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CAMBRIAN HEIGHTS ROSEMONT CHRONICLE

THE OFFICIAL CAMBRIAN HEIGHTS & ROSEMONT COMMUNITY NEWSLETTER



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To learn more about the Good Food Box Program and how to place an order, please visit our website.

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403-538-3779
Filipe.carballo@ckpyyc.ca

Lorrie Herrick
403-538-7386
Lorrie.herrick@ckpyyc.ca

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Great News Media 2026 Readership Survey, 11,104 respondents

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	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	Vacant	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
Neighborhood Partnership Coordinator	Dru Mohler	Dru.mohler@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

Our Winter Holiday Market on Saturday, December 12, from 11:00 am to 3:00 pm will be a highlight this December. The festive community market will feature food and craft vendors for your holiday shopping. Our Winter Farmers Market returns January 30, 2027. It will run every Saturday until May 15, from 11:00 am to 3:00 pm inside the Community Hall. After two years of running a successful market, we are now a permanent approved market within the Alberta Approved Farmers' Market Program. We are very grateful to our Market Director, Valerie, for starting the market and all her work managing and running the markets all year, and to the community members who support the market every week.

December also brings winter weather and the fun of outdoor ice skating. Every winter, volunteers set up our two ice surfaces behind the hall. The volunteer team is always looking for extra help. If you can lend a hand, please email Brent Else at belse@ucalgary.ca. We look forward to setting up our popular ice surfaces when water restrictions are lifted.

We plan to host our annual Polar Party in late January. We'll share more details soon on our website and in the January newsletter.

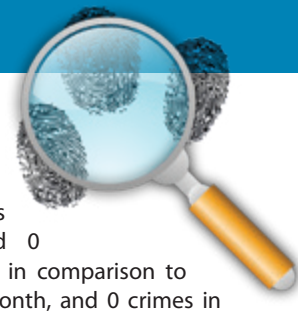
For several years, we have worked to enhance the off-leash park on 32 Avenue. Thanks to Calgary Parks, we have added benches, tables, new trees and salvaged logs. While we originally hoped to build a large central pergola at the park, we are working to build a simpler central feature that fits our budget and meets our needs. Have ideas or want to help? Email us at cambrianheights@gmail.com.

Planning a holiday party, celebrating a birthday or milestone? Consider renting our Community Hall for your next gathering. The hall holds up to 150 people and includes a full commercial kitchen. Visit our website or contact our Hall Manager at CHCA_hall@telus.net to check availability and details.

We wish all Cambrian Heights residents a joyful holiday season and a healthy, happy New Year in 2027!

Daryl Connolly, President CHCA

CRIME STATISTICS



Cambrian Heights Crime Activity was Down in October 2026

The Cambrian Heights community experienced 0 crimes in October 2026, in comparison to 4 crimes the previous month, and 0 crimes in October one year ago.

Cambrian Heights experiences an average of 2.8 crimes per month. On an annual basis, Cambrian Heights experienced a total of 34 crimes as of October 2026, which is up 13% in comparison to 30 crimes as of October 2025.

To review the full Cambrian Heights Crime report visit camb.mycalgary.com

Rosemont Crime Activity was Down in October 2026

The Rosemont community experienced 0 crimes in October 2026, in comparison to 2 crimes the previous month, and 2 crimes in October one year ago.

Rosemont experiences an average of 1.8 crimes per month. On an annual basis, Rosemont experienced a total of 22 crimes as of October 2026, which is down 15% in comparison to 26 crimes as of October 2025.

To review the full Rosemont Crime report visit rmon.mycalgary.com

How To Report Crime In Cambrian Heights | Rosemont: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

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

CAMBRIAN HEIGHTS ***ROSEMONT***


Cambrian Heights
Community Association
Winter
Farmers
market
Saturdays, 11-3
All your local favourites, avaiable in the hall
Shop from a variety of local vendors, makers and farmers.
600 Northmount Dr NW


Cambrian Heights
Community Association
Holiday Market
Saturday, Dec 12
11:00 AM - 3:00 PM
Welcome winter at the Cambrian Heights Holiday Market
Food & beverage • Artisanal goods • Crafts • and more
600 Northmount Dr NW

Rosemont Community Association

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

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

Christmas Tea

Rosemont Christmas Tea is on Friday, December 11 from 10:00 am to noon at the Rosemont Community Hall. Come on down and wish your neighbours a Merry Christmas. Call Jean Blackstock with any questions, or to volunteer at 403-305-9447.

