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## CITADEL COMMUNITY REAL ESTATE ACTIVITY

|           |    | Properties |      | Median Price |           |
|-----------|----|------------|------|--------------|-----------|
|           |    | Listed     | Sold | Listed       | Sold      |
| October   | 24 | 16         | 12   | \$662,400    | \$667,500 |
| September | 24 | 11         | 12   | \$649,900    | \$640,000 |
| August    | 24 | 13         | 14   | \$639,900    | \$641,500 |
| July      | 24 | 14         | 16   | \$550,000    | \$583,250 |
| June      | 24 | 15         | 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 |

To view more detailed information that comprise the above  
MLS averages please visit [cit.mycalgary.com](http://cit.mycalgary.com)

## HAWKWOOD COMMUNITY REAL ESTATE ACTIVITY

|           |    | Properties |      | Median Price |           |
|-----------|----|------------|------|--------------|-----------|
|           |    | Listed     | Sold | Listed       | Sold      |
| October   | 24 | 11         | 7    | \$739,900    | \$730,000 |
| September | 24 | 17         | 9    | \$739,000    | \$725,000 |
| August    | 24 | 13         | 12   | \$537,450    | \$552,450 |
| July      | 24 | 16         | 14   | \$718,950    | \$721,450 |
| June      | 24 | 15         | 17   | \$699,900    | \$698,000 |
| May       | 24 | 24         | 23   | \$699,000    | \$730,000 |
| April     | 24 | 17         | 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 |

To view more detailed information that comprise the above  
MLS averages please visit [haw.mycalgary.com](http://haw.mycalgary.com)

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## Were you in a NAPLS study?

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- We invite you to participate in a short interview so we can learn how you have been doing.

For more information, please contact:  
403-210-8740 or [napls@ucalgary.ca](mailto:napls@ucalgary.ca)

The University of Calgary Conjoint Health Research Ethics Board has approved this research study "Predictors and Moderators of Long-Term Outcome of Persons at Clinical High Risk for Psychosis" (REB21-1762)

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# HAWKWOOD AND CITADEL COMMUNITY ASSOCIATIONS

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

860 Citadel Dr NW  
Calgary, AB – T2G 4B8

## ELECTED OFFICIALS



**MLA Ellingson, Court**  
**MLA for Calgary-Foothills**  
202-1829 Ranchlands Blvd NW  
Calgary, AB T3G 2A7  
Calgary.Foothills@assembly.ab.ca



**MLA Hayter, Julia**  
**Calgary-Edgemont**  
202-1829 Ranchlands Blvd NW  
Calgary, AB T3G 2A7  
403-288-4453  
calgary.edgemont@assembly.ab.ca.



**MP Kelly, Pat**  
**Calgary Rocky Ridge**  
202 - 400 Crowfoot Crescent NW  
Calgary, Alberta T3G 5H6  
Tel: 403-282-7980  
Fax: 403-282-3587 Email: pat.kelly@parl.gc.ca



**MP Rempel, Michelle**  
**(Citadel Morningside only)**  
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  |
| Vice-President                     | Pia Elborn         |
| Secretary                          | Donna Chapman      |
| Treasurer                          | Laurie Robertson   |
| Directors                          |                    |
| Newsletter Editor                  | Vacant             |
| Planning and Development           | Justin Becker      |
| 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                        |                    |
| Facility and Program Coordinator   | Alexandra 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!

As we welcome December, I am looking forward to spending time with family and friends, and hope everyone has the opportunity to schedule some relaxation time for themselves as the year winds down!

It is also a good idea to check on those who may find this time of year to be difficult or lonely. Let's all make a commitment to check in on our neighbours who we see less of during the colder months.

Thank you to all the HCA members and Hawkwood residents who came out to our Annual General Meeting at the Uplands Recreation Centre on November 26. The Board of Directors appreciated having the opportunity to provide a report on the HCA's key achievements over the past year. In 2024, the HCA continued to build on our association's previous successes, and I am grateful to all who contributed to HCA's efforts to enhance the Hawkwood community. The full AGM report can be viewed on our website at hawkwoodca.com. My sincere thank you to the 2024 Board of Directors for all your contributions over the past year. I look forward to working with the board, our Facility and Program Coordinator, our LEAF Coordinator, and all our incredible HCA volunteers in 2025 who work tirelessly on programs, events, and initiatives for our community.

