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CITADEL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	24	17	8	\$694,450	\$691,600
May	24	26	21	\$580,000	\$580,088
April	24	10	12	\$574,450	\$588,450
March	24	15	10	\$495,000	\$533,500
February	24	9	9	\$498,888	\$512,000
January	24	6	8	\$462,500	\$497,500
December	23	2	6	\$611,500	\$615,000
November	23	9	7	\$524,000	\$515,000
October	23	9	14	\$630,000	\$625,750
September	23	14	15	\$640,000	\$640,500
August	23	19	17	\$425,000	\$435,000
July	23	15	14	\$574,850	\$601,730

To view more detailed information that comprise the above
MLS averages please visit cit.mycalgary.com

HAWKWOOD COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	24	17	17	\$699,900	\$698,000
May	24	24	23	\$699,000	\$730,000
April	24	19	9	\$649,888	\$640,000
March	24	4	8	\$742,450	\$768,500
February	24	11	6	\$657,400	\$722,500
January	24	2	1	\$450,000	\$476,000
December	23	5	5	\$700,000	\$690,000
November	23	5	9	\$665,000	\$671,000
October	23	7	10	\$697,450	\$716,750
September	23	18	14	\$597,450	\$627,125
August	23	10	12	\$649,900	\$650,000
July	23	7	10	\$619,900	\$633,950

To view more detailed information that comprise the above
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Tickets on Showpass



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HAWKWOOD AND CITADEL COMMUNITY ASSOCIATIONS

Box 68214, Crowfoot RPO
Calgary, AB – T3G 3N8
president@hawkwoodcalgary.com
www.hawkwoodca.com
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Calgary, AB – T2G 4B8

ELECTED OFFICIALS



MLA Ellingson, Court
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202-1829 Ranchlands Blvd NW
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MP Kelly, Pat
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202 - 400 Crowfoot Crescent NW
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MP Rempel, Michelle
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403-216-7777
michelle.rempel@parl.gc.ca
www.michellerempel.ca



Councillor Wyness, Jennifer
Ward 2 Office
Calgary, AB, Canada
Web: www.calgary.ca/ward2

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

CITADEL



HAWKWOOD



Hawkwood Community Association Board of Directors 2024

Executive	
President	Michele del Valle
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Soccer	Tricia Molchulski
Membership	Joanne Manser
Webmaster	Vacant
School Liaison – Hawkwood	Shannon Erno
School Liaison – St. Maria Goretti	Cristina Lazarescu
Casino	Lori Jaffray
Director at Large	Vacant
Director at Large	Vacant
Contractors	
Programs Coordinator	Alexander Campbell
LEAF	Mark Koebl

We Need Photos!



Do you have any great photos capturing the natural beauty or community spirit of our beautiful neighbourhood?

Please email your high-resolution pictures (minimum 200 x 200 dpi) to hawkkeye@hawkwoodca.com so we can start featuring photos of Hawkwood on the front page of our newsletter each month!

PRESIDENT'S MESSAGE

Hello Hawkwood!

I hope everyone is having a great summer and spending time connecting with family and friends, especially into the long, warm summer evenings we are fortunate to enjoy in Calgary. Although the HCA board is taking a summer break (we'll resume meeting on August 27), we want the community to know about some exciting things happening in Hawkwood.

The HCA is pleased to host The City of Calgary's popular Mobile Skate and Scoot program again this month from August 15 to 27 from 11:00 am to 7:00 pm at the Hawkwood Community Park multi-purpose rink. This is a free drop-in program with City monitors on site during the posted hours who are there to provide participants with tips and tricks. In addition to being on site for two weeks, The City of Calgary is offering free lessons (space may be limited) so check our website for more details. To top all this off, an all-ages Skate and Scoot Olympics competition will be held at the park on August 25, starting at 12:00 pm. Additional information is posted on HCA's website. Please note that helmets are mandatory!

