

AUGUST 2026

DELIVERED MONTHLY TO 2,050 HOUSEHOLDS

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 $9/3=3+2=5$ members. Maximum of 18 Voting Members.

Position	Name	Email	Vote
President	Daryl Connolly	president@cambrianheightscommunity.com	Yes
Treasurer	Joseph Slater	treasurer@cambrianheightscommunity.com	Yes
Secretary	Ian McKinnon	ianrmckinnon72@gmail.com	Yes
Newsletter Coordinator	Stephanie Melville	sem.melville@gmail.com	Yes
Membership Coordinator	Jennifer Manns	members@cambrianheightscommunity.com	Yes
Director Planning	Andrew Connolly	planning@cambrianheightscommunity.com	Yes
Director - Casino / Garden	David Babich	david@babich.ca	Yes
Director	Vacant		Yes
Director	Evan Wan	evanwan@outlook.com	Yes
Director - Farmers Market	Valerie Vallance	market@cambrianheightscommunity.com	Yes
Committees - Non Voting			
Rink Coordinator	Brent Else	belse@ucalgary.ca	No
Hall Manager	Lora Riep	CHCA_hall@telus.net	No
City Liaison	Philip Fulton	Philip.fulton2@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.

CAMBRIAN HEIGHTS COMMUNITY ASSOCIATION MEMBERSHIP APPLICATION

Name: _____

Address: _____

E-mail: _____ 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) ☐ Edelweiss (\$25.00)

Please indicate Associate membership purpose: ☐ McKnight Soccer ☐ Yoga ☐ Events

Membership term is for 1 year and is current from Jan 1 of the year purchased until Dec 31 of the same year as per the Community Association Bylaws.

Return the completed form with a cheque payable to the Cambrian Heights Community Association and mail or drop off at: Cambrian Heights Community Association, 600 Northmount Drive NW, Calgary AB T2K 3J5

CAMBRIAN HEIGHTS' PRESIDENT'S MESSAGE



Summer and family vacations are at their peak as we enter August. The Community Hall and grounds remain active with an upgrade of HVAC facilities being installed resulting from increasing clean air building codes. The majority of the project is being financed by City and Provincial grants, supplemented using past Casino proceeds. It is phase one of a two-year project.

The ten garden plots also remain active, with growing season at its peak during the warm summer temperatures. Our own garden landscape behind the Community Hall was designed with resilience in mind and can withstand the short and hot Calgary summer. As the picture reflects, the diversity of plants are all waterwise and well suited for Alberta's climate – requiring little maintenance, no watering or fertilizer and resistant to high heat waves. Check the garden out and reference the signage explaining the garden makeup.

For the first time Cambrian Heights joined with Mount Pleasant, Tuxedo Park, Winston Heights, and Highland Park in sponsoring the Mount Pleasant Community Association's Stampede Breakfast in the parking lot of

the Our House restaurant on 4 Street on July 5. It was a great breakfast and music filled Sunday morning to meet and mingle with residents of nearby communities.

Our Farmers Market will continue to offer fresh produce, baked goods, prepared meals, jams, condiments, and other fresh and unique food products. This has been a great success for the community and vendors alike. As a reminder it runs every Tuesday through October 6 from 3:00 to 7:00 pm in the Community Hall parking lot.

The Social Committee has firmed up plans for a family friendly Oktoberfest BBQ event on Saturday, September 26 from 1:00 to 4:00 pm featuring outdoor games, face painting, a live band, beer garden, and German style pretzels and bratwurst. Be sure to mark your calendar. This should be a fun way to begin a new season of social events at the Community Hall.

Finally, we would like to remind residents that the Community Hall is available for birthday parties, weddings, anniversaries, and other social events. There is capacity at the hall for 150 guests with tables, chairs and a full commercial grade kitchen. Photos and rental details are available on our website. For more information contact us through the website or our Hall Manager at chca_hall@telus.net or 403-284-1175. Our membership experience survey is still open until the end of the month. The survey can be found on the website. Please take a few minutes to complete the survey by the end of August. Your feedback will help us plan future events and ensure community needs are being met.

