

NOVEMBER 2026

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CAMBRIAN^{HEIGHTS} ROSEMONT

CHRONICLE

THE OFFICIAL CAMBRIAN HEIGHTS & ROSEMONT COMMUNITY NEWSLETTER



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THE MORTGAGE GROUP

Joke of the Month

What's the smartest month of
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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 $8/3=3+2=5$ 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	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



We hope everyone enjoyed their Thanksgiving weekend, which brought the first snowfall of the year. October 6 marked our last Summer Farmers Market. Thank you to everyone who continues to support the market and make it such a success. We will once again have a Christmas Market on Saturday, December 12 from 11:00 am to 3:00 pm, and our Winter Farmers Market will begin January 30 from 11:00 am to 3:00 pm every Saturday. Details will be shared on our website.

Our next community event is our annual Lego Contest on November 7. This year's theme is "My Dream Playground." Kids of all ages are welcome to bring their Lego or Duplo creations to the hall for judging and prizes. We are looking for volunteers to judge the creations. If you can help, please email social@CambrianHeightsCommunity.com.

In early December, we will host another Wreath making workshop at the community hall and in late January we'll hold our Polar Party, weather permitting. Details will be shared on our website and future newsletters when they are available.

After three years of planning, we are happy to have installed a sign identifying our long-established Cambrian Heights Community at the park on the corner of Northmount and Cambrian Drive. The design was established by community voting in the summer of 2024 and received final City approval earlier this year. It was financed partially by the province through a Community Facility Enhancement Program (CFEP) grant. We hope everyone will join us in celebrating an increased awareness of our great little inner-city community.

While we always encourage residents to become involved with their community by attending or volunteering at community events or joining our Board, we currently have a need for someone to volunteer as our Planning and Development Director. In this Board position, you will review all Development Permit applications for building new single or multi-unit residential structures and develop policies with the Board and City planners for the future development of Cambrian Heights. If you are interested in exploring this position, please contact us at cambrianheights@gmail.com for more information.

We'd like to inform residents that if there are any community initiatives or issues neighbours wish to discuss, there is always an opportunity to use the hall to host a meeting. Just email president@CambrianHeightsCommunity.com for conditions and availability.

With November comes winter temperatures that allow development of our popular two outdoor ice surfaces. The volunteer group is always looking for residents to spare some time to assist in the maintenance of these ice surfaces. If you are able to volunteer, please contact Brent Else at belse@ucalgary.ca.

As always we wish all residents to participate in community functions like our very successful Oktoberfest and enjoy our park space and proximity to Confederation and Nose Hill parks. Talk to your neighbours and tell us how we might continue to develop our community and neighbourhoods.

Daryl Connolly,

President CHCA

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

CAMBRIAN HEIGHTS



ROSEMONT



November Crossword



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

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.
7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.
8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.
10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.
11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.
12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in 1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.
2. Remembrance Day is celebrated in Canada on what day of November?
3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found in many parts of Alberta, including Calgary parking lots.
4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.
5. Toni ____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *The Sixth Sense*, *Little Miss Sunshine*, and *Knives Out*.
9. These small brown nuts come from oak trees and have a distinct cup shape.

Cambrian Heights Community

WEDNESDAY DROP-IN YOGA



6:30-7:30PM

IN-PERSON AT CHCA HALL
OR GOOGLE MEET

Sept.9 – Dec.9, 2026

FIND BALANCE
on and off the mat.



CALL 403-244-3001 TO INQUIRE

Cambrian Heights Community Association

LEGO Competition

2026 theme: My Dream Playground



Sat 7th Nov **1 to 3pm**

Free Entry
Draw Prizes

See website for rules and schedule of events
www.cambrianheightscommunity.com

CAMBRIAN HEIGHTS COMMUNITY ASSOCIATION

Have an upcoming birthday, anniversary, wedding, presentation or party?

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

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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	

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.

A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.





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 [Rosemonttyc.com/membership](https://www.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](https://www.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!

We have a few important events coming up in November. Our "AGM and Meet Your Community" will be on November 24 and this is an important meeting where we will be discussing the future of the Hall as our lease with the City is up, plus updates from our friends at Rosemont school, and our elected representatives. We provide the agenda and handout materials virtually so please RSVP at RosemontYYC.com/AGM. Executive Board Members are also voted in during this meeting, but did you know that if you are curious about joining as a Member-at-Large, you can email us and attend our next Board meeting without being voted in at the AGM.

And our fantastic Rosemont Christmas Market will be on November 21 from 10:00 am to 4:00 pm and November 22 from 11:00 am to 4:00 pm. With over a dozen vendors and free admission, it is a great way to get a jump start on your holiday shopping and get into the feeling of the season.