HCA's Events Committee is busy planning the Fall Festival and Market, being held at the Hawkwood Community Park on Saturday, September 14. Save the date and watch HCA's social media channels and our website for regular updates.

As we are mid-way through the third quarter of 2024, the HCA board begins to set its sights on planning for our Annual General Meeting. Elections to the Board of Directors positions are held at the AGM and we will have some vacancies to fill as current board members wind down their terms. The HCA board values collaboration, community connections, and inclusion, and we encourage anyone who has a passion for Hawkwood to connect if they want to use their passion to serve our community in this capacity. Please email me if you would like to learn more.

To celebrate the HCA's 40th anniversary, we continue to recognize our volunteers. This month, I would like to acknowledge and thank all the volunteers who signed up to support HCA's Events Committee at Neighbour Day in June. Our Events Committee is comprised of a small, but mighty core group of Hawkwood residents who spend months planning and organizing the community's major

events. They rely on the support of volunteers to sign up for shifts on event days and it was great to see new faces joining our returning volunteers at the event this year. Thank you to all for your service to our community!

Please send me an email at president@hawkwoodca.com if you have any questions, comments, or want to learn more about the HCA.

In gratitude and kindness,

Michele del Valle



At-Risk for Mental Illness Research Program

Seeking participants for youth mental health studies

- Do you feel something is not quite right and you are concerned about recent changes in your thoughts, behaviour or experiences?
- Are you 12-30 years old?

Our studies offer monitoring, education and/or interventions.

For more info, please contact: 403-210-8740 or napls@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)

The Pulitzer Prizes



On August 17, 1903, Joe Pulitzer, newspaper publisher and journalist, donated \$1 million to Columbia University, which led to the creation of the Pulitzer Prizes. These prestigious awards honour excellence in journalism, literature, and musical composition. The Pulitzer Prizes are considered one of the highest achievements in these fields, celebrating outstanding work and contributions to society.

Upcoming Events in Hawkwood

Skate and Scoot

August 15 to 27, 2024

11:00 am to 7:00 pm

Hawkwood Community Park

Skateboarding Competition

August 24, 2024

12:00 pm

Hawkwood Community Park

Fall Festival and Market

September 14, 2024

Hawkwood Community Park

LEAF Re-affirmation Vote

October 8, 2024

4:00 to 8:00 pm

Location to be determined

HCA Annual General Meeting

November 25, 2024

For up-to-date information on events in Hawkwood, please visit our website at www.hawkwoodca.com and follow our social media accounts.

If you are interested in sponsoring an event, please contact our event co-chairs, Shannon and Joleen, at events@hawkwoodca.com.



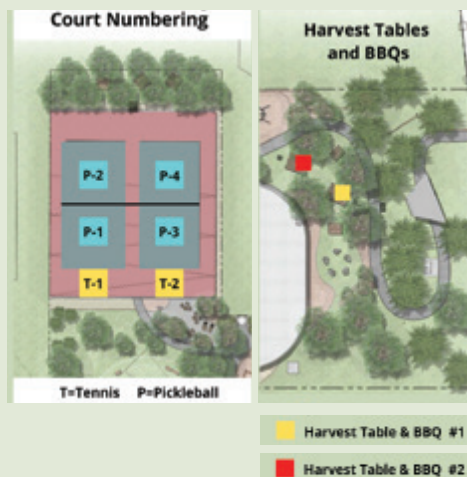
HCA Membership Benefits

Purchasing an HCA membership allows you to book some of the Hawkwood Community Park elements. This year you can book:

- Tennis court
- Pickleball courts
- Pickleball net kit
- Harvest table and BBQ

More information and details can be found on our website at www.hawkwoodca.com, or you can email programs@hawkwoodca.com.

Hawkwood Community Park Booking Elements



Keeping Up With Hawkwood

To keep up-to-date with everything happening in Hawkwood, make sure you follow our social media channels:

X(Twitter): @hawkwoodca

Instagram: @hawkwoodcommunityassociation

Facebook: @hawkwoodca

Website: www.hawkwoodca.com

These spaces are updated as soon as new information becomes available, so they are your best sources for the latest and greatest happenings in Hawkwood.

