

OCTOBER 2026

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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

September marked the completion of Phase 1 of an extensive HVAC mechanical update reflecting new city-wide air quality code upgrades. A second phase will be undertaken in the summer of 2027. Users of the Hall will notice some air distribution changes providing an industrial look due to the retrofit nature of working with an existing building initially constructed in the late 1950s. These projects will be primarily funded through grants from the City and Province with supplemental supporting costs financed through our Casino proceeds. Many Community Hall buildings in the city of equal vintage are experiencing similar projects.

We started the season of events with a family friendly Oktoberfest BBQ on Saturday, September 26 featuring outdoor games, face painting, live music, beer garden, and German style pretzels and bratwurst. At the writing of this report, I can only wish the event enjoyed positive weather and participation. If you enjoyed the event or have suggestions for next year, please let us know (cambrianheights@gmail.com). It is through feedback that we can plan for future events that residents enjoy and support. Future programs including our Lego contest (November) plus our January Polar Party will be detailed in our website and in future newsletter publications.

Our Farmers' Market held its last summer session on October 6. It was a successful season, and we wish to

thank the community residents and non-residents for their support of these local vendors. We are reviewing details and scheduling to again provide an indoor Farmers Market this winter. The Summer Market will return next year starting in May 2027.

We continue to remind residents that the speed limits in residential alleyways are 20 km/h. Over the summer we have witnessed some excess speeds which put at risk families maintaining their properties, dog walking or simply accessing the alleyways to enter or exit their houses. We ask for your care and patience.

While we continue to encourage residents to become involved with their community by volunteering to help at events and ultimately considering joining our Board and participating in decisions affecting the community, we currently have an urgent need for someone interested in Planning and Development. In this position you will review all Development Permit applications for building new single or multi-unit structures as well as developing 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 president@cambrianheightscommunity.com for more information.

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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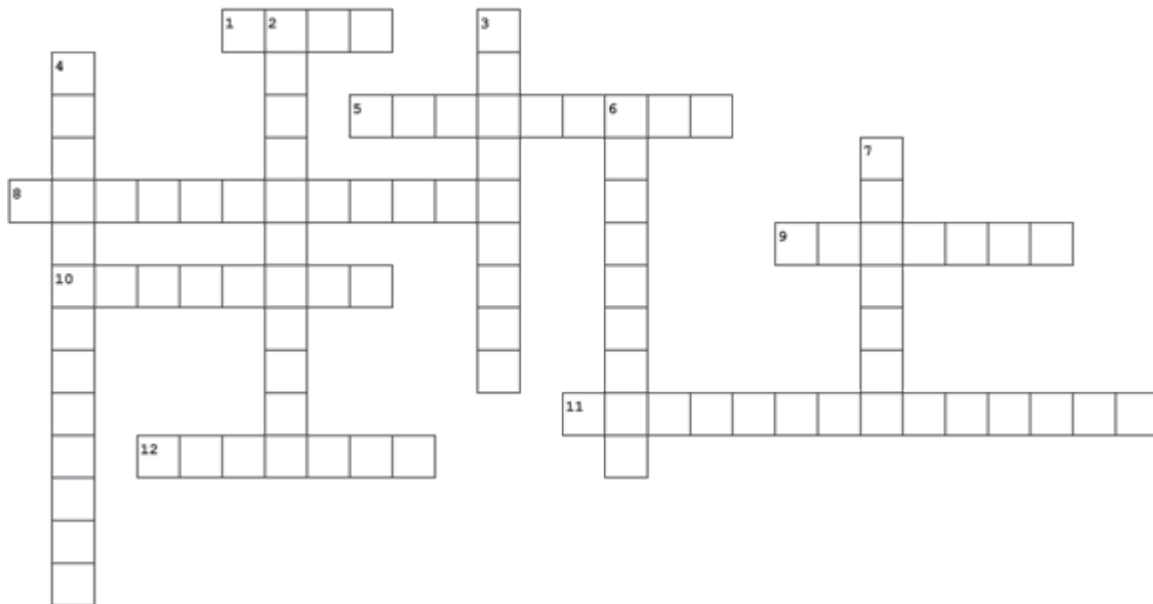
CAMBRIAN HEIGHTS



ROSEMONT



October Crossword



Across

1. Known as October's birth stone, this iridescent gem is sometimes worn by artists to inspire creativity.
5. These tall, friendly faces are full of straw and often seen in the middle of corn fields.
8. Celebrated this year on October 12, this holiday encourages generosity, connection, and the consumption of a delicious meal.
9. This large orange squash is traditionally carved the night before Halloween
10. Twists and turns; this fall activity is generally held in large fields of a certain tall grain.
11. This Oscar-winning actress was the "final girl" in the classic horror movie series, *Halloween*.
12. Known as the Greek Goddess of harvest, she is the mother to Persephone.

