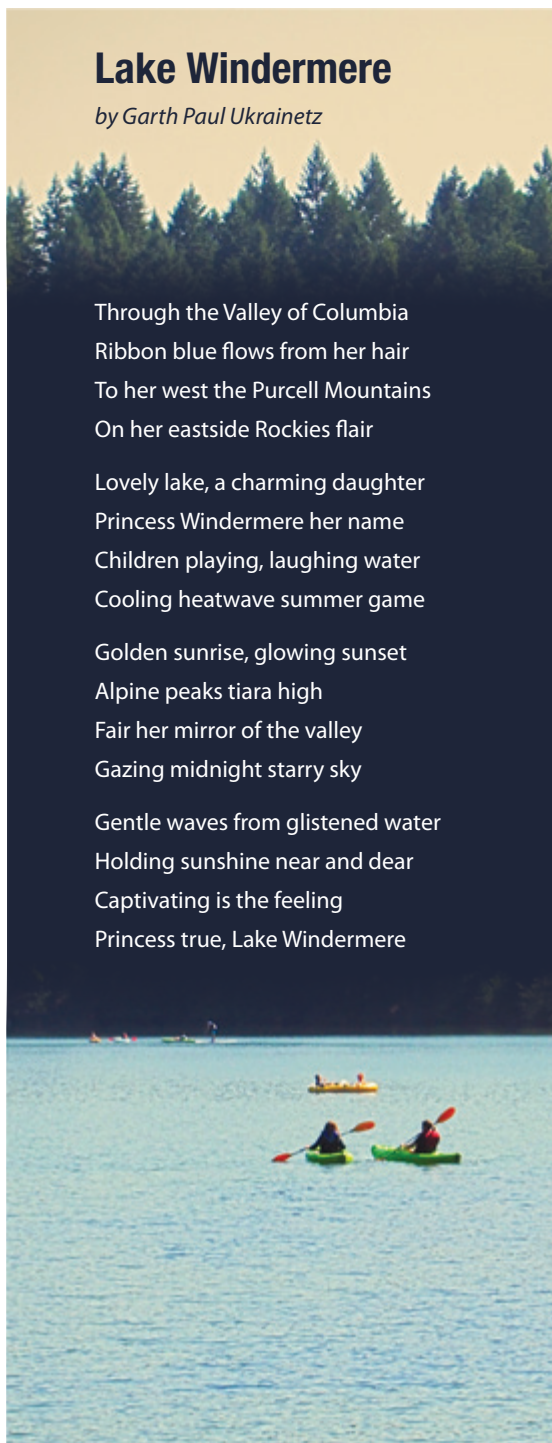
by Garth Paul Ukrainetz

Through the Valley of Columbia
Ribbon blue flows from her hair
To her west the Purcell Mountains
On her eastside Rockies flair

Lovely lake, a charming daughter
Princess Windermere her name
Children playing, laughing water
Cooling heatwave summer game

Golden sunrise, glowing sunset
Alpine peaks tiara high
Fair her mirror of the valley
Gazing midnight starry sky

Gentle waves from glistened water
Holding sunshine near and dear
Captivating is the feeling
Princess true, Lake Windermere




Rosemont Community Association


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

BOARD OF DIRECTORS	
President	Matthew Guilherme
Vice-President	Kris Olsen
Treasurer	Mel Gallant
Secretary	Vacant
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@Rosemonttyc.com	

Happy Birthday



Born in St. Matthews, South Carolina, Viola Davis is one of the most incredible actresses of our time. She was born on August 11, 1965, making this date a very important one in pop culture! How will you be celebrating this Woman King?



2025-2026

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.

10 AUGUST 2025 | We ♥ Calgary | Call 403-720-0762 to Advertise

ROSEMONT PRESIDENT'S MESSAGE

Howdy Rosemontians!

Hope everyone is enjoying a lovely summer and spending as much time out in the beautiful sun as you can. As of this writing, we have had a wonderful summer so far and (knock on wood) not too much smoke. Be sure to get out into Confederation Park as much as you can as it is truly a gem of a park. Don't just take my word for it. Confed was named as the first park in all of Canada to win the Green Flag award, run by an organization based in the UK since 1996. This award recognizes well managed parks and green spaces, so it's pretty amazing that we get to live within walking distance of such a wonderful, genuinely world-class park. Thanks to Maria for highlighting this to us!

We had a terrific turnout for our annual Stampede Breakfast in July. Thankfully we weren't included in any lists, so we had a wonderfully manageable 240 attendees this year. With the help of a dozen volunteers, many pancakes, sausages, fruit, yogurt, and coffee were enjoyed by many. Add in some great entertainment from Bud the Trick Roper, the beautiful musical stylings of Madi Allen, plus a bouncy castle and not-too-hot weather, everyone left happy and satisfied. Once again, an absolutely huge thank you to all of the amazing volunteers for helping prep and serve food, setup, and teardown. It was truly a team effort, and your community spirit is the heart of what makes Rosemont such a wonderful place to live.

Please join us for our September BBQ on Friday, September 12 at 6:00 pm. RSVP to this free event is required and details are available online at RosemontYYC.com/BBQ. This free event is a great way to kick off a new school year, reconnect with some familiar faces you haven't seen in a while, and meet some new folks as well. We hope to see you there!

