

JANUARY 2024

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THE OFFICIAL HAWKWOOD COMMUNITY NEWSLETTER



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CITADEL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
November	23	8	7	\$524,000	\$515,000
October	23	11	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
June	23	23	22	\$568,000	\$566,500
May	23	18	17	\$599,900	\$669,000
April	23	18	15	\$599,900	\$600,000
March	23	18	17	\$549,900	\$556,000
February	23	9	6	\$594,900	\$577,500
January	23	5	4	\$474,950	\$485,000
December	22	4	8	\$539,900	\$532,500

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
November	23	5	9	\$665,000	\$671,000
October	23	8	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
June	23	19	13	\$648,000	\$615,000
May	23	11	12	\$637,300	\$658,944
April	23	10	13	\$669,000	\$663,000
March	23	11	10	\$559,375	\$562,500
February	23	11	7	\$579,000	\$599,000
January	23	5	3	\$580,000	\$568,000
December	22	2	4	\$656,938	\$637,750

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

VALENTINE'S DAY SPECIAL!

FREE Teeth whitening for your partner when you get yours whitened
Valid until Feb 14th

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president@hawkwoodcalgary.com
www.hawkwoodca.com

860 Citadel Dr NW
Calgary, AB – T2G 4B8

ELECTED OFFICIALS



MLA Ellingson, Court
MLA for Calgary-Foothills
Calgary.Foothills@assembly.ab.ca



MLA Hayter, Julia
Calgary-Edgemont
104 - 3604 52 Ave NW
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MP Kelly, Pat
Calgary Rocky Ridge
202 - 400 Crowfoot Crescent NW
Calgary, Alberta T3G 5H6
Tel: 403-282-7980
Fax: 403-282-3587
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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

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Hawkwood Community Association Board of Directors 2023-2024

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Membership	Vacant
Webmasters	Jodie and Erick Cardoza
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School Liaison – St. Maria Goretti	Christina Lazarescu
Casino	Lori Jaffray
Director at Large	Isaac Antepli
Director at Large	Joanne Manser
Contacts	
Programs Coordinator	Heather Kovach
LEAF	Mark Koebel

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 hawkeyenews@shaw.ca so we can start featuring photos of Hawkwood on the front page of our newsletter each month!

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 <https://hawkwood.ca.getcommunal.com/memberships>.

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.

JOIN THE RINK RAT TEAM!



Volunteers needed to help maintain the Hawkwood Community Rink this winter!

Email rink@hawkwoodca.com

Looking for Rink Rat Volunteers

Our rink is maintained by a great team of community volunteers, and we are always looking for new recruits. If you are interested in helping with the rink for the 2024 season, email us at rink@hawkwoodca.com. No experience required and training is provided!

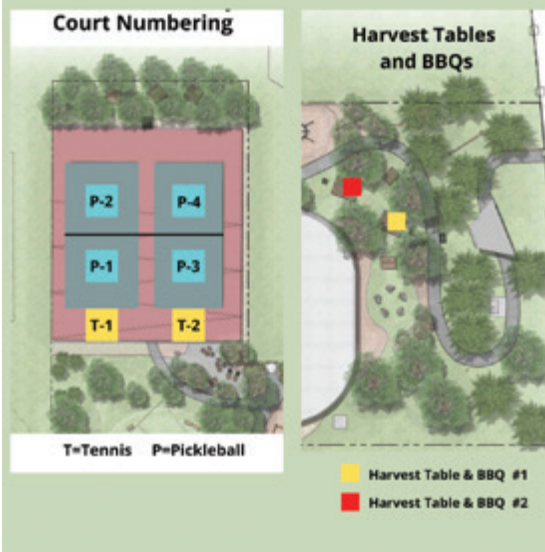
HCA Membership Benefits

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



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)

☒ CHECKLIST

9 PM ROUTINE



CALGARY
POLICE
SERVICE

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



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Upcoming Events in Hawkwood

Please visit our website at www.hawkwoodca.com and our social media accounts for updates on any upcoming events.

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

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

CITADEL



HAWKWOOD



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
Scavenger Hunts
Trivia Nights, etc.

Support the new Outdoor Recreational Facility and connect with your neighbours

Memberships are \$30 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

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

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

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



News from the Friends of Nose Hill

by Anne Burke

Along the many 1959 vehicle trails, a great deal of severe damage occurred on slope crests and the top of hummocky areas (i.e., a small knoll or mound above ground). Although regeneration was slow, the amount of scarring evident in 1982 photographs was less than in 1969. Many of the deeply cut and rutted trails were along the 24th Street alignment. There were significant vehicle impacts on the bluffs north and south of Porcupine Valley. The hillside due west of the Berkley Gate parking lot was heavily scarred, as were the ravine slopes and trail up the north face of the bluff that rises from the south side of the Valley. In 1990, Canadian Western Natural Gas was granted a utility metre easement in the park on the slopes marking the Park's northern boundary. Adjacent construction projects involved temporary removal of post-and-cable fencing to deposit waste in the MacEwan Glen Ravine.