Down

2. Bright red and sour, the seeds of this fruit were consumed by Persephone in Greek mythos.
3. These bright yellow and red flowers are the birth flowers of October, representing joy, warmth, and remembrance.
4. Horace Walpole's *The Castle of Otranto*, published in 1764, is most famously known as the first novel of this literary genre.
6. "In Rainbows" an album released October 10, 2007, was the seventh studio album for this alternative rock band.
7. This monster has a variety of features but is most often depicted with long fangs and red eyes.



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

Cambrian Heights Community

WEDNESDAY DROP-IN YOGA



6:30-7:30PM

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Hooting Season

Who's That Calling?

Did you know that autumn is a great time to hear owls? Known as hooting season, owls hoot more frequently to claim and defend territory and find mating partners. The cooler, quieter nights of fall also helps the sound of their hoots carry farther!



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:

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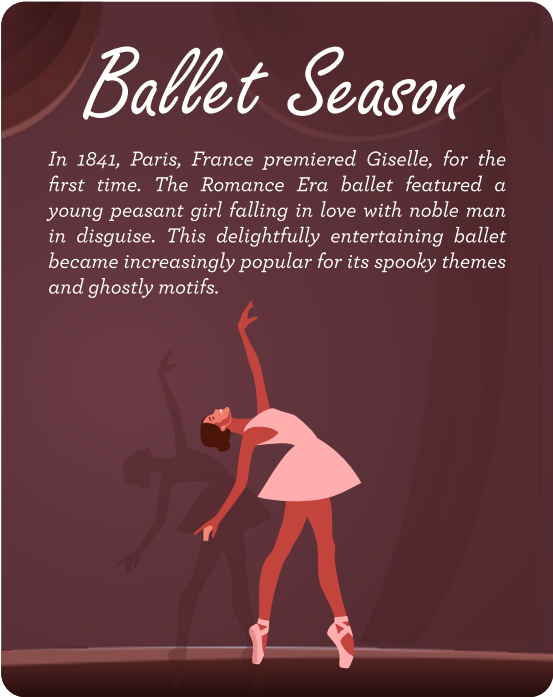
BOOK THE HALL TODAY!

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
Vice-President	Kris Olsen
Treasurer	Mel Gallant
Secretary	Vacant
Hall Agent	Jacque 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	





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!

Fall is in full swing and we are excited to be getting into pumpkin spice season!

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. Executive Board Members are 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. If you have great ideas on how to keep Rosemont a great place to live, please consider joining us.

And our fantastic Christmas Market will be on November 21 and 22. If you would like to learn about being a vendor or help volunteer, please contact us at info@rosemontyyc.com.

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.

We also want to give a big thank you to all of the volunteers who helped make our September BBQ a big success. These types of events can only take place because of people like you who help out. And a very big thank you to Mark at Nick's Steakhouse who donated the hamburgers and hot dogs. We sincerely appreciate everyone's donations of time and supplies which helps us bring our community together to start the new school year.

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



News from the Friends of Nose Hill

In 1973, Calgary City Council voted to reserve 4,100 acres as parkland on the top and escarpments of the east end of Nose Hill. The result was a combination of vigorous and sustained political pressure due to the activities of citizen groups who promoted the creation of the park. The decision to acquire it was influenced by public and private lobbying, including civic servants. A citizens' task force was appointed by the City Parks and Recreation Board; their report identified Nose Hill as of the highest priority and should be immediately purchased outright. There was strong support for large natural areas when the Calgary Field Naturalists' Society completed their year-long study. Although the land had been a subject of speculation since World War I, the City was freed by provincial policy to plan for a major park on Nose Hill. The Calgary Municipal Airport, in the late 1950s, decided that Nose Hill was on a flight path, so that the Federal Department of Transport imposed a development ban. Some farmers had to relocate and during the 1960s' suburban sprawl, people believed the open space would remain, unless or until the jet soon replaced the propeller. The Calgary Planning Commission requested a sector plan for the Nose Hill Highlands from the City Planning Department. The North Hill Community Associations asked for a delay to help prepare the plan. Calgary Field Naturalists' Society, Society for Pollution and Environment Control, The Junior League, and Local Council of Women asked to speak at a Public Hearing, before City Council voted 11 to 2 to put a freeze on Nose Hill development. Read more of "Fish Creek and Nose Hill Parks: A case study in contrasting forms of public participation" by Harvey A. Buckmaster (1929 to 2018) and his wife Margaret who advocated for Alberta's special places. www.fonhs.org/xdocuments.html.