We will be having our next casino fundraising event on December 5 and 6 at Elbow River Casino. This is an opportunity for us to raise additional funds that enable us to continue offering free and low-cost events such as our Start Up BBQ, Stampede Breakfast, Pub Night, and more. It also enables us to make enhancements to our hall that we wouldn't otherwise be able to do. This past year we were able to make a great upgrade to the outside mulched area to reduce mud and make the area much safer and cleaner. Without funding from the casino, we can't do things like this. Please consider donating some time to help us continue to grow and offer quality services to the community and city at large. Email Ian at Casino@RosemontYYC.com for more information.

Finally, there are always a lot of things going on at city hall. We try to do our best to keep you informed but we highly recommend you check out calgary.ca/engage to see the opportunities to provide feedback to the city on various initiatives and djkelly.ca for things that our councilor, DJ Kelly is up to. They provide a weekly newsletter with a lot of great information so we suggest signing up for it.

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



ROSEMONT AGM AND MEET YOUR COMMUNITY

TUESDAY NOVEMBER 24, AT 6:30 PM (IN-PERSON)

- Updates on the Community
- Meeting Neighbours
- Voting on Board Executive
- Complimentary Snacks and Drinks

RSVP Required at
RosemontYYC.com/AGM.



Double Baked Sweet Potato Casserole



As fall approaches, I find myself spending more and more time in the kitchen. As such, there are always a few new recipes I end up trying before winter hits. The most recent would be this recipe for a double baked sweet potato casserole requested to me by a friend. Full of warm spices and the perfect balance between sweet and savoury, this dish is sure to be a crowd pleaser at your next family gathering.

Ingredients

- 5 to 7 medium sweet potatoes
- 1/4 cup butter, cut into small cubes
- 1 egg
- 1/2 tbsp cinnamon
- 1/2 tbsp nutmeg
- 3 tbsps maple syrup
- 1/2 tbsp ground cloves
- 1/2 tbsp ground ginger
- Salt to taste
- 2 cups mini marshmallows (optional)

Directions

1. Begin by peeling and roughly chopping your sweet potatoes. Boil them in a large pot until they are soft enough to mash.
2. Drain the chunks and add them into a glass casserole dish with your butter and egg.
3. Mash the chunks while evenly incorporating the other ingredients. You want everything to be mixed in with no large clumps.
4. Add all your spices and incorporate fully.
5. Put the dish in a 450° F oven and cook for about 35 minutes, or until the top begins to brown slightly.
6. In the last 15 minutes, if you would like to cover the top in mini marshmallows, and place the entire thing back in the oven, it does add a little extra sweetness, but it isn't required.
7. Once it's cooked, serve warm and enjoy with family and friends.

New Abilities

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you could wake up tomorrow with the ability to do something new, what would it be? What if it were a completely far-fetched or magical skill? How would you use it, and where would it take you?

Dear reader,

Considering magically gaining a skill overnight made me think of many potential scenarios. One of the first things that came to me was having unlimited home and car maintenance skills because I would be able to use them frequently to support my family. However, when I thought about it, I realized I would not want to spend my time on those tasks because they are messy, time-consuming, and often done alone.

I would want a skill that is more social and homes in on my interests. So, I thought about what I've been attracted to learning in the past. One skill I've worked on for many years is speaking Spanish. It's been an on-and-off process since my twenties, and I'm still at the intermediate level. This gets me by when I'm traveling, but I've always felt frustrated not being fluent because it holds me back from fully expressing myself or truly understanding the people I meet. Wouldn't it be wonderful to communicate effortlessly in another language and just say what's on your mind?

Since we're considering magically gained abilities, I'd take it a step further than fluency in Spanish; I'd wake up ready to communicate in any language. Imagine the opportunities it would open up! I could

use multilingualism to immerse myself entirely in any place and culture.

I absolutely love to travel. I find it's the best way to learn and gain new perspectives. The more different the destination from my home, the more it opens my mind. Being able to speak the local language would vastly improve my understanding of things I'm curious about: history, politics, geography, regional customs, and culture. Reading about these things in books or watching videos online can never match the insights gained by speaking directly with people who have lived the history and experience its culture every day.

My magical language skills could be used for a greater purpose: recording endangered languages before they disappear, deciphering ancient manuscripts or petroglyphs, and even collecting valuable international intelligence. The possibilities feel endless!

Your turn! If you could wake up tomorrow with a new skill, what would it be? Write in your journal or to your pen pal.

Happy writing,

Michelle

Now it's your turn to write it forward. Write a friend, neighbour, or family about our monthly reflection.