If you are looking forward to enjoying some crokicurl and skating at the Hawkwood Community Park this winter, be sure to check HCA's website first for updates on the rink status. Scroll down on the main page to "Park Status Notices" – we will try our best to keep these notices up to date, so look here before heading to the park. We ask for your patience as the Winter Maintenance Team are volunteers and it takes time to build up solid ice surfaces. Over the season, the rinks may also need to close if a chinook blows in to ensure the surface remains safe for all. A huge thank you to the Winter Maintenance Team for all their efforts to provide this great recreational amenity to Hawkwood residents. If you like the convenience of being able to skate in your own neighbourhood and want to be part of the dedicated team of volunteers who make this happen, please email rink@hawkwoodca.com. Training is provided!

I extend my best wishes to all Hawkwood residents for the holidays and wish you all a healthy, happy, and peaceful New Year. 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*



### ALL I WANT FOR CHRISTMAS IS YOU

On December 21, 2019, Mariah Carey officially 'defrosted' when her song "All I Want for Christmas Is You" finally topped the Billboard Hot 100 chart for the first time since its release in 1994. Talk about a Christmas miracle – 25 years in the making!

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## Upcoming Events in Hawkwood

For up-to-date information on events in Hawkwood, please visit our website at [www.hawkwoodca.com](http://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](mailto:events@hawkwoodca.com).

## Word of the Month

**Absquatulate:**  
Verb (ab-skwoch-uh-leyt)

To run away or leave abruptly.



*The sneaky cat managed to absquatulate any time the door was open.*

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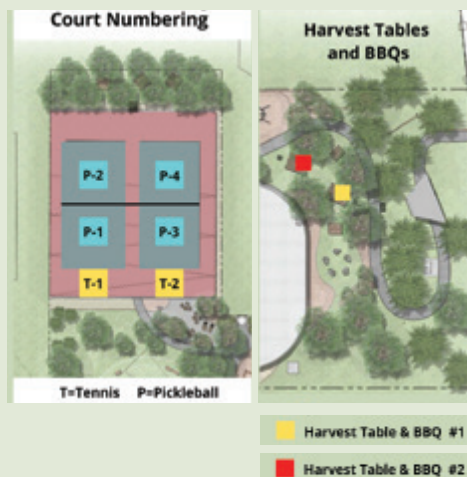
## HCA Membership Benefits

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](http://www.hawkwoodca.com), or you can email [programs@hawkwoodca.com](mailto: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

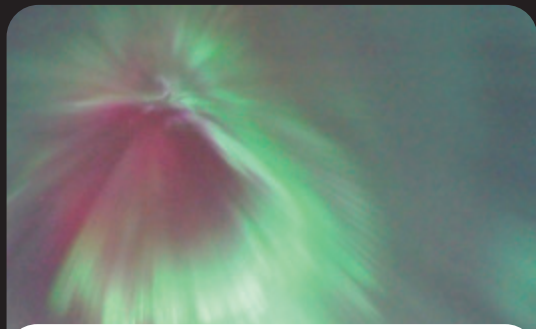
**Instagram:** @hawkwoodcommunityassociation

**Facebook:** @hawkwoodca

**Website:** [www.hawkwoodca.com](http://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.

# Photo Gallery



*Northern Lights by Hawkwood resident  
Wendy Kwan*



## News from the Friends of Nose Hill

*by Anne Burke*

Phase 3 of the Connect: Calgary's Parks Plan is underway, and the draft plan was shared with the public and partners before Council's expected approval in early 2025. You can send questions or comments directly to the project team by emailing [parksplan@calgary.ca](mailto:parksplan@calgary.ca). Please note that these will not be included in the final Phase 3 What We Heard Report. A Park is a space set aside for enjoyment, recreation, education, cultural or aesthetic use, or for the protection of wildlife or natural habitats. An urban forest includes trees and shrubs intentionally planted, naturally occurring, or accidentally seeded within city limits. This means all trees in parks, river valleys, streets, roadways, natural areas, and commercial and private lands.

A Natural Area is a City-owned park or open space where the primary role is protection of a (relatively) undisturbed parcel or with a natural/native plant community. Natural areas are categorized to provide guidance for management and permitted uses according to habitat sensitivity and conservation needs. Habitat is the environment where the life cycle of a species is found and characteristics of the place (climate or suitable food and shelter). A Habitat Management Plan means a ten-year operational plan on how we manage natural areas that help maintain or improve the health and function of a park. Calgary's natural ecosystems are categorized by their habitat type (e.g., grassland, forest, wetland). There are also categories for classifying parks with natural environments: Special Protection or Major; Supporting (may be buffers), and other naturalized parks. Naturalization means improving management or repairing some function. For Environmentally Significant Areas, some key natural components recognized by the City of Calgary are Water Quality and Quantity; Rare, Intact, or Biologically Diverse content; and Habitat for Native Species of Interest. Read more at [engage.calgary.ca/parksplan](https://engage.calgary.ca/parksplan).



## Magic Carpet Ride

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**HAWKWOOD**

THIS IS YOUR COMMUNITY. THIS IS OUR HAWKWOOD.

### Buy your Hawkwood Community Association Membership Today!

Support activities & events hosted by the HCA:

Fall Festival  
Parade of Garage Sales  
Neighbour Day  
Community Garden

Memberships are \$50 and are valid for 12 months

Buy memberships online at  
<https://hawkwoodca.getcommunal.com/memberships>  
or scan the QR Code:



Check us out online:

Website: [www.hawkwoodca.com](http://www.hawkwoodca.com)

Instagram: [@hawkwoodcommunityassociation](https://www.instagram.com/hawkwoodcommunityassociation)

Facebook: [Hawkwood Community Association](https://www.facebook.com/HawkwoodCommunityAssociation)

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

## 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:
  - Community Park amenity booking privileges
  - Ability to rent a community garden plot
  - Access to HCA's pickleball and crokicurl equipment
  - Discounts on other program registration costs
  - Fall Festival
  - Neighbour Day
  - Summer Mobile Skate Park from the City of Calgary
  - Park and Play, Stay and Play Programs with the City of Calgary
  - And more!

Buy your HCA Membership online at

[www.hawkwoodca.getcommunal.com/memberships](http://www.hawkwoodca.getcommunal.com/memberships).



## LEAF Winter Update

Hawkwood held its mandated LEAF reaffirmation vote on October 8, and if you haven't seen the results on our website, [www.hawkwoodca.com](http://www.hawkwoodca.com), or on Instagram and Facebook, we are pleased to announce that 262 homeowners voted 99.24% in support of the program's continuation for another five years!

This year provided us with some interesting challenges. Late spring frosts delayed our flower planting until early June. And although we anticipated some minor water restrictions to start the season due to low mountain snowpacks, we were left scrambling to find any water at all with the sudden City water restrictions. We were fortunate enough to have capable service providers who made an outstanding effort to source non-potable water on the scale we needed, a scarce commodity indeed. This, not once but twice this year, and amongst record high temperature setting days. However, the result was truly spectacular flowers in the planters.

This autumn, we finished the remediation of the retaining walls and soil composition to promote better displays along John Laurie Blvd next year.

Our efforts to supplement median tree watering during drought conditions seems to be paying dividends. Newly planted trees are having a high success rate so far compared to previous tree plantings more than five years ago.

We did suffer one mysterious planter loss from an undisclosed motor vehicle incident on Hawkmount Close on October 1. It was promptly cleaned up and replaced, but costs to community homeowners typically exceed \$2,000 for each instance.

By now, our winter displays should be in place providing texture and warmth on our cold winter days. Material for these is sourced locally from trees destined to the landfill compost. Once we are finished with them in spring, they will also join compost there or be turned into mulch.

Next summer's displays are already being prepared in our suppliers' greenhouses. Since their appearance may seem like an eternity away, please use this time to bundle up and enjoy the winterscapes of our streets, parks, playgrounds, and our spectacular outdoor recreational facility, as frost and snow lay a pristine blanket on our Hawkwood community and our Hawkwood homes.

## TAKE ON WELLNESS

### #HealthyTechnologyUse

*by Community Health Promotion Services*

Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor for us that has been shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles, and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content, and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 Ms that you can refer to:

- **Manage:** The information online can be easily accessed but you can manage this by setting limits and clear expectations of use. It is also useful to continually learn about different platforms, especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks, or learning about privacy settings on apps like TikTok to ensure healthy use.
- **Meaningful:** To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers or are the people you love feeling FOMO "fear of missing out" on an event that may be posted by their peers.
- **Model:** If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on your phone during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they see, for example, how this makes you feel, or do you know what filters are?
- **Monitor:** The monitoring of use will help you to see if there are any warning signs of problematic use. When they are not using technology, are they bored or angry, have low self-esteem, are they exhibiting worsening symptoms of mental health issues such as anxiety, or does it interfere with school, social interactions, or sleep?

There are pros and cons when using technology. We encourage the use of the 4 Ms as a tool to ensure the positives of technology outweigh the negatives.

# Citadel Community Association Board of Directors 2024

| Executive               |                                   |
|-------------------------|-----------------------------------|
| President               | Stephanie Christensen             |
| Past President          | David Cox                         |
| Vice-President          | Karen Mills                       |
| Secretary               | Corey Feodoroff                   |
| Treasurer               | Sandra Daignault                  |
| Directors               |                                   |
| Volunteer Coordinator   | Vacant                            |
| Communications Director | Vacant                            |
| Facilities Director     | Doug Sick                         |
| Events Director         | Vacant                            |
| Membership Director     | Ed Bowes                          |
| Community Engagement    | Allison Buchanan<br>Ilzet Thomson |
| Sports Director         | Vacant                            |
| Casino Chair            | Karen Mills                       |
| Fundraising Director    | Vacant                            |
| IT Director             | Cody Hesse                        |
| Building Rentals        | Corey Feodoroff                   |
| 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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Citadel Community Association Membership

\$30/yr

Benefit 1

Free access to Events such as:  
Easter Event  
Parade of Garage Sales  
Stampede BBQ  
Movie-in-The Park  
Halloween Carnival

Benefit 2

Access to Seniors Events & Programming

Benefit 3

Discounted Hall Rentals  
Access to tennis courts, skating rinks

Benefit 4

Kids Soccer Programming

Benefit 5

Free access to Workshops:  
Cyber Awareness  
Energy Efficiency  
Reducing Food Waste

Benefit 6

Discounted Fitness Classes  
including Ageless Energy & Yoga  
Badminton

Benefit 7

Volunteer opportunities,  
meeting new people, having fun

Benefit 8

Annual General Meeting Voting Rights

Memberships are valid for 12 months.

Find us on the web at:  
<https://www.citadelca.ab.ca/CCA/index.php/memberships>  
Facebook: Citadel Community Association  
Instagram: Citadel\_Community\_Yyc

CITADEL COMMUNITY ASSOCIATION

AGM

ANNUAL GENERAL MEETING

CCA Hall

870 Citadel Drive NW

Thursday, December 5th

Time: 7:00 PM

RSVP to:

president@citadelca.ab.ca

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## PRESIDENT'S MESSAGE

### A Year in Review

2024 was a very busy year for the CCA board. We hosted three Senior's events, a Stampede BBQ, a Movie in the Park, a Kids' Easter Party, a Kids' Halloween Dance Party, a Cyber Security Workshop, an Energy Efficiency Workshop, a Community Garden Grand Opening, a Small Business Trade Show, a Christmas Market, and more. We are very grateful to our sponsors and our volunteers who spend countless hours making our events such a success.



As another year draws to a close, most of you will be in the midst of preparations for this festive season. This Christmas season, spend time with family and friends, enjoy your Christmas traditions, take a break from work, and take time to do a good deed.

### CCA December Calendar:

- December 1: CCA Kids' Xmas Party
- December 5: CCA AGM
- December 14: Seniors' Christmas Dinner

Keep an eye on our website (<https://www.citadelca.ab.ca/CCA/>) for more information on each event.

Wishing you a Merry Christmas and a Happy New Year!

*Stephanie Christensen*

CCA President



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Citadel Community Association

# Seniors Christmas Dinner

**Saturday, December 14**  
**5pm - 8pm**

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870 Citadel Drive NW  
Members: \$10/person  
Non-Members: \$20/person  
Tickets on sale Nov 1 to Nov 15  
Contact: [seniorevents@citadelca.ab.ca](mailto:seniorevents@citadelca.ab.ca)



## City Kids: Exploring 4-H Beyond the Farm

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs

The Intro Clubs in our city have been buzzing with excitement! We're wrapping up another round of daytime and evening programs, filled with hands-on workshops that let kids try new things and make connections with friends over six weeks.