October's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

Write about a goal you achieved. What did you learn on the road toward the destination?

Dear reader,

I've learned that achieving a small goal can sometimes be a big deal. I'm the type of person who likes to set attainable goals. This way, after proving what I am capable of, I feel more motivated because it reminds me of my ability to grow. Achieving the first goal motivates me toward a new, more challenging goal. It makes me think, "Hey, since I hit that goal, why not go a bit further?"

My health and fitness journey has followed this path.

If you had asked me ten years ago if I'd be as committed to my fitness as I am now, I would not have believed it. Ten years ago, I had a five-year-old and a three-year-old. In other words, I was in the throes of parental exhaustion with no desire, time, or energy to commit to new fitness habits.

Once my kids were a more manageable age, life settled down, and I had both the desire and breathing room to work toward a fitness goal. I started small: two days a week of lifting weights at home. My goal at the beginning was to show up; not to lose weight, not to get jacked, it was simply to form the habit. This was motivating for me because I learned that I could feel a sense of accomplishment just from checking a box.

What happened next was quite interesting. After a while, I liked it and slowly built my routine to exercise three days a week, then four, and so on. Not only did I begin to look forward to working out, but I also felt more energetic, slept better, and had more self-confidence. I realized the previous bias I held that exercise was a chore was incorrect. I came to realize that it is a wonderful treat I need to feel whole.

This experience taught me to be open to new challenges and reinforced the importance of noticing how I perceive them. Sometimes my negativity or fear isn't justified, and it holds me back. I also learned that when I start small and build on goals, it helps lock them in on autopilot.

Your turn! Write in your journal or to your pen pal about a goal you achieved and what you learned.

Happy writing,

Michelle

Write It Forward



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





A Different Way to Discover 4-H in Calgary

What happens when young people are given the chance to try 4-H without having to commit to a year-long club?

This summer, Calgary youth found out.

The 4-H Alberta Intro Club Summer Sampler brought youth together for four afternoons of hands-on activities, creativity, and learning. The Calgary program was one of three Summer Samplers offered this year, alongside programs in Vermilion and Bonnyville.

Intro Clubs were created to give youth ages 9 to 15 a chance to experience 4-H in a shorter, more approachable format. Following the 4-H motto, "Learn to Do By Doing," youth try different activities, meet new people, and build skills along the way.

And the activities can look very different from what people might traditionally associate with 4-H.

While agriculture and livestock remain an important part of 4-H, today's program also includes food, science and technology, arts, health and wellness, the environment, leadership, and more. Youth don't need to live on a farm or have an agricultural background to participate.

That variety was a big part of the Summer Sampler experience. Across the three communities, youth explored activities such as food science, horsemanship, urban farming, gelato making, floral design, search and rescue, cheesemaking, wellness, printmaking, and more. The goal wasn't simply to teach a new skill, but to give youth the opportunity to discover an interest they might not otherwise have had the chance to try.

The Calgary Intro Club program began as a pilot project three years ago and has continued to grow. To date, 31 Intro Clubs have connected with over 340 youth through hands-on experiences designed to make trying 4-H feel accessible and fun.

The summer may be over, but the opportunities continue. 4-H Alberta has a fall lineup ready for Calgary,



including a Holiday Baking Adventure and two Intro Clubs in Dalhousie (daytime and evening options).

For families who have ever wondered what 4-H is all about, this may be a good time to find out. Email introclubs@4hab.com.



Divorce—Business Income is Personal Income

by Christopher Bungay, Divorce Lawyer



In many divorces, one spouse is the owner/operator of a business. In these families, the line between business income and personal income is often blurred. Many business owners (intentionally or not) often use their company credit cards and corporate money to pay for personal family and home expenses. As a result of this, the personal tax returns of a business owner often do not reflect their true personal income.

