

OCTOBER 2025

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CHRONICLE

THE OFFICIAL CAMBRIAN HEIGHTS & ROSEMONT COMMUNITY NEWSLETTER



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SPIRIT HALLOWEEN

Halloween is a favourite holiday for many. One particularly exciting tradition that some enjoy is visiting the popular costume, mask, and makeup store called Spirit Halloween. Popping up all over Canada and the United States, Spirit Halloween is actually the largest Halloween retailer in the United States. What a Spooky Scary Superstore!



100 votes behind Sean Chu in 2021.
Bringing your voice back
to City Hall in 2025.

Advance Vote Oct 6-11, Election Day Oct 20

djkelly.ca



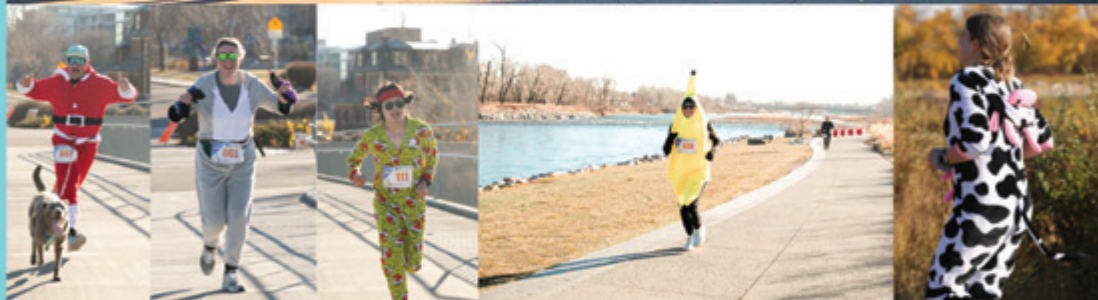
THE FUN RUN OF THE YEAR!

1KM & 5KM. INCREDIBLE RIVER VIEWS.
YOUR TICKET INCLUDES A FINISHER MEDAL!
SWAG BAGS! PRIZE DRAW! AND MORE!

SUPPORTING ➡



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Humane
Society**



**east
village**

SATURDAY, NOVEMBER 15, 2025

WWW.ONESIERUN.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 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

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

SCAN THE QR CODE FOR THE SOLUTION

CAMBRIAN HEIGHTS FARMERS MARKET

EVERY TUESDAY FROM
MAY 27 - OCTOBER 7
3 P.M. TO 7 P.M.

CAMBRIAN HEIGHTS
COMMUNITY ASSOCIATION
600 NORTHMOUNT DRIVE NW

CAMBRIAN HEIGHTS' PRESIDENT'S MESSAGE

October brings a change in the season and the bright colours of fall displayed in our community and surrounding parks. We celebrate friends and families with Thanksgiving, and the children get their fill of sweet treats on Halloween. Once again, Cambrian Heights will be giving away pumpkins to residents starting at 10:00 am on Saturday, October 25 at the community hall. Another family event is planned for November with our Annual Lego Contest. This is scheduled for November 15 from 1:00 to 4:00 pm. Our annual wreath-making event is also tentatively scheduled for December 5. Details for all these events will be published in our website (cambrianheightscommunity.com).

This summer's Cambrian Heights Farmers Market concludes with the final market on Tuesday, October 7. It has been a remarkable success for residents and vendors alike. Over the summer many new food vendors were added to the Market and there is discussion of a Winter Market possibly in early 2026. Watch for an announcement later this year. The Community Association looks forward to planning new social events during 2026 and welcomes new ideas and volunteers.


We urge residents to vote in the municipal elections on Monday, October 20. A large campaign focus will be the new development rules allowed under the 2024 R-CG rezoning Bylaw. Whether you are for or against the elimination of R-1 zoning as a program to encourage affordable housing costs, it will be important to understand where your mayor or Ward councillor candidates stand on the issue as well as other fiscal and social programs.

Your community association remains in search of a resident volunteer to assume the job of Treasurer. It is a well-defined job thanks to the organization and systems that has been established over the last ten years. It provides an opportunity to give back to your fellow Cambrian Heights residents and a chance to meet new people and shape the direction and activities of the community. If you would like more information, please contact us at cambrianheights@gmail.com.

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 development projects and social events within the community.

Daryl Connolly

President CHCA



Cambrian Heights Community
WEDNESDAY DROP-IN YOGA

6:30-7:30 PM
IN-PERSON OR ONLINE

Sept 10-Dec 10, 2025

FIND BALANCE
on and off the mat.