Write It Forward 

Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



Remembering and Reconnecting

by Rebecca Pink



November gives us a moment to pause and honour, with deep gratitude, those who served and sacrificed for others, and those who continue to serve today. It is also a reminder that remembering is something we all carry in different ways. Remembrance is not limited to one day or one kind of loss, it can take many shapes, often quietly woven into our everyday lives. Sometimes remembering brings comfort; other times, it brings sadness, longing, or emotions we weren't expecting. There is no right way to remember or feel. We can continue to try to make room for whatever comes, with a little gentleness and self-compassion,

Grief is something that many people carry quietly. I know this from my own experience as well. It can be complicated, heavy, and unpredictable, bringing waves of emotions that can shift from one day to the next. We don't always talk about it, and sometimes we may feel as though we are expected to "move on" or "be fine". However, grief doesn't follow a timeline and is never linear. We can make room for both the sadness of what is no longer here and the gratitude for once was.

November can be a challenging month for many of us.

The days grow shorter, the temperatures drop, and for many of us, our energy shifts with the season. Rather than seeing this as something we need to push through, maybe it can be an invitation to slow down and check in with ourselves. What might you need a little more of right now? Rest? Connection? Time for yourself and your loved ones?

November gives us an opportunity to pause, remember, and reconnect. We might reach out to someone we haven't spoken to in a while, revisit a memory, or make a little more room for the people and experiences that matter to us. For those carrying grief, these moments of connection can be especially meaningful. Sometimes remembering together is a way of reminding ourselves that we don't have to carry it alone.

As we move through November, I also want to take a moment to remember and honour those who have served and continue to serve, and the families who stand alongside them.

Lest We Forget.

Yielding to Emergency Vehicles



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an Emergency Vehicle Approaches with Lights and Sirens Activated:

- If you're in the middle of an intersection, safely clear the intersection and then pull over to the right curb.
- On a one or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left, and stop.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When Operating a Vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$390.00 and three demerit points.
- Do not follow within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150m is nearly 1.5 times the length of a football field.

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SCAN ME



Councillor, Ward 4
D.J. Kelly
 ✉ ward4@djkelly.ca
 @djkelly.ca
 @djkelly

Hey, neighbour!

As I have said to my council colleagues, the City budget that will be approved later this month may be the most important decision that council makes during this term in office. This decision is more than just a tax rate: it sets the service you will receive from the City of Calgary for the next four years.

I want to be clear that we don't have a budget yet, and council has definitely not arrived at a final tax rate. Council has a lot of work to do this month before we get there, and that means being diligent and serious about the trade-offs we're going to have to make.

Repaired roads, sidewalks, bridges, and water treatment plants, alongside having safety responses to issues in our communities are what I am working towards. I also want to be clear, putting off spending again could mean reduced transit service, more risk from aging infrastructure, more broken pipes, gaps in our pathways and sidewalks, and not making progress on traffic and pedestrian safety in your neighbourhood. Council has to balance all of that—making sure that your priorities are advanced, and your neighbourhood isn't forgotten as it has been in the past—against keeping taxes affordable for everyone.

My debate will be to make sure your needs—your priorities that you have told me about for the past year—are front and center for all of my colleagues. The budget debate begins on November 23, and I want you to get involved. I want your feedback, I want your advice, but most importantly I want to hear from you at ward4@calgary.ca so that we can confidently say all of council has heard from you and your neighbours.



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

Remembrance Day is a time to pause, reflect, and honour those who served Canada in times of war. Many of those who served were barely older than today's high school students. They carried hopes for the future yet found themselves facing the horrors of conflict. Their sacrifices were immense, and the loss of so many young lives remains one of the great tragedies of our history. We owe them our gratitude, our respect, and our commitment to remembering their stories.

Yet Remembrance Day is not only about looking back. It is also about looking forward. Remembering the cost of war should strengthen our desire for peace. Every life lost in conflict is a reminder that violence leaves deep scars on families, communities, and nations. The most meaningful way to honour those who suffered is to work towards a world where such sacrifices are needed less often.

Peace is not something that appears on its own. It is built through patience, cooperation, understanding, and respect. It requires people to listen to one another, resolve disagreements without hatred, and choose dialogue over division. These efforts can be difficult, but they are essential.

As we bow our heads on Remembrance Day, let us remember the fallen with reverence and gratitude. Let us also recognize our responsibility to carry their legacy forward. By building stronger communities, fostering mutual respect, and working together for a more prosperous future, we honour their memory in the most lasting way possible: by choosing peace and striving, every day, to make it endure.

This Remembrance Day, I invite you to join me at Chapelhow Legion #284 to recognize and remember our veterans.

BUSINESS CLASSIFIEDS

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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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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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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.



A Bloom You Can Brew

Did you know? Chrysanthemums are November's birth flower—but some varieties are more than decorative! Certain chrysanthemum flowers and leaves are edible, and chrysanthemum tea, made by steeping the dried flowers, is a traditional beverage enjoyed across parts of East Asia.



CALGARY'S INDEPENDENT PHARMACY CELEBRATING OVER 60 YEARS OF CARE!



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NutraSea[™]



25% OFF | **Line Drive**
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