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

Matthew



Restrictive Covenant

by Jean Blackstock

The Restrictive Covenant Committee (private group of residents, not a committee of RCA) has been meeting every two weeks at the community hall. We have had some advice to draft a restrictive covenant for Rosemont using restrictive covenants from other communities to save on legal fees. We will be doing this over the summer and will have a meeting in September to present this to the community. The meeting will be Monday, September 15 at 7:00 pm at the hall. If you have any questions or concerns or want to help, please email restrictivecovenantrosemont@gmail.com and give your contact information.

There are three things we would like all Rosemont residents to consider:

1. Please talk to your neighbours about the importance of restrictive covenants. Even though Rosevale, Roseview, Rosewood, and Chelsea have restrictive covenants—as well as parts of Cambrian—Rosery, Rosehill, Roselake, Roselawn, Rosetree, and 14 Street do not have restrictive covenants and are vulnerable.
2. Please email restrictivecovenantrosemont@gmail.com to tell us you are willing to put a restrictive covenant on your title to protect our neighbourhood.
3. Keep up to date at RosemontYYC.com/RC.

Thank you for your help.



DOUBLE EAGLE II

In August of 1978, the first successful balloon flight across the Atlantic took place. The balloon, named **Double Eagle II**, departed from Presque Island, Maine and landed in France. The gondola of this incredible balloon is on display at the Smithsonian Air & Space Annex in Chantilly, Virginia.

START UP BBQ

FREE FOR ALL
ROSEMONT
RESIDENTS

FRIDAY

SEPTEMBER 12, 6:00 PM

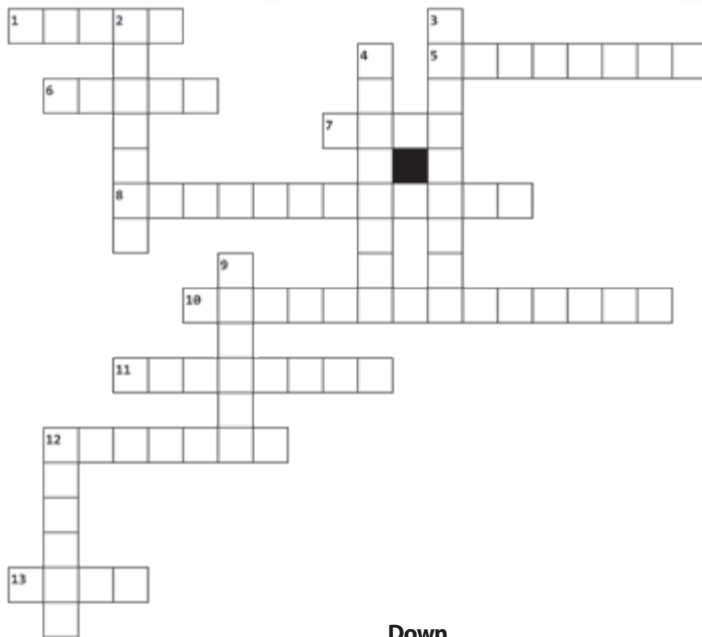
BURGERS, MUSIC, GAMES, AND GREAT TIMES

RSVP AT [ROSEMONTYYC.COM/BBQ](https://rosemontyyc.com/bbq)

**JOIN US FOR A
BBQ TO KICK
OFF THE NEW
SCHOOL YEAR!**



August Crossword



Across

1. This classic Disney film about a young deer premiered in August 1942.
5. Canadian astronaut, Chris _____, was born in Sarnia, Ontario on August 29, 1959.
6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
7. *The Wizard of Oz* premiered on August 15, 1939, and was based upon the book written by Lyman Frank _____.
8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, _____.
10. In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and _____.
12. The _____ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
13. International _____ Handers Day is observed annually on August 13.

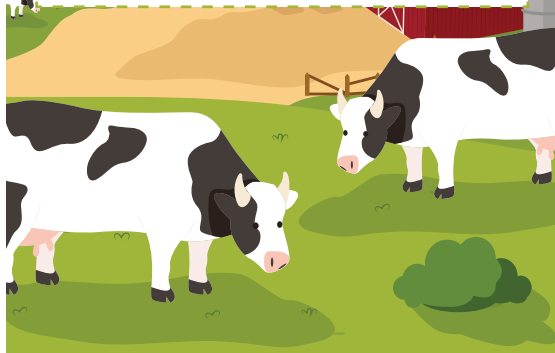
Down

2. In August 2008, the _____ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
4. Delia Owen's murder mystery novel, *Where the _____ Sing*, was published in August 2018.
9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
12. Inventor Isaac _____ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.



Udder-ly Adorable

Cows have best friends! Humans aren't the only ones who know the importance of and reap the benefits of having a bestie. Studies have shown that the heart rate of a cow will slow, and they will be less stressed and calmer when they are with their best friend/favourite partner.



Accidental Poisoning

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the

home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

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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.

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.

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Sturgeon Moon



The gorgeous full moon that occurs in August is called the Sturgeon Moon. If you didn't already know, a sturgeon is a prehistoric-looking fish that has been traced back to around 136 million years ago! The name of this full moon comes from these fish that used to be abundant in the Great Lakes.

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CAMBRIAN HEIGHTS



ROSEMONT

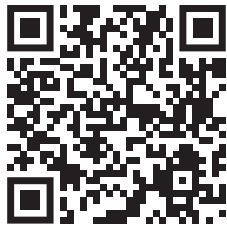


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