Between 1982 and 1990, walkers and cyclists expanded the already extensive trail network. In 1993, trail conditions and user data were collected during the period of 20 July to 20 September from the glacial moraine (the plateau and side slopes), ravines (such as Many Owls and Porcupine Valley), and disturbed land. Use of Nose Hill was greater in the afternoon and evenings. A total of 631 people used pathways versus 200 on trails. More walkers used pathways while those with dogs used ravines. On weekends more users spent time in the ravines. Almost three times as many users were recorded using the Hill plateau and side slopes, rather than ravines, during the week. Survey work was done by pairs of volunteers from Friends of Nose Hill, Nose Hill Communities Board, and the Calgary Field Naturalists Society.

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- Tork Dispensers and Supplies



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Director at Large	Ram Gupta

Social Media

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

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PRESIDENT'S MESSAGE

Happy New Year Citadel!

By the time this letter arrives in your mailbox, the outdoor skating rink should be flooded, and skaters should be on the ice. The next time you walk by the rink at night, be sure to say thank you to our rink volunteers for cleaning and flooding the ice.

January can be tough for some people. The nights are long and cold, holiday bills are starting to arrive, and holiday memories are behind us. Here are a few ways to deal with the January blues: talk with friends or family about how you feel, get enough sleep, eat well-balanced meals, cut out drinking or smoking, seek out the sun and go for a walk around the block. Just remember that you are not alone; feeling blue in January is common.

Looking back at December, the CCA held our Seniors' Christmas Dinner on December 2. It was well attended with roughly 50 seniors from the neighbourhood coming out to enjoy the event. We played games, exchanged gifts, and ate a delicious turkey dinner. Our next seniors' event will be a Seniors' Fun and Games event to be held on Saturday, January 27 from 2:00 to 4:00 pm.

The CCA board will be getting together in January to plan dates for our events for the year. Some of our events for 2024 include a small business trade fair, an Easter event, a Cyber Security Workshop, a Calgary Stampede BBQ (or breakfast), a Parade of Garage Sales, and a Movie in the Park. If there's an event that's near and dear to your heart, we welcome you to join us in planning that event as we continue to seek a Volunteer Coordinator, Events Director, and a Communications Director. For more information, please contact president@citadelca.ab.ca.

Thank you for your support. We look forward to making 2024 our best year yet.

Stephanie Christensen

CCA President



CCA Fitness Classes



CARDIO CORE & MORE

Mondays at 11:15am
Low impact, high intensity class
Jan 8 to Mar. 25

SENIORS ENERGY

Wednesdays at 10:30am
No impact, low intensity class
Jan 10 to Mar. 27

CARDIO CORE & MORE

Wednesdays at 9:30am
Low impact, high intensity class
Jan 10 to Mar. 27

YOGA

Thursdays at 9:30am
Connect your mind & body
Jan 11 to Mar. 28

SHAPE YOUR BODY

BECOME STRONGER

Sign up at: WWW.CITADELCA.AB.CA

Citadel Community Association
Is looking for



CASINO

Volunteers

THURSDAY 21 MARCH
FRIDAY 22 MARCH


- CHIP RUNNERS • CASHIERS • COUNT ROOM

PURE CASINO 1420 Meridian Rd NE, Calgary, AB

Email: Vice_President@citadelca.ab.ca

That's a Lot of Snow


Scotland has an impressive linguistic flair for describing snow—with a whopping 421 distinct words and expressions! Among them, you'll find gems like "snaw," "sneels," and "skelf," officially documented as part of the Scottish lexicon for capturing the nuanced beauty of snow in its various forms. It's a linguistic snowscape that paints a vivid picture of Scotland's intimate relationship with the winter wonderland.



DISCOVER A WORLD OF FUN AND STRATEGY! Are you ready for an adventure?

Under the Mountain Games welcomes you to a haven for all board game enthusiasts, card game aficionados, RPG adventurers, and Warhammer warriors! Get ready to embark on a journey filled with fun, strategy, and camaraderie.

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BRING YOUR FRIENDS!
MEET NEW PEOPLE!
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FROM 2:00 - 4:00 PM
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MEMBERS: FREE
NON-MEMBERS: \$5

RSVP to: seniorevents@citadelca.ab.ca
WWW.CITADELCA.AB.CA

How to Deal with Those Long Sleepless Nights

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques



3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump
9. Sleep is essential to your well-being. Don't put off seeking the help that's available.

Citadel Community Association

Stitch & Chat

BRING A FRIEND! MAKE A FRIEND!

Tuesdays from 1-4pm (starting Sept. 5)

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 dal4@citadelca.ab.ca

CCA Hall - 870 Citadel Drive NW

4-H Alberta Launches First Six-Week Intro Club in Calgary

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

4-H Alberta has launched a new initiative called 4-H Intro Clubs, which brings six-week programming to youth in the city. The flagship club, explore 4-H, recently concluded its successful run on November 15. Throughout the six-week program, members were exposed to many enriching experiences. These activities included making healthy snacks and smoothies, exploring AI and 3D printing, and creating natural bath and body products. The club had a visit from a live hawk and members used their critical thinking skills to explore engineering with LEGO. Alongside these hands-on learning opportunities, members developed their leadership, record-keeping, and communication skills, ensuring well-rounded skill development. To culminate the program, members organized a delightful chocolate party for their families, celebrating their achievements and the bonds they had formed.