Cleaning Services

- ☒ Dry Cleaning
- ☒ Tablecloths
- ☒ Napkins
- ☒ Table Skirts
- ☒ Chair Covers
- ☒ Massage Sheets
- ☒ Face Cradles
- ☒ Gym Towels
- ☒ Face Cloths
- ☒ Chef Coats
- ☒ Coveralls
- ☒ Microfibre Cloths
- ☒ Dish Rags

Mat Rentals

- ☒ Standard
- ☒ Waterhog
- ☒ Scraper
- ☒ Logo

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- ☒ Paper Towel
- ☒ Centre Pulls
- ☒ Toilet Paper
- ☒ Facial Tissues

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Declutter and Discover! Join Us for the Citywide Treasure Hunt: A Fun Event for All Ages!

by The City of Calgary, Waste and Recycling Services

We are excited to announce the upcoming Curbside Treasure Hunt, taking place across Calgary on September 7 and 8. This is a fantastic community event where residents can set out items they no longer need, giving others a chance to find a hidden gem.

Event Details:

- Dates: September 7 and 8
- Look through your home and gather any reusable items that you no longer need.
- Mark them with a "Free" label and place them at the curb on the designated event days.
- Treasure hunters rejoice! Anyone can come and pick up these items for their own use – it's like a free garage sale right at your doorstep!
- If it's still on the curb, let's keep the community tidy and donate it!

The Treasure Hunt encourages Calgarians to explore their neighbourhoods, find unique items, and meet new people. It's a wonderful opportunity to strengthen our community ties and supports our goal of reducing environmental impacts by reducing waste. Participants can place items they no longer need at the curb for others to pick up, fostering a spirit of sharing and community engagement.

JOKE OF THE MONTH

WHAT KIND
OF KEY OPENS A
BANANA?
A MONKEY



Putting Yourself First!

by Alberta Health Services

Life brings with it everyday stresses, but it is important to have coping strategies that can be used to regulate and balance our feelings and emotions. Sometimes we do not have control of stressors that cause the stress, but we can have control of our emotions or how we react to those stressors. Calming strategies help slow down the immediate response that we have by decreasing the amount of cortisol in our body, also known as the stress hormone. There are many coping strategies, and it is important to find what works best for you.

Here is a list of strategies that can be used by anyone, anytime, and anywhere.

Managing Emotions

Commonly referred to as "name it to tame it," this is a technique that involves naming your emotions to allow you to pause and reflect rather than allowing your emotions to spiral or cause impulse decisions. Make it a habit to recognize how you feel. Did you feel embarrassed, sad, jealous, or upset? Simply notice that emotion and name it in your mind.

Mindfulness

Focusing on the present moment will help calm your mind and manage your emotions. What can you see, hear, touch, feel, or move in the environment you are presently in? This technique will help your brain focus on the current rather than the "what if."

Breathwork

Slowing and deepening your breaths has been shown to help you self-regulate by calming your emotions. Use breathing techniques that work for you, which can include box breathing or even paced breathing.

The importance of the above strategies is focusing on yourself. Everyone is different, so find techniques that resonate with you so you can be the best version of yourself!

References

AHS (2024). *D-Stress*. Retrieved March 12, 2024 from <https://www.albertahealthservices.ca/amh/page16759.aspx>.

Mindfulness.Com (2024). *Name It to Tame It: Label Your Emotions to Overcome Negative Thoughts*. Retrieved March 12, 2024 from <https://mindfulness.com/mindful-living/name-it-to-tame-it>.



News from the Friends of Nose Hill

by Anne Burke

Urban green spaces enhance our lives in cities. Parks serve as spaces for physical activity, mental health, social contact, and connection with nature across Canada. As sanctuaries, they strengthen our bonds with nature and promote biodiversity. According to the 2023 Canadian City Parks Report, parks had high use and reflected great value during the period studied. Indeed, 94% of cities reported increased use of parks in the last year. Parks were also used more in the winter for 50% of Canadians and 73% expected this use to continue. Of all park types, Canadians say they preferred to visit local neighbourhood parks (71%), natural areas (61%), and trails (60%) for nearby green spaces. Community Park groups continued to use their local parks across the country.

There were interviews with 44 senior parks staff from 30 municipalities, who shared challenges they are facing, the projects and people that inspire them, and the vision for the future of city parks. About 64% of city residents said they visit parks two to three times per week or more, including 29% who visit every day or almost every day; while 51% of city residents said they'd like to spend more time in parks than they currently do. Addressing impacts from climate change/extreme weather is one of the challenges for 94% of cities; 60% said they feel equipped with the knowledge and tools to address climate change through their work in parks. Only 57% of cities agreed that most parks are well-designed and planned to withstand the impacts of climate change, but 3% strongly agreed. When many informal parallel bike trails lead to the same place, "during certain periods of the year, maybe we close the park and allow wildlife to migrate through it." See: ccpr.parkpeople.ca/2023/ for more on this report.

HCA Membership – Buy Yours Now!

A Hawkwood Community Association family membership is a great way to support our community. A valid membership is your ticket to a variety of events taking place throughout the year and is required to vote at our Annual General Meetings and participate in the Hawkwood soccer program.

Family Memberships:

- Apply to children and adults in your household
- Cost \$30
- Are valid for 12 months

Benefits and Activities:

- Voting status at our Annual General Meetings – where community policy is decided
- Participation in HCA Sports programs like U8 Soccer
- Maintenance of the new Hawkwood Community Park
- Support for community activities like these and others:
 - Winter Carnival
 - Fall Festival
 - Picnic in the Park
 - Park & Play, Stay & Play Programs with the City of Calgary
 - Halloween Extravaganza
 - And more!

Buy your HCA Membership online at

www.hawkwood.ca.getcommunal.com/memberships.

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11113	3 Units Scaling	\$240.90	\$240.90
11101	Polishing	\$71.54	\$71.54
12112	Fluoride Treatment	\$34.66	\$34.66

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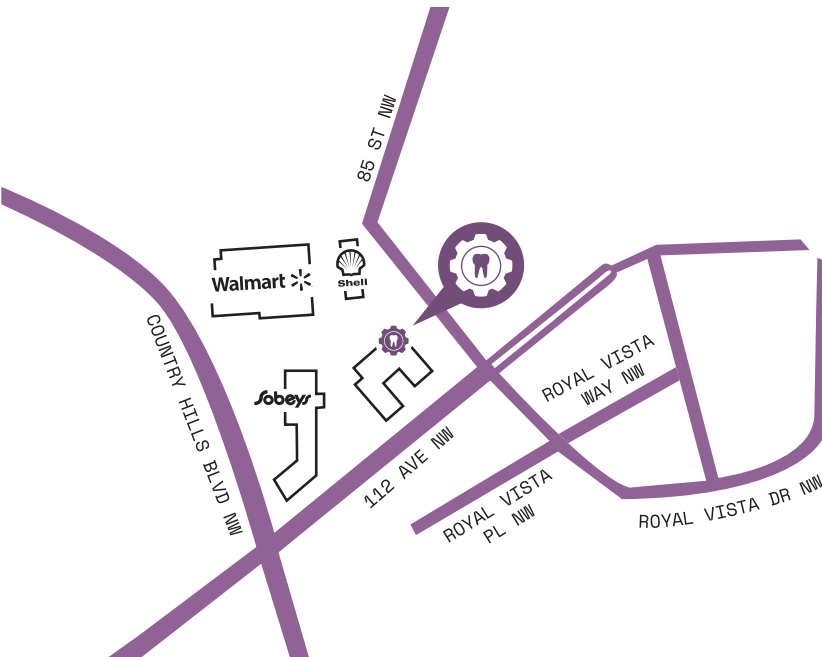


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The Hawkwood Community Association will be holding Board elections at its AGM on November 26, and there will be vacant positions when some of our current members complete their terms.

