

AUGUST 2016

DELIVERED MONTHLY TO 2,200 HOUSEHOLDS

CAMBRIAN^{HEIGHTS} ROSEMONT

CHRONICLE

THE OFFICIAL CAMBRIAN HEIGHTS & ROSEMONT COMMUNITY NEWSLETTER



STEP INTO SUMMER

Are you thinking of becoming more active?
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact:

Research Coordinator
403.210.7044 or perryr@ucalgary.ca



Ethics ID: REB15-2944
This study has been approved by the University of Calgary
Conjoint Health Research Ethics Board.



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"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."
Enform IRP 9 (Revised)
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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

It is just like man's vanity and impertinence to call an animal dumb because it is dumb to his dull perceptions.
Mark Twain



Cambrian Community Association

600 Northmount Dr. NW
Calgary, AB – T2K 3J5
Phone: 403.284.1175
CHCA_HALL@telus.net
www.cambrianheightscommunity.com



Rosemont Community Association

Box 91009,
#9 728 Northmount Dr. NW
Calgary, AB – T2K 6J8
Phone: 403.289.6533
rosemont_community@yahoo.ca
www.rosemontcommunity.blogspot.ca

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Cambrian Heights Community Association

600 Northmount Drive NW • Calgary, Alberