

JULY 2024

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THE OFFICIAL HAWKWOOD COMMUNITY NEWSLETTER



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- Bouncy Castle
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Tickets on Showpass



MORE INFORMATION:

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BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

SALE \$9,879

Limited Supplies

SUPREME TUB TO SHOWER

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base added
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install a new toilet with soft close seat
- Supply & install a new corner caddy with soap dish
- Supply & install new sub-floor
- Installing of new tile flooring
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new vanity

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$16,789

SALE \$11,879

Limited Supplies

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PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



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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 Elborno
Secretary	Donna Chapman
Treasurer	Laurie Robertson
Directors	
Newsletter Editor	Danielle Kiss
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	Isaac Antepi
Director at Large	Vacant
Contacts	
Programs Coordinator	Vacant
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 hawkkeye@hawkwoodca.com so we can start featuring photos of Hawkwood on the front page of our newsletter each month!

Upcoming Events in Hawkwood

Skate & Scoot

August 15 to 27

11:00 am to 7:00 pm

Hawkwood Community Park

LEAF Re-affirmation Vote

Fall 2024 – date to be determined.

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

Community Cleanup 2024

Hawkwood will not be hosting a community cleanup event this year. Check out the City of Calgary website for dates and locations of other community cleanups across the city: www.calgary.ca/communities/community-cleanups.html.

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PRESIDENT'S MESSAGE

This month, we are once again providing some information on the City of Calgary's Responsible Pet Ownership Bylaw in response to a few questions/comments that have come my way.

Cats - Cat owners are responsible for ensuring their cats have a City of Calgary license, remain on the owner's property (this includes the owner's yard), do not scatter garbage, and do not chase, threaten, or attack a person or an animal.

Dogs - Dog owners are responsible for cleaning up after their dogs, and ensuring their dogs are licensed, remain under their constant control, and always kept on-leash, unless on the owner's property or where posted signs indicate otherwise such as in off-leash areas. The bylaw also states that dogs are not permitted on school grounds, playgrounds, or sports fields. For more information regarding concerns with dogs, visit www.calgary.ca/pets/dog-concerns.html.

Calgary has 157 off-leash areas in multi-use parks for Calgarians and their dogs to enjoy, including Hawkwood's off-leash area in Hawkcliff Park/Ravine. To view all off-leash areas in Calgary, go to <https://maps.calgary.ca/OffLeashDogAreas/>.

Lost Pets - If your pet is lost, call 3-1-1 and file a lost pet report including a description, pet license number, and tattoo or microchip information. Check frequently with the City of Calgary's Animal Services Centre (online or using the City of Calgary Pets mobile app) to see if your pet is in the facility.

Found a Lost Pet? - Pets found within the Calgary city limits, with or without ID, should be taken to the City of Calgary's Animal Services Centre (2201 Portland St SE) or, if after hours, the closest veterinary clinic.

For more information about pets and responsible pet ownership, go to the City of Calgary's website at www.calgary.ca/content/www/en/home/pets.html.

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

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.

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.



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 naps@ucalgary.ca

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

BARKER'S

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PICK UP & DELIVERY SERVICES



403-282-2226



News from the Friends of Nose Hill

by Anne Burke

The guided free Nose Hill Flower Walk on Tuesday, July 9 at 7:00 pm will meet at the parking lot on 14 Street and 64 Avenue NW. You are also invited to another exciting plan for a pair of weed pulls at the south-end of Nose Hill by the Winter Club, on Saturday, July 13 and Sunday, July 21 from 9:00 to 11:30 am. The Nose Hill ecologist (andrew.phelps@calgary.ca) says, for dense infestations, that early season pulling allows for a more effective application of herbicide throughout the whole plant later. July and early August are the busiest times to catch many weed species before they go to seed. Events are booked early to beat the heat. Jim Davis, the Program Coordinator for Activations and Education for Calgary Parks and Open Spaces, will assist and said to let him know of any questions at jim.davis@calgary.ca. He wrote: "Yes, we have been working to schedule two volunteer projects to address Canada and Notting Thistle at Nose Hill Park. The current plan is to start at 9:00 am on both days, ending around 11:30 am. We will be meeting at the Park's parking lot at the corner of the Winter Club and working on the south-end of the park, moving clockwise to the west/north. The event is open to up to twenty volunteers working alongside a couple of Parks' staff who will give safety and task demos and bring all required tools. Prospective volunteers should wear closed-toe shoes and long pants, clothing suitable for weather conditions that day, and bring gloves if they have them. We also will have gloves available. Parks' staff will map the event, track weed removals, and drop them at a designated facility".

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SCAN ME

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Photo Corner



by Mohammed Khan

THANK
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VOLUNTEERS WHO
MADE THE
HAWKWOOD
CASINO A GREAT
SUCCESS - WE
APPRECIATE YOU!



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://twitter.com/HawkwoodCA)

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CITADEL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	24	27	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
June	23	23	22	\$568,000	\$566,500

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
May	24	23	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
June	23	19	13	\$648,000	\$615,000

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

Citadel Community Association Board of Directors 2024

Executive	
President	Stephanie Christensen
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Vice-President	Karen Mills
Secretary	Corey Feodoroff
Treasurer	Vacant
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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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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Citadel Community Association Membership

\$30/yr

Benefit 1

Free access to Events such as:
Easter Event - March 23
Parade of Garage Sales - June 22/23
Stampede BBQ - July 6
Movie-in-The Park - August 17
Halloween Carnival - TBD

Benefit 2

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

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

SCAN ME

Find us on the web at:

<https://www.citadelca.ab.ca/CCA/index.php/memberships>
 Facebook: Citadel Community Association
 Instagram: Citadel_Community_YYC

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PRESIDENT'S MESSAGE

July marks the midway point of the year. July is also the host month of Canada Day! Canada Day is celebrated on July 1 and holds a special place in the hearts of Canadians across the globe. It marks the birth of a nation and commemorates the rich history, diverse culture, and shared values of the Canadian people.