To learn more about available volunteer opportunities with the Board, email:

president@hawkwoodca.com



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X(Twitter): [@HawkwoodCA](https://twitter.com/HawkwoodCA)

Citadel Community Association Board of Directors 2024

Executive

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Past President	David Cox
Vice-President	Karen Mills
Secretary	Corey Feodoroff
Treasurer	Vacant

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Communications Director	Vacant
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Events Director	Vacant
Membership Director	Ed Bowes
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Casino Chair	Karen Mills
Fundraising Director	Vacant
IT Director	Cody Hesse
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Director at Large	Jennifer Sick
Director at Large	Sandra Daignault
Director at Large	Ross Anderson

Social Media

- Facebook: Citadel Community Association
- Instagram: @citadel_community_yc
- Website: www.citadelca.ab.ca

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PRESIDENT'S MESSAGE

The Citadel Community Association continues to look for volunteers to help with all our events. We could really use an Events Coordinator, a Volunteer Coordinator, and someone to help update our webpage.

Did you know that you don't have to be on the board of directors to volunteer with the Citadel Community Association? You may volunteer on an event-by-event basis or on a committee. We have a few committees, including the Events Committee, the Community Garden Committee, and our Seniors' Event community that you can join. These committees allow for more focused planning with less commitment than being on the main board. If you're interested, please email president@citadelca.ab.ca.

Here's a quick list of upcoming events:

- August 16 – Movie in the Park
- September 14 – CCA Used Book Sale

Keep an eye on our website, www.citadelca.ab.ca/CCA/ for more information on each event.

Thank you always for your support.

Stephanie Christensen

CCA President



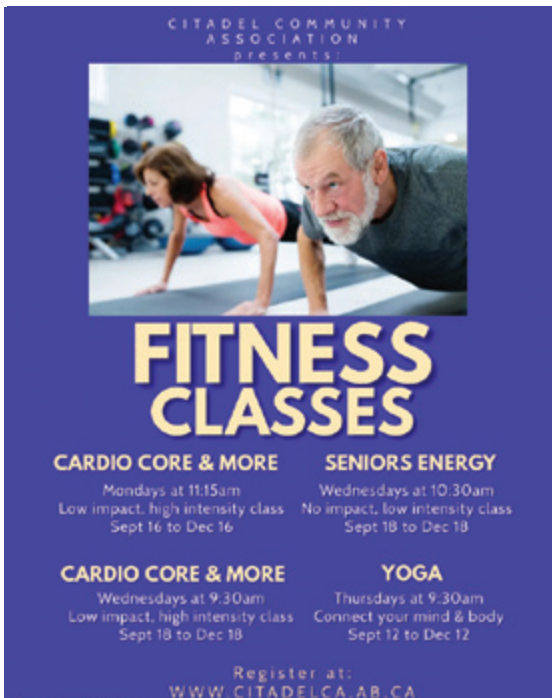
Citadel Community Association Membership

\$30/yr


<p>Benefit 1</p> <p>Free access to Events such as: Easter Event Parade of Garage Sales Stampede BBQ Movie-in-The Park Halloween Carnival</p> <p>Benefit 2</p> <p>Access to Seniors Events & Programming</p> <p>Benefit 3</p> <p>Discounted Hall Rentals Access to tennis courts, skating rinks</p> <p>Benefit 4</p> <p>Kids Soccer Programming</p>	<p>Benefit 5</p> <p>Free access to Workshops: Cyber Awareness Energy Efficiency Reducing Food Waste</p> <p>Benefit 6</p> <p>Discounted Fitness Classes including Ageless Energy & Yoga Badminton</p> <p>Benefit 7</p> <p>Volunteer opportunities, meeting new people, having fun</p> <p>Benefit 8</p> <p>Annual General Meeting Voting Rights</p>
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Find us on the web at:
<https://www.citadelca.ab.ca/CCA/index.php/memberships>
 Facebook: Citadel Community Association
 Instagram: Citadel_Community_YYC