Daryl Connolly

President CHCA

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

CAMBRIAN HEIGHTS



ROSEMONT





News from the Friends of Nose Hill

by Anne Burke

As I write, it is Calgary Aboriginal Awareness Week. In 1979, the Native Urban Affairs Committee was established to represent Aboriginal issues and concerns. In 1987, the name was changed to the Calgary Aboriginal Urban Affairs Committee. I was contacted by a grade nine Math and Social Studies teacher who wanted to plan a tour of Nose Hill by a First Nations guide. There are a few documents related to the protocol for inviting Indigenous Elders. If you are in the Calgary area and need to connect with an Elder or Knowledge Keeper, you can consult the City of Calgary Indigenous Collaboration policy or the CBE Indigenous Education Protocol for local guidance. In First Nations, Métis, and Inuit cultures, the Elders are leaders, teachers, role models, and mentors. The CBE Indigenous Education team has kept wisdom and teachings shared orally from Elders and community Knowledge Keepers for several years. The CBE document represents a summary of those teachings. It also includes knowledge gained from other organizations and districts. The Alberta Teachers Association offers a guide to accompany the Association's Stepping Stones, Truth and Reconciliation resources. Crystal Manyfingers and her family are all members of the Kainai Nation of the great Blackfoot Confederacy who signed Treaty 7 in 1877. Crystal holds a B.A., B.Ed., and a Master's degree in Education (Adult and Workplace Learning) from the University of Calgary. She has written numerous magazine articles, published a children's book, and was awarded the Faculty of the Year Award for 2020 from Bow Valley College as a Learning Design Consultant for Indigenization and Decolonization of Curriculum, Research, and Innovation. Crystal serves on the Board of Directors for the Calgary Public Library as well as the Alberta Library Trustees Association.



Tell us what you think!

Scan the QR code to take the member experience survey.



- Takes 10 minutes
- Open until August 31
- Your feedback helps guide priorities, events and improvements in the year ahead

Cambrian Heights Community Association

Oktoberfest



Saturday, Sept 26

1:00-4:00 PM

Celebrate summer at our family-friendly Oktoberfest party

Beer Garden • Food & drink for purchase • Live Music • Outdoor Games • Face Painting

Cambrian Heights Community

WEDNESDAY DROP-IN YOGA

6:30-7:30 PM

**IN-PERSON AT CHCA
OR GOOGLE MEET**

January 7 - June 24, 2026

FIND BALANCE
on and off the mat.



CALL 403-244-3001 TO INQUIRE

CAMBRIAN HEIGHTS COMMUNITY ASSOCIATION

**Have an upcoming birthday, anniversary,
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Our community hall is bookable by the hour and is the perfect place for any celebration.

Key Features:

- Up to 150 guests
- Tables and chairs available
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Find out more online at cambrianheightscommunity.com

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
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Hall Agent	Jacquie Brennan
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Ice Rink Coordinator	Kurt Westergard
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All inquiries can be sent to info@Rosemonttyc.com	

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SCAN ME



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:

Email(s):

Postal Code:

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. Please email us for more information.



ROSEMONT PRESIDENT'S MESSAGE

Howdy Rosemontians!

I hope everyone is having a great summer so far, enjoying the beautiful weather and everyone's gardens are growing well.

We need to start with a huge thank you to all of the volunteers who helped make the Stampede breakfast a huge success. It was a great turnout and we even had some stampede royalty come join us. Add in the great entertainment, live music, and awesome breakfast and it made for a fantastic kickoff to the Stampede season. The organizing team wants to give a big thank you to the Batter Boys who helped flip and serve, as well as to the Bullet Coffeehouse for their coffee donation. I would like to personally thank Mel, Kris, and Jacquie for leading the charge on the event and making it a huge success.

Our next community event is our September Start-Up BBQ taking place on Sept 11 at 6:00 pm. Please join us for a great kick off to the new school year with a free BBQ and to connect with new and familiar faces. Please visit RosemontYYC.com to RSVP and for more details.

A big thank you to all of the terrific volunteers who helped make the Community Cleanup a success this year. We cannot thank you enough, especially Bent Nielsen who once again coordinated a great event.

We also have all Rosemont development permits listed on our website at RosemontYYC.com/Permits. You can click on each row to get details for each permit submitted in the last two years.

As always, keep looking after family, your neighbours and yourselves. Have a great summer everyone!