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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2026-2027

ROSEMONT COMMUNITY ASSOCIATION

MEMBERSHIP APPLICATION FORM



Rosemont has two membership options. Both options cover all members of a household:

- **Rosemont Resident Membership: FREE**
- **Associate Membership (live outside Rosemont): $20**

1. Fill out the form at Rosemontyyc.com/membership OR
2. Complete this form and mail to PO Box 75007, 9-728 Northmount Drive NW T2K 6J8.

Name(s): _____

Address: _____ **Postal Code**: _____

Email(s): _____

Only include email addresses if you want to receive email updates.

For mailed-in associate memberships, please make cheques payable to the Rosemont Community Association. If you are emailing us for an associate membership, we will contact to you arrange payment.

Please note: Membership term is for 1 year from September 1 to August 31. Membership is required for most community-based sports associations. Members also receive 10% discount on hall rentals.

Website and Hall Rentals Visit Rosemontyyc.com for all community-related information, including upcoming events and hall rental info. Register for our monthly email blasts and sign up for a community membership too.

Board Meetings are held monthly. Please email us for more information.

Howdy Rosemontians!

A big thank you to everyone who came out to our AGM. We saw a lot of familiar faces and some new ones as well. We also had a great turnout at the Christmas Market with lots of great vendors and holiday gift ideas. A huge thank you to Jacquie and everyone that helped make it a fantastic event.

We will be having our next casino fundraising event on December 5 and 6 at Elbow River Casino and still have a couple of spaces available. Email Ian at Casino@RosemontYYC.com for more information.

The annual Christmas Tea is being hosted by Jean Blackstock on December 11 from 10:00 am to noon at the hall. This is a wonderful opportunity to enjoy the holiday season and wish your neighbours a Merry Christmas. If you would like to volunteer or to learn more, please contact Jean at 403-305-9447.

Our popular shinny program is back! Starting January 5 to March 16 on Tuesday nights from 5:30 to 6:30pm. All participants aged 6 to 12 can join. The kids require hockey skates, skate guards, hockey helmet, face mask, neck guard and stick and optionally knee and elbow pads. Spencer Cutten is ready to lead the kiddos through some outdoor fun this year! It costs $30 and requires a community membership either from Rosemont or another community (Rosemont residents get a free community membership by going to RosemontYYC.com/membership). To register, please contact Jean Blackstock at 403-305-9447 or jmblackstock@gmail.com. If you have a child that would like to participate but are unable due to financial limitations, please email us at info@RosemontYYC.com.

Did you know that the outdoor rinks are flooding and operated by a group of volunteers every year? If you are interested in helping out with ice rink flooding this year, shoot us an email at info@rosemontyyc.com and we'll put you in contact with our fearless leader, Captain Kurt! Helping out is an "as-available" basis so any and all help is appreciated. It is also a great way to meet some of the great guys in the community.

There is usually a spike in crime during the holidays so remember to stay safe, especially when leaving on holidays. Ensure you have someone shoveling your walkway, motion detection lights and security cameras are all good ways to help reduce the likelihood of a break-in. Visit Calgary Police Service's website for more tips and information. And if you see something suspicious, you can call 9-1-1 or the non-emergency line at 403-266-1234.

Supporting local businesses for holiday shopping helps keep those dollars supporting local families and jobs. Check out our list of Rosemont-owned businesses at RosemontYYC.com/local.

As we get into the holiday season, we encourage everyone to reach out to those around you and find ways, no matter how small, to help one another. Shovel a neighbour's sidewalk, help someone across the street, donate time or money if you're able to, or anything you can think of. This is what the community looks like, and we can all use a little more of it during the holiday season.

Happy holidays from all of us at the Rosemont Community Association!



Shinny Hockey 2027

Rosemont Community Rink

Tuesday Nights, 5:30 – 6:30 PM

Girls and Boys Aged 6-12

Must have hockey skates, skate guards, Hockey stick, neck guard

and hockey helmet with face mask. Should have knee pads and elbow pads

Spencer Cutten will be the Coach

Starts January 5 to March 16 or until the ice goes

$30.00 and community membership

Come on down and enjoy some great hockey!
This is outdoor hockey and we will follow AHS Covid 19 Regulations for Sport Physical Activity and Recreation. Bathrooms will be available

Call Jean Blackstock at 403 305-9447 to register or email at jmblackstock@gmail.com

Recycle More This Holiday Season

by City of Calgary Waste and Recycling Services



Due to new upgrades at our recycling facilities, you can now recycle even more holiday waste this year. As you clean up after holiday gatherings, remember to put these items in your blue cart:

- Paper and plastic gift wrap
- Foam packaging
- Flexible plastic bags, wrappers, and food pouches
- Cardboard and shipping boxes
- Food and body aerosols, like cooking oil spray, whipped cream cans, and hairspray
- Metal food cans, glass jars, and plastic containers

Place all items empty, clean, and loose in your blue cart. Do not bag or bundle them.