Youth programs, such as 4-H, help develop positive well-being in young people. The 4-H Intro Club initiative is a great way for young people to develop important life skills and make new friends without a huge time commitment. This innovative program offers a refreshing alternative to year-long commitments, making it highly accessible for families with busy schedules. 4-H Intro Clubs will continue to be offered in various locations throughout the city until July, with an upcoming sports-based club at Genesis Centre after school on Mondays and a Baking Club in the Brentwood area on Wednesday evenings starting the week of January 15. Registration for these clubs closes on January 5, and more information can be obtained by contacting introclubs@4hab.com.



No matter how much you sweat, we can get the stink out!


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Citadel Community Association Membership

\$30/yr

Benefit 1

Free access to Events such as:
 Easter Event - April 2nd
 Parade of Garage Sales - June 24/25
 Stampede BBQ - July 8
 Movie-in-The Park - TBD
 Halloween Carnival - TBD

Benefit 2

Free access to Workshops:
 Green Calgary
 Resume Help
 De-cluttering & Downsizing

Benefit 3

Free access to Seniors
 Events & Programming

Benefit 4


Discounted Fitness Classes
 including Ageless Energy & Yoga
 Badminton

Benefit 5

Discounted Hall Rentals
 Access to tennis courts, skating rinks

Benefit 6

Volunteer opportunities,
 meeting new people, having fun



Find us on the web at:

<https://www.citadelca.ab.ca/CCA/index.php/memberships>
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202-1829 Ranchlands Blvd NW, Calgary

403 216 5444

Calgary.Foothills@assembly.ab.ca

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courtellingson @CourtEllingson



Happy New Year Residents of Calgary-Foothills!

I hope you enjoyed a safe and healthy holiday season! I am kicking off the new year in Calgary before heading to the provincial legislature in Edmonton. January/February is a great time to book a meeting with me to share your thoughts about our government or an issue you care about. I will be hosting "Coffees with Court" on most Fridays from January 12 to February 23 from 9:00 to 10:30 am at Good Earth Coffee House (31 Crowfoot Terrace NW). Please drop by and email Calgary.Foothills@assembly.ab.ca to sign up!

My priorities remain the same – to represent and serve you and your neighbours, amplify your voice, and highlight the issues that concern our community. Top of my list continues to be advocating for the construction of local schools and ensuring adequate funding for the schools we have. I am also concerned about upcoming healthcare changes, and the fact that the government has not provided enough investment into attracting more doctors, healthcare, and frontline workers to reduce our wait times and surgery backlog. I'm continuing to promote Calgary's tech ecosystem to grow our economy and am calling on the government to repeal the renewable energy ban that put \$33 billion of projects at risk. We must prioritize ways to attract investment while also protecting our environment.

Finally, I continue to hear from folks concerned about the removal of their CPP. Please join me on January 23 from 6:30 to 8:00 pm for a Pension Town Hall at Dalhousie Community Association (5432 Dalhart Road NW) to share your thoughts. RSVP at tinyurl.com/pensiontownhall.

A reminder that you can keep up with my work by following me on social media @CourtEllingson. Don't hesitate to contact Calgary.foothills@assembly.ab.ca to volunteer or to learn how your MLA can support you!

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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.

BUSINESS CLASSIFIEDS

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CERTIFIED MASTER ELECTRICIAN: Terry Raabis, RME/ CME, CQT – Big Sky Ventures. Call: 587-228-9371 or e-mail: bigskyventures@shaw.ca. Home renos, re-wiring, troubleshooting, vehicle charger connections, smoke and carbon monoxide detectors, service panel upgrades, and much much more! Fully licensed and insured. Customer satisfaction guaranteed. Call us for a no-charge site visit and estimate.

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E.G.K. GENERAL CONTRACTING | COMPLETE HOME RENOVATIONS AND HANDYMAN SERVICES, INTERIOR AND EXTERIOR WORK: Framing, drywalling, taping, texturing, tile-work, painting, plumbing, electrical, windows, doors, flooring, insulating, insurance claims, mold remediation, handyman services, and more! 35+ years of experience. Licensed, insured, W.C.B. & BBB A+ rating. Contact Erich at egkgencon@gmail.com or 403-606-2493. Website: www.egkcontracting.com.

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LONDONDERRY PAINTING AND DECORATING: Interior painting: walls, ceilings, wood trim, wallpaper application and removal. Exterior painting: house, garage, fences, decks, including fence and deck repair. Seniors receive a discount. For a free estimate call Howard at 403-226-3456.

ASTROLOGICAL GUIDANCE: All is interconnected and interrelated, the stars will shed some light into your shadows and unlock the knowledge of your potentialities. Are you seeking guidance or needing clarity? Natal chart interpretation \$150 (4 pages), Year Forecast \$150 (4 pages), Exact Birth Time Rectification \$50. astrologer@myyahoo.com.

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