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BIG HISTORY, LITTLE ARMS

Want to know something cool? SUE the T. Rex is the most well-preserved *Tyrannosaurus rex* ever found, and she is currently right here in Calgary. Spanning over 5,000 square feet, this fossil is 90% intact. Pretty good for something over six million years old.



BRAIN
GAMES

SUDOKU

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SCAN THE QR CODE
FOR THE SOLUTION



Calgary's Lawn and Landscape Watering Schedule – Know Your Days and Times

by The City of Calgary



Let's take turns watering our lawns and landscapes to protect Calgary's water supply. Calgary's Lawn and Landscape Watering Schedule is a year-round schedule that sets regular days and times for outdoor watering across Calgary. Water with a sprinkler or irrigation system up to three days per week based on the last number of your street address:

- Even street address (ending in 0,2,4,6,8) – Tuesdays, Thursdays, Saturdays
- Odd street address (ending in 1,3,5,7,9) – Wednesdays, Fridays, Sundays

Water before 10:00 am and after 7:00 pm on your assigned days to reduce evaporation and keep more water where it's needed.

The following activities are allowed any day, anytime:

- Hand watering landscapes (excluding grass) with a hose connected to a spring-loaded nozzle or watering can.
- Watering newly planted grass, trees, or shrubs.
- Watering fruits and vegetables.
- Filling pools, hot tubs, and fountains.
- Washing windows, decks, fences, and siding.
- Running through sprinklers.

Find your days and times at calgary.ca/whentowater. Together, we are water wise.

Summer Gardening Made Easy

by The City of Calgary



The City of Calgary's YardSmart program offers tips to keep your yard thriving, rain or shine.

1. Make the most out of rainy days. Plants prefer rainwater over water from the hose. Collect water with a rain barrel and use it to water your yard. Point downspouts towards your lawn or garden, so they soak up every drop.
2. Mow less often. Keep your grass two to three inches high to shade the soil and leave clippings on your lawn.
3. Add mulch to garden beds. Mulch helps prevent water evaporation and reduces weeds. Use two to four inches of mulch on top of garden beds, leaving an inch around the base of plants.
4. Water plants at the roots – low and slow, allowing the soil to fully absorb the water. Hand watering with a watering can, using drip irrigation, or using soaker hoses are all effective ways to water plants at the roots. If you're watering with a sprinkler or irrigation system, remember to water on your scheduled days. Visit calgary.ca/whentowater for more information on Calgary's lawn and landscape watering schedule.

Now that your yard is summer-ready, it's ready for its close-up. Share your YardSmart yard with us for a chance to be featured on calgary.ca. A YardSmart yard can include:

- Drought tolerant, water-wise plants.
- Lawn alternatives.
- Rain barrels or other rain harvesting setups.
- Efficient irrigation systems.
- Native plants.
- Rain gardens.

Simply snap a photo of your YardSmart yard and complete the 'Show us your yard' form at calgary.ca/yardsmart.



4-H INTRO CLUB

4-H in Calgary: Hands-On Learning for Today's Youth

When many families hear 4-H they still picture animals and agriculture, but 4-H has grown into a hands-on youth development program focused on life skills, leadership, and real-world learning for ages 9 to 15 in both urban and rural communities.

Traditional 4-H clubs run for a full year and include member led meetings, youth leadership opportunities, project work, record keeping, and Achievement Days. Intro Clubs are different. They are short term experiences designed for families who want to explore 4-H before committing to a full club year.

4-H Intro Clubs are now expanding beyond Calgary into North Central Alberta and are being delivered in partnership with community associations, schools, and homeschool groups. To date, Intro Clubs have delivered eleven short term clubs across Alberta, including nine in Calgary and two in Edmonton, engaging 128 youth aged 9 to 15. Three additional clubs are already scheduled in Calgary, Vermilion, and Bonnyville this summer.

Over six weeks, youth explore a variety of hands-on workshops while building confidence, communication, problem solving, and teamwork skills. Recent activities have included pottery, reptiles, baking and sourdough, food science, chocolate making, horsemanship, microgreens, robotics, painting, and behind the scenes tours.

For many families, Intro Clubs provide an easy way to discover whether 4-H is a good fit while meeting other youth and learning new skills.

To help families learn more, 4-H Intro Clubs is hosting a free Park Party at Dalhousie Community Association in NW Calgary on Sunday, September 13, from 2:30 to 4:00 pm. The event is open to new families, returning members, curious youth, local 4-H clubs, and community supporters.