Thank you for sorting right and helping keep more holiday waste out of the landfill!

Learn more at calgary.ca/holidaywaste.

Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options for composting.

Green Cart Pickup:

Remove all decorations (lights, tinsel, ornaments) and cut the tree into small pieces so it fits inside your green cart with the lid closed. Place any extra branches in a paper yard waste bag, rolled shut, and set it at least two feet away from your cart.

Drop-Off Site:

From December 26 to January 31, you can take your whole tree to a designated drop-off site. You can find the location closest to you at calgary.ca/christmastree. Please ensure all decorations have been removed and do not wrap or bag your tree when dropping off.

Fats, Oils, and Grease



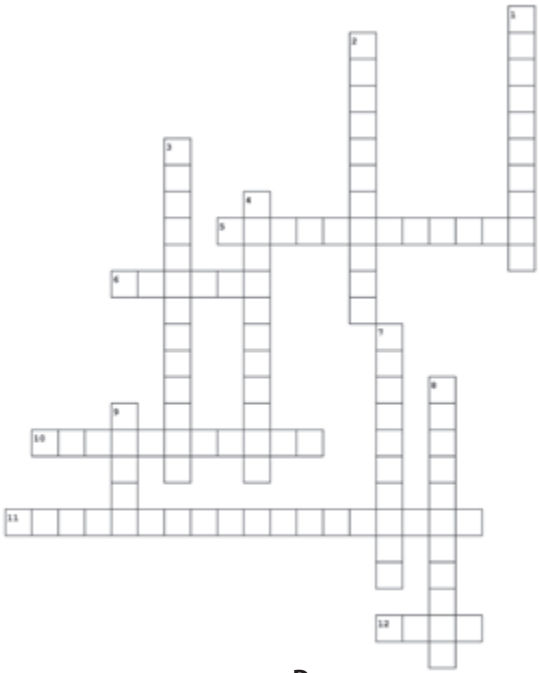
Put fats, oils, and grease (FOG) in their place this holiday season. When FOG goes down the drain, it builds up in your pipes and can lead to messy and time-consuming sewer backups. Remember to cool it, scrape it and compost it instead. Learn more at calgary.ca/protectyourpipes.

The Nutcracker



In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.

December Crossword



Across

5. Warm, delicious, and served with whipped cream or marshmallows. This tasty treat is perfect after a long day in the cold.
6. In Spain, it is customary to eat this many grapes at midnight on New Year's Eve.
10. Popular during the winter, this spiced dessert is decorated with royal icing.
11. Founded in 1925, this dance company has put on the *Christmas Spectacular,* since 1933.
12. "Last Christmas I gave you my heart" are the lyrics to a Christmastime favourite, sung by this pop duo.

Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Down

1. Six-sided and infinitely complex, these ice crystals are the result of freezing rain.
2. This 2019 film directed by Greta Gerwig was released December 25, and had a star studded cast, including Saoirse Ronan, Florence Pugh, Emma Watson, and Timothee Chalamet.
3. Unlike hockey players, these athletes use their blades to perform jumps, spins, and lifts.
4. On December 10, every year, these awards are given for outstanding achievements in physics, chemistry, physiology or medicine, literature, and peace.
7. Born December 16, 1775, this author is known for her six famous novels, including 1813s *Pride and Prejudice*.
8. Seen in your local grocery store during the holiday season, these bright red plants are indigenous to Mexico.
9. Made from carved blocks of compacted snow; these shelters rely on the insulating properties of snow to keep dwellers warm.



News from the Friends of Nose Hill

by Anne Burke

I was contacted by a PhD Student at the University of Calgary who is training to become a forest therapy guide. His research is on the use of nature in cancer care, and he plans to provide some to patients and participants at Nose Hill Park. He intends to be mindful and have minimal human impacts on the land and the rough fescue grasses. He wants to avoid off-leash areas and others with a lot of thistles. Forest therapy is a legitimate, research-backed wellness practice for reducing stress and improving mood, though it is considered preventive or complementary care rather than a medical cure. While forest therapy is a structured, clinical intervention aimed at specific health challenges, forest bathing is a general mindfulness practice for stress reduction.