Kids have enjoyed a wide range of activities, from pottery and beekeeping to crafting their own Grinch trees. Each workshop sparked creativity and teamwork, and the feedback from families has been fantastic. Along the way, the kids picked up core 4-H skills like leadership, communication, record-keeping, and community service.



One highlight was our Sourdough Workshop, where participants got a taste of bread dough-making, complete with a wheat grinding demonstration! They also learned about the science behind sourdough and had fun making pizzas with sourdough crust. The aroma of fresh pizza filled the air, and the favourite part was tasting their creations.

We're excited to announce that the Sourdough Workshop will be back in January as part of our next round of clubs, so those who missed it will get another chance!

The Intro Clubs are a great place for kids to grow, make friends, and have fun. We can't wait for the new workshops and activities coming up! For more information on upcoming clubs, please email [introclubs@4hab.com](mailto:introclubs@4hab.com). Thank you to all the families who've joined us on this journey—stay tuned for updates, and we hope to see you at our next workshop!

**Citadel Community Association**

# Stitch & Chat



BRING A FRIEND!  
MAKE A FRIEND!

**Tuesdays from 1-4pm**

Do you knit, crochet or stitch? We are an adult social group that connects through our love of crafting. Bring your project & join us for a fun afternoon. For more info contact Sandra at [treasurer@citadelca.ab.ca](mailto:treasurer@citadelca.ab.ca)

**CCA Hall - 870 Citadel Drive NW**

**CITADEL COMMUNITY ASSOCIATION**

# Kids Christmas Party



**SUNDAY, DECEMBER 1st**

**2PM-4PM**

**870 Citadel Drive NW**

[WWW.CITADELCA.AB.CA](http://WWW.CITADELCA.AB.CA)

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## Easy Turkey Chili

by Jennifer Puri

Turkey is a large bird which is rich in protein and other nutrients such as iron, zinc, and selenium. It provides many of the same calories as chicken and most people are easily able to digest it.

Ground turkey is an inexpensive way to consume turkey and over the years has grown in popularity as a substitute for ground chicken. Rich in vitamins and minerals it can contribute to a healthy diet as it is low in fat. Dark meat is more flavourful but has more calories than white meat without the skin.

Turkey can be added to soups, salads, sandwiches, burgers, or Chili as shown in this Easy Turkey Chili recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 1 hour

**Servings:** 6

### Ingredients:

- 1 lb lean ground turkey
- 2 tbsps. olive or vegetable oil
- 3 garlic cloves finely chopped
- 1 medium yellow onion chopped
- 1 red bell pepper finely chopped
- 1 900 ml carton (low sodium) chicken broth
- 1 28 oz can diced tomatoes
- 1 small can corn niblets drained and rinsed
- 1 540 ml can black beans drained and rinsed
- 1 540 ml can red kidney beans drained and rinsed
- ½ tsp Chili powder
- 2 tsps. ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp ground black pepper

### Directions:

- In a large pot add olive or vegetable oil, chopped onion, garlic, and red pepper. Sauté the vegetables for 3 to 4 minutes until onions are softened and then add the ground turkey. Sauté the turkey for 4 to 5 minutes until cooked through.
- Add the Chili powder, ground cumin, oregano, salt and black pepper and continue to cook for a couple of minutes.

- Add the black beans, kidney beans, corn, and diced tomatoes and blend in with the turkey.
- Add the chicken stock and bring to a boil and then reduce heat and allow the Chili to simmer for approximately 45 minutes, stirring occasionally.
- Garnish the Turkey Chili with sour cream, shredded cheddar cheese and chopped coriander leaves or taco chips and sliced avocado if preferred.

Bon Appétit!





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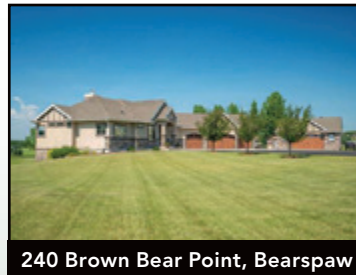
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