In the above scenario, the personal tax return of a business owner might show a very low amount of personal income, while their business tax return can show a very high amount of corporate earnings. It is also common to see personal expenses counted as “business expenses” on business tax returns. This is sometimes done intentionally so that CRA will think the business earns less and thus would be taxed less than it otherwise should be.

The mixing of personal/business income and expenses can cause significant problems in divorce cases. The amount a spouse must pay for child support and spousal support is often based on his or her reported personal income. A spouse who owns a business sometimes uses a false lower income amount on a personal tax return to argue they should pay a lower amount of support. Unfortunately, in many cases, the actual personal earnings power of the spouse is hidden within the business income.

Judges and divorce lawyers are keenly aware of

situations where business owners try to muddle their personal and business income. Fortunately, the law can protect vulnerable spouses and children in these cases. If a judge believes that a spouse is hiding income within a company, the business income can be used as the correct amount for determining support payments. Similarly, the law gives judges power to examine business expenses to ensure these are not actually personal expenses. In an Alberta divorce case, if a spouse is self-employed, he or she must demonstrate their business expenses are reasonable and that they are truly business expenses. If a self-employed spouse cannot show their business expenses are reasonable, a judge can add these expenses back into the spouse's income amount. In these situations, the higher income level, after adding back in the unreasonable expenses, is used to determine that spouse's support obligations.

It is also important to remember that many business-owning spouses are not intentionally hiding their income. The mixing of personal and business income can result from someone not understanding tax laws. Sometimes, a business owner is just too busy and is not paying enough attention to their personal/business spending patterns. However, whether intentional or not, divorce law is clear: business income and business expenses can both be used to determine the true personal earning power of a spouse.

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BRAIN GAMES

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Lizette Tejada**

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Calgary.Klein@assembly.ab.ca

@lizettendp | lizettendp

Alberta finds itself at a curious moment in its history. We are exporting more natural resources than ever before and generating enormous economic activity across the province. Yet many Albertans are left wondering where the benefits have gone. For all the wealth being created, daily life does not seem to be getting easier for the people who call Alberta home.

Wages have largely stagnated, and Alberta now has the lowest minimum wage in Canada. At the same time, the cost of housing, groceries, and other essentials keeps rising. Insurance rates have also skyrocketed. For many families, paycheques simply are not keeping up with the cost of living.

Meanwhile, health care remains underfunded and in a constant state of crisis, while moves to expand private delivery have not improved outcomes. Schools are also under pressure. Class size and complexity were major issues during last year's teachers' strike. This could have been avoided.

Rather than planning for growth and investing in our communities, the government is now blaming newcomers for the state of our public services. It's a politically convenient narrative we see used south of the border, but it is not a solution.

Millions of dollars were poured into the "Alberta is Calling" campaign, encouraging people to move here. It is unfair to now blame those who answered that call. Today's crises were not an accident or a surprise. They were a choice. They can only be addressed through stable funding of public services, not by scapegoating newcomers.

Aside from First Nations peoples, every Albertan has a migration story that has become part of their family history. That story is the story of us: Treaty people, proud Canadians, and proud Albertans. On the eve of a highly polarized referendum that seeks to divide us, let's remember how much stronger we are together.

Lizette Tejada

MLA, Calgary-Klein

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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.

SEASONAL GARDENER NEEDED - CAMBRIAN HEIGHTS: Gardener(s) needed for next season for private residence in Cambrian Heights. Primarily maintenance of existing flower gardens. Some planting. 2 to 4 hours every 2 weeks, July 01 – Sept. 30, 2027. \$55/ Hour. 403-819-0816.



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.

This GoFundMe, created in partnership with her family, is being established to help ease the inconceivable financial hardship they are facing.

The initial \$100,000 fundraising target will help cover immediate expenses, including lodging in Edmonton for Victoria's mother, Colleen (Cousens) Fortuna, and 16-year-old sister, Ariana, both from Calgary. This will also allow Colleen to take necessary time away from work during this period of immense hardship and profound change to focus on Victoria's medical journey and to help her daughters through the unimaginable grief of the sudden, tragic loss of their father.

In the days, months, and years ahead, Victoria will require additional surgeries, extensive rehabilitation, specialized leg prosthetics, intensive mental health support, and enduring general medical care. The financial impact will be significant and ongoing, with future fundraising goals evolving as a result of these needs.

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 ♥