Calgary's first official trail at Inglewood Bird Sanctuary was certified by the Association of Nature and Forest Therapy (ANFT). The loop offers five unique stations that guide you on a sensory exploration of this peaceful natural area. Community walks are seasonal and guided two-and-a-half-hour programs are in local wilderness spaces like Griffith Woods Park. The Cumming School of Medicine (CSM) engages deeply with nature-based healing through Indigenous medicine walks and local health partnerships. The school integrates immersive nature experiences primarily through traditional Indigenous healing frameworks. Organized by the CSM Strategic Partnerships and Community Engagement office alongside the Calgary and Elbow River Healing Lodge, University of Calgary medicine walks take place at Nose Hill Park. Led by Indigenous elders, these walks guide medical students through the natural environment to explore the collection, application, and meaning of traditional plant medicines, blending medical education with ecological connectedness.

This article is for informational purposes only. For medical advice or diagnosis, consult a professional.



MLA Calgary-Klein
Lizette Tejada
#232-A - 3630 Brentwood Rd NW
403-216-5430
Calgary.Klein@assembly.ab.ca
@lizettendp | lizettendp

December invites us to find hope in the darkness and warmth in the cold. As the days grow shorter and temperatures drop, many of us look forward to the traditions that bring light, comfort, and connection to our communities.

One of Calgary's most beloved winter traditions is the Lions Festival of Lights in Confederation Park. Its colourful displays are a reminder that even during the longest nights, light has a way of bringing people together. If you have the chance, I encourage you to bundle up and enjoy an evening walk through the park with family, friends, or neighbours.

This is also the season for community winter markets. Across Calgary, local craftspeople, artists, bakers, and small businesses are showcasing their work. Choosing a locally made gift supports families in our community and helps keep our neighbourhoods vibrant. Keep an eye out for markets near you and discover the talent and creativity that surround us!

At the same time, this season can be difficult for many. With more Albertans struggling to make ends meet, the need for kindness and mutual support is greater than ever. A simple phone call, a shared meal, or a check-in with someone who may be feeling isolated can make a meaningful difference.

If you are able, please consider giving your time or resources to organizations that support our neighbours. The Calgary Food Bank, Calgary Firefighters Toy Association, Centre for Newcomers' Adopt a Family Campaign, and the Women's Centre all help people through challenging times and strengthen the fabric of our community.

The holidays remind us that hope grows when it is shared. By supporting one another, we can help ensure that everyone feels seen, valued, and cared for this winter season.

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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.

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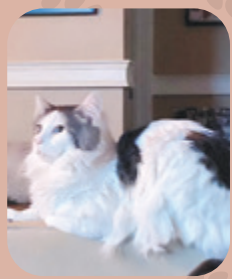
Jasper, *Arbour Lake*



Jewels, *Walden*



Kevin, *Acadia*



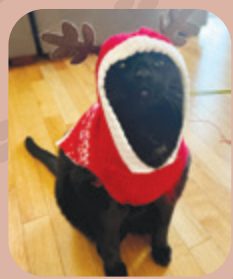
Lilly, *Millrise*



Princess Molly, *Acadia*



Sintra, *Midnapore*



Taco, *Woodbine*

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⚠ FREEZE WARNING

MERRY CHRISTMAS FROM THE MR. MIKE'S CREW

DON'T LET YOUR PIPES FREEZE!

Drain your hose bibs (outside taps) before the deep freeze. 4 quick steps:

1 UNHOOK HOSES
Take hoses and splitters off every outside tap.

2 SHUT IT OFF
Inside, close the valve that feeds that tap.

3 OPEN THE TAP
Outside, open the tap and let it drain.

4 BLEED IT
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Only do what you're confident doing. Need a hand? Call us BEFORE it freezes.

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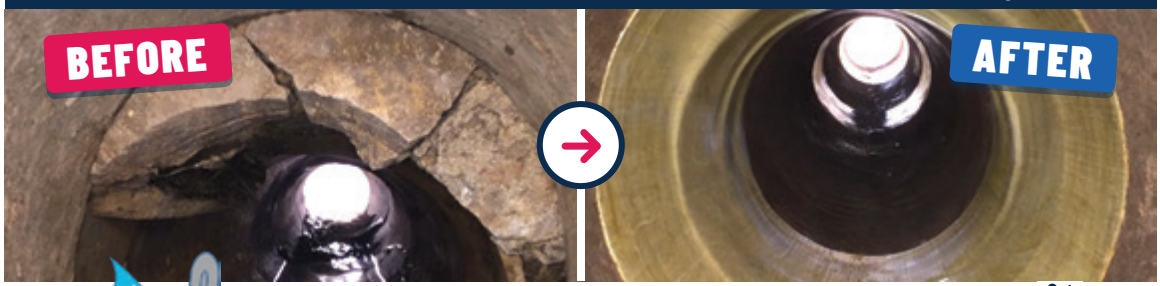

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