The afternoon will include outdoor games, light snacks, gelato, hands-on activities, and opportunities to connect with local leaders and learn about upcoming programs.



For more information or to RSVP for the Park Party, contact introclubs@4hab.com.

Tanghulu

by S. Law



Looking for a fun way to use your fruit? Try making tanghulu at home! This classic Chinese snack is easy to make and the perfect treat, check out the recipe below!

Ingredients

- Any fruit that can be pierced on a skewer.
- 1 cup of sugar
- 1/2 cup of water
- Wooden skewers

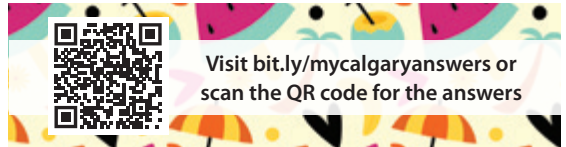
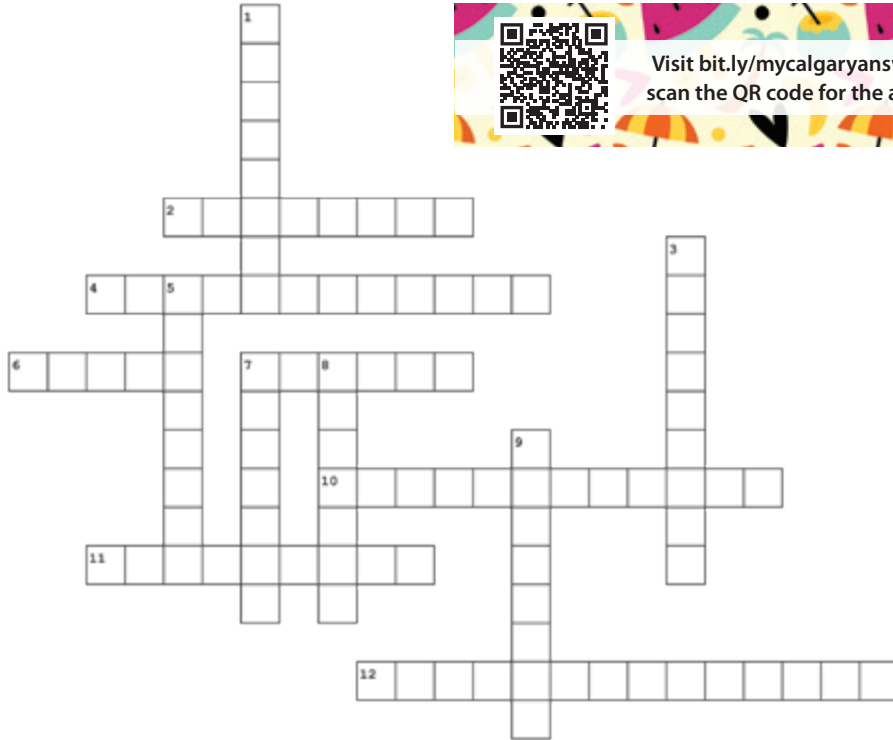
Directions

1. Wash and dry your fruit of choice, cut it into 1 to 2 inch pieces. For berries keep them whole.
2. With your wooden skewers, pierce the fruit, pushing each one down until your skewer is full, leaving enough room at the end for you to hold. Set aside.
3. Pour your sugar and water into a pot, making sure the pot is not too full.
4. Stir the water and sugar together until fully combined, then turn the heat on medium and cover with a lid.

Do not stir while the pot is heating! The water will prevent the sugar from burning, stirring only agitates the crystals making the mixture clumpy.

5. Once the sugar water begins to boil, you can remove the lid and let it cook.
6. You are waiting for the sugar to become golden in colour, do not stir with a spoon, but you can lift the pot above the heat and gently swirl the contents, so it cooks evenly.
7. Once you think the sugar is close to being done, prepare an ice bath in a large container that will fit your skewers.
8. When the sugar turns that golden shade, remove it from the heat immediately and begin carefully dipping your prepared skewers. The sugar will be very hot, so be careful not to burn yourself.
9. As soon as they have been dipped, place them into the ice bath so the sugar hardens, and you're done!
10. Enjoy your hard-earned treat with family and friends.