SCAN ME



CITADEL COMMUNITY ASSOCIATION presents:



FITNESS CLASSES

<p>CARDIO CORE & MORE</p> <p>Mondays at 11:15am Low impact, high intensity class Sept 16 to Dec 16</p>	<p>SENIORS ENERGY</p> <p>Wednesdays at 10:30am No impact, low intensity class Sept 18 to Dec 18</p>
<p>CARDIO CORE & MORE</p> <p>Wednesdays at 9:30am Low impact, high intensity class Sept 18 to Dec 18</p>	<p>YOGA</p> <p>Thursdays at 9:30am Connect your mind & body Sept 12 to Dec 12</p>

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BUSINESS CLASSIFIEDS

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Understanding Creeping Bellflower: Our Charming Yet Challenging Neighbour

You might have noticed the striking blue-purple flowers of the Creeping Bellflower adorning our community spaces and perhaps even your gardens. While visually appealing, it's important to share that the City of Calgary has classified the Creeping Bellflower (*Campanula rapunculoides*) as an invasive species that can aggressively invade lawns and gardens.

Why is Creeping Bellflower Considered Invasive?

Despite its beauty, the Creeping Bellflower is a master of survival and spread. It competes aggressively with native plants for resources, spreading both by seeds and an extensive root system that makes it difficult to eradicate once established. This resilience, while admirable, poses a threat to our local biodiversity.

Early Detection: The best time to remove Creeping Bellflower is before it flowers and sets seeds.

Digging Out: Use a garden fork to loosen the soil and remove the entire root system. Any fragments left behind can regrow.

Disposal: Avoid composting any part of the plant. Seal it in a bag and dispose of it with regular garbage to prevent it from spreading.

Regular Monitoring: Keep an eye on the area for several months to catch any new growth early.

Friendly Reminder

While it's important to manage invasive species like the Creeping Bellflower, it's equally crucial to approach this task with care for our environment and each other. Chemical treatments are rarely recommended due to their potential harm to other plants and wildlife. Instead, persistent manual management is the most effective and environmentally friendly method.

Alternatives to Creeping Bellflower

Consider some of these garden selections as alternatives to creeping bell flower:

- Native and ornamental bellflowers (e.g. Carpathian harebell, *Campanula carpatica*)
- Penstemon 'Pink Chablis', Hybrid Beardtongue
- Blue Mirror Delphinium

Shari Pitka

ELM Coordinator

CREeping BELLFLOWER

Campanula rapunculoides Provincial Designation Noxious



Creeping Bellflower is a member of the Boraginaceae (Borage) family, it was introduced as an ornamental from Europe, other names include Creeping Campanula or Creeping Bluebell.

CONCERN Aggressive root system, forming dense colonies can be extremely difficult to control.

SIMILAR SPECIES Native bluebells.

LIFE CYCLE Creeping perennial.

CONTROL Long term management, hand pull before seed set (although its difficult to get the entire root), resistant to some herbicides, mowing will not kill this plant, but will prevent flowering.

IDENTIFICATION

FLOWER Purple, bell shaped, 5 lobes, 5 green sepals, nodding.

LEAVES Alternately arranged on the stem, heart shaped with jagged edges (variable), lower leaves have longer stems (petiole), upper leaves have little to no stem.

STEMS No branching, hairy, 20- 100cm tall.

ROOT Thick creeping rhizomes make this plant very aggressive and difficult to control.

SEED/FRUIT One plant can produce thousands of seeds per year, seeds are small and light brown, 10 year viability.

Citadel Community Association

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