We are very fortunate to live in Canada. We have publicly funded healthcare and a world-class education system. We welcome diversity and multiculturalism and are surrounded by a mix of cultures, languages, ethnicities, and religious beliefs. Canada is a safe and peaceful country where the incidence of violent crime is low. We have clean, unpolluted air and water, and ample forested areas and walking trails.

Canada is a land of unparalleled scenic beauty. We have the majestic Rocky Mountains in the west, and we are surrounded by three oceans. Canada is blessed with an abundance of natural wonders from Niagara Falls to the fjords in Quebec, to the Great Lakes as well as the Northern Lights. So let us be thankful for our great country.

The Citadel Community Association continues to plan events and workshops for our residents.

Here's a quick list of upcoming events:

- July 6 – Stampede BBQ (Don't forget to renew your membership in advance!)
- July 13 – Seniors' Event
- August 16 – Movie in the Park

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

Cleaning Services

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- ☒ Face Cradles
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- ☒ Face Cloths
- ☒ Chef Coats
- ☒ Coveralls
- ☒ Microfibre Cloths
- ☒ Dish Rags

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- ☒ Scraper
- ☒ Logo

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- ☒ Toilet Paper
- ☒ Facial Tissues

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GOOEY GOODNESS



Have you ever wondered why it is called a marshmallow? The gooey treat we love today was originally enjoyed by Ancient Egyptians and made from the mallow plant (*Athaea officinalis*), which grows wild in marshes!

Citadel Community Association

Stampede BBQ

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Burgers & Hotdogs, Beans,
Coleslaw & drinks
(while supplies last)

**SATURDAY
JULY 6TH**

12:00 - 3:00 PM
870 Citadel Drive NW

Members: FREE
Non-Members: \$5/each

**SPONSORED BY
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Citadel Community Association

Senior's BBQ

**Saturday, July 13
10:00AM-2:00PM**

Schedule:
10am - Silver Springs Garden Tour
12pm - BBQ at CCA Hall

Members: FREE / Non-Members: \$10

RSVP to Ed at seniorevents@citadelca.ab.ca



CITADEL COMMUNITY ASSOCIATION
PRESENTS



Movie In The Park

Fri, Aug 16 at Dusk (~9:15PM)

Behind Citadel Park School

Sponsored by: Zeena Taghvaei RE/MAX Realty

Citadel Community Association

Stitch & Chat



**BRING A FRIEND!
MAKE A FRIEND!**

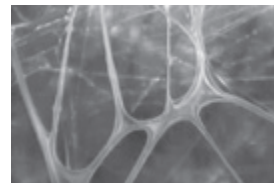
Tuesdays from 1-4pm

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 dal4@citadelca.ab.ca

CCA Hall - 870 Citadel Drive NW

Pain Management or Pain Elimination

The Myofascial Release Approach is considered to be the ultimate therapy that is safe, gentle and consistently effective in producing results that last.



Your fascial system is a 3D sheet throughout your entire body.

We view pain from two different perspectives. In Western medicine we avoid pain, “mask” the symptoms and teach the patient to cope with their problem. It does not cause direct trauma, but forces people to be satisfied with limited results. This leads to the possibility of cumulative trauma. Untreated restrictions can cause microtrauma to the patient’s system over time. This microtrauma is like a ticking time bomb left in the system, forcing a return of symptoms or a shift to another area.

The other perspective is “no pain, no gain.” Many times patients have been instructed to exercise and force their way through the pain. Which means a lot of strong patients in agony. Or aggressive manual techniques and manipulations producing force into structures with little or no attention to the tight surrounding myofascial environment. The force used creates the possibility of increased pain, injury or a return of symptoms. This is because the environment of every structure, the myofascial system, had not been released first.

Would you consider a third possibility? Myofascial Release Massage can safely free the structures and/or create a more open environment to enhance the effectiveness of manipulation, mobilization procedures, exercise and flexibility programs. One aspect of the Myofascial Release Approach is where the therapist applies gentle, sustained pressure into the fascial system, creating what the patient reports as a feeling of good pain or a good stretch. Release of the pressure of the fascial system around the muscles, nerves, blood vessels and the osseous structures creates a free, mobile environment of these pain-sensitive structures, producing consistent results in relieving pain and restoring functional mobility. The other aspect is the sophisticated technique called Myofascial Unwinding. The therapist takes gravity out of the system so the body can tap into its own self-correcting mechanism (Barnes).

The Myofascial Release Approach is more than just an assemblage of techniques. Instead, it creates a whole-body awareness allowing the health professional to facilitate change, growth and the possibility for total resolution of restrictions, emotions and belief systems that impede patient progress.

Sheena Taggart RMT

Connective Wellness Myofascial Release Massage

Connectivewellness.ca

References

Today Vol. 5, No. 40 Mind & Body by John F. Barnes



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MRMB SERVICES INC: Caregiving planner and task assistant for aging in place. SMC and FMS bookkeeper. Contact 403-730-7770.

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