August Crossword



Across

2. Described as a period of abnormally hot weather, August is a typical time for these extreme weather events.
4. *Everything Everywhere All at Once* stars _____ as Evelyn, a mother trying to save her daughter from the evil forces of Jobu Tupaki in every universe.
6. *I Barely Knew Her*; is the title of this new artist's first album.
7. Weeping _____, is a popular tree native to northern China, but is now found in many places in North America.
10. These freshwater fish have a deceptively colourful name and can be found in the Bow River.
11. This American artist released his album *Wishbone*, featuring the songs, "Vodka Cranberry" and "Eleven Eleven" in August of last year.
12. If you're out on the lake, you may see people participating in this relaxing water sport.

Down

1. In this popular card game, you and your partner need to accrue a total of 121 points to win, even better if you skunk your opponents.
3. This popular Broadway musical was recently performed here in Calgary, telling the story of Orpheus and Eurydice.
5. Anne Hathaway's character in *The Devil Wears Prada* wears this blue that "represents millions of dollars of countless jobs."
7. This award-winning horror film follows Julia Garner as she tries to find her 17 students that go missing in the middle of the night.
8. These public spaces often promote a summer reading challenge for young kids.
9. These cold, fruit-flavoured treats are well-loved on a hot summer day.

Cats, Canines, & Critters of Calgary



Bear, Cranston



Chico, Richmond



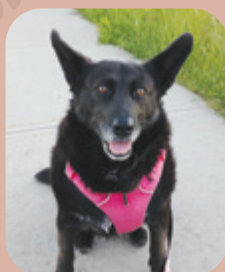
Dexter, Tuscany



Ferland, Cranston



Honey, Cranston



Kenna, Bridlewood



Pixel, Chaparral



Tui, Hillhurst Sunnyside

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



**MLA Calgary-Klein
Lizette Tejada**

#232-A - 3630 Brentwood Rd NW

403-216-5430

✉ Calgary.Klein@assembly.ab.ca

✕ @lizettendp | 📷 lizettendp

As August arrives with its long, warm days and golden evenings, I'm reminded of one of the season's greatest gifts: the opportunity to connect with one another.

There is something special about this time of year. We spend more time outdoors, gather at community events, visit local markets, and linger a little longer in conversation with friends and neighbours. Summer creates space for the spontaneous interactions that help bring communities together.

Strong communities are built not only through policies and programs, but through the relationships we create with one another. A neighbour checking in, a conversation at the park, or a friendly greeting on a walk can foster a sense of belonging and strengthen the bonds that make our communities resilient.

I'm especially grateful for the chance encounters summer seems to encourage. Running into a familiar face at a festival or meeting someone new at a community gathering can turn an ordinary day into a meaningful moment of connection. These experiences remind us that we are part of something larger than ourselves.

In a time when we are so often being pushed toward division and conflict, these moments matter more than ever. They help us see one another not as strangers, but as neighbours. They build trust, understanding, and the sense of safety that allows people and communities to thrive.

This August, I encourage everyone to embrace opportunities to reach out, say hello, and spend time together. The warm weather will not last forever, but the connections we build can endure long after summer ends, strengthening our communities and reminding us that we are all better when we look out for one another.

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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CAMBRIAN HEIGHTS MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbours 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.

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; Please email Carol at tlc.cleaning@shaw.ca or call 403-614-8522.

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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.

JAKES TREE SERVICE: ISA Certified Arborist offering professional tree services in your area. Services include tree cutting and removal, tree/hedge pruning or maintenance, and stump grinding. For a free quote call or text 403-667-3878 or visit jakestreeservice.jobbersites.com.

Word of the Month

Syzygy: noun (si-zuh-jee)

A nearly straight line-up of three celestial bodies in a gravitational system.

During an eclipse, the Earth, moon, and sun align to form a syzygy.



Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, life-threatening, and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing. The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.

Scan to donate or visit
gofund.me/31fdeef6f
Any help is appreciated ♥



Mortgage Renewal Coming Up?

Before you sign your renewal offer, see how refinancing could help you:

- ✓ Lower payments
- ✓ Consolidate debt
- ✓ Improve cash flow
- ✓ Save thousands over time

Your lender gave you an offer — not necessarily the best one.



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