CALL 403-244-3001 TO INQUIRE

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.

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CAMBRIAN HEIGHTS COMMUNITY ASSOCIATION

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— WARM DRINKS, GAMES AND MORE ! —

OCTOBER 25TH 10AM

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dreams be squashed!

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HEIGHTS
HOUSEHOLD



www.cambrianheightscommunity.com

Join the CHCA Board!

Volunteer Treasurer needed

Are you passionate about community involvement and have a knack for numbers? The Cambrian Heights Community Association is looking for a Treasurer to join our Board of Directors.

Email cambrianheights@gmail.com for more information.



YOUR CITY OF CALGARY

The 2025 General Election Is Here

by The City of Calgary

Eligible voters can cast their ballots for the 2025 General Election starting October 6, 2025.

During Advance Vote, from October 6 to 11, voters can vote at any of the Advance Vote stations, regardless of the ward in which they reside.

On Election Day, October 20, voters must vote at their designated voting station.

Voters can use the “Where Do I Vote?” tool on the Elections Calgary website to find their nearest Advance Vote location, as well as their designated voting station on Election Day.

Special (mail-in) ballots are available for request for voters who cannot vote during the Advance Vote or on Election Day for any reason. The last day to request a mail-in ballot to be mailed to you is October 3.

The last day for in-person pick-up is October 20 at 10:00 am. All mail-in ballots must be received by the Elections Calgary office by 12:00 pm (noon) on October 20. Mail-in packages can be requested online or by calling 403-476-4100.

More information on where, when and how to vote, voter identification requirements and other important information about the 2025 General Election can be found at electionscalgary.ca/vote or by calling 403-476-4100.





THE CITY OF CALGARY

Presents This Certificate To :

Cambrian Heights and Rosemont Communities

For collecting the following weight in waste

12,210 KG

Congratulations on your successful cleanup on Saturday, August 02, 2025.

A big thank you to the Community Association and residents for your
commitment to keeping our communities healthy, safe and vibrant.



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
Ice Rink Coordinator	Kurt Westergard
Other Board Members at Large	Jean Blackstock
All inquiries can be sent to info@Rosemonttyc.com	

GAMES & PUZZLES

Guess the Squash!

1. This winter squash is popular in making Jack-o'-lanterns.
2. The British refer to this summer squash as a courgette.
3. This elongated squash grows on a vine and has a bulbous bottom that stores its seeds.
4. This squash resembles the shape of a flying saucer!
5. This squash shares its name with an elongated yellow fruit.
6. Like the fruit of an oak tree, this squash shares the same name and shape.



SCAN THE QR
CODE FOR THE
ANSWERS!



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.

ROSEMONT PRESIDENT'S MESSAGE

Howdy Rosemontians!

I hope everyone is getting into the fall spirit with all of the leaves changing colours and brisk mornings now here. While it is sad to see summer leave, fall lets us bring out our sweaters, stews, and stouts, so that's always something I can get behind.

First up, a tremendous thank you to all of the wonderful volunteers who helped make our September BBQ a success. We had a terrific turnout and couldn't have done it without you. It was great to see many familiar faces and a lot of new ones as well which is always exciting to see. I also want to give a special thank you to longtime Rosemontian Mark Santos and the folks at Nick's Steakhouse for donating the burgers and hot dogs. This generous act is sincerely appreciated every year and not something we take for granted so once again, thank you.

Our Christmas Market is right around the corner as it will be held on November 22 and 23 this year to avoid conflicts with other great markets. Our market may be small but has a lot of attendees and many vendors have commented on the success and small-scale vibe of the market. If you are a vendor with homemade goods and are interested in renting a table, we have limited spaces available. Details can be found at RosemontYYC.com/market.

Our AGM is also right around the corner. Be sure to save November 17 in your calendars with more details to come.

The municipal election will be held on October 20. We are fortunate to live in a country where our voices can be heard in free elections. You have the opportunity to vote for mayor, Ward 4 councillor, and school board trustees, so I strongly encourage you to get informed about the candidates and their platforms for this important election. Details on candidates and voting locations can be found at ElectionsCalgary.ca.

Halloween is near as well. Be sure to look after all the kiddos making the rounds on October 31, stay safe out there and have a spooktacular good time! And remember, if you break your jack-o-lantern, you can fix it with a pumpkin patch... I'll see myself out...

Happy Halloween!

Matthew

Restrictive Covenants

by Jean Blackstock

Our committee has drafted a Restrictive Covenant for Rosemont. We have made arrangements for there to be two appendices. One would be for properties formerly R-2 and one would be for properties formerly R-1. The former R-1 properties would be able to have a basement suite. The R-2 properties would be able to have two dwellings. Please be in contact with our email if you have not already and would like more information or are interested in obtaining a Restrictive Covenant. The email is restrictivecovenantrosemont@gmail.com.

This election will be very important regarding blanket rezoning in Calgary. I hope everyone makes sure they are registered to vote so we can all cast a ballot that will help keep Rosemont a great place to live.

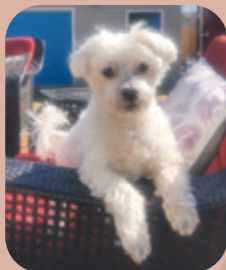


Fast Fingers

On October 21, 1918, Margaret Owen put her fingers to the test and set a world record for typing. Owen impressively typed 170 words in one minute! To make her achievement even more impressive, she set the record on a manual typewriter.



Cats, Canines, & Critters of Calgary



Charlie, Copperfield



Cody, Glenbrook



Dobby, Huntersen Place



Guzel, Huntersen Place



Nelly, Dalhousie



Poppy, Tuxedo Park



Sugar, Signal Hill



Todd, Lake Chaparral

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



News from the Friends of Nose Hill

by Anne Burke

The first recorded land occupancy of Nose Hill was an 88,000-acre lease in 1882. Large range leases were bought by well-financed ranchers, such as Senator Patrick Burns, who purchased most of two sections of Nose Hill. Cattle grazing occurred until Nose Hill was established as a park. Crops, such as wheat, oats, and rapeseed, were first grown on the plateau in 1907. Privately held farmland was horse pasture until 1912. The negative impact of horse and cattle grazing was widespread on slopes and ravines. However, it helped to control taller nuisance weeds, such as thistle and common nettle.

By 1910, Calgary's boundaries extended north to 48 Avenue. Residential development between 1945 and 1959 pushed as far north as Capri Avenue and east of 14 Street as far north as 56 Avenue. Aerial photographs reveal traffic to and from fields on the Hill to sites in the ravines and gullies along the escarpment. There were many old vehicle trails. Pickups and 4x4 trucks on the Hill used the sloping benches south of 56 Avenue and east of 24 Street. Trail development and use by walkers increased with the Winter Club.

Gravel mining began in 1961. Many Owls Valley was part of the route for commercial trucks on the main road and along the ridge on the south slope of the valley. Severe damage was caused to slope crests and the top of hummocky areas. Construction of John Laurie Boulevard in 1968-69 caused overuse in areas without fencing. More people trespassed on private lands north of the Boulevard or drove to riding club stables south of the gravel pit. There were many horse trails and dirt bikes, walkers, and joggers from 1975 to 1980. Agriculture on the Hill was suspended in 1979.

How You Can Support an Emotionally Avoidant Partner

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



Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that.

It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.

4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.



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Lizette Tejada**

#232-A - 3630 Brentwood Rd NW

📞 403-216-5430

✉ Calgary.Klein@assembly.ab.ca

✂ @lizettendp | @lizettendp

Hello October!

As the leaves start to turn and we settle into fall, I want to thank everyone who's taken the time to connect over the past few weeks—whether at community events, town halls, or just out in the neighbourhood. It's been great to hear directly from you about what matters most.

Session is set to begin at the end of the month, and I'm heading in with your voices in mind. The issues coming up again and again are healthcare and education—two areas that impact every family and deserve serious attention. I'll be working hard to make sure your concerns are heard loud and clear.

It's also been great to see so many of you at town halls recently. These conversations are invaluable, and I appreciate your honesty, your questions, and your ideas. If there's a gathering in your area, let me know—I'd love to join.

And of course, October wouldn't be complete without Halloween. Whether you're carving pumpkins, dressing up, or just enjoying the candy, I hope you get a chance to have some fun and connect with your community.

As always, my constituency office is here to support you—whether it's navigating provincial programs, answering questions, or connecting you with the right resources. You can reach us by email at klein@assembly.ab.ca or by phone at 403-216-5430.

To stay up to date, follow me on Facebook, Instagram, Twitter, Threads, and Bluesky under the handle @lizettendp.

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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 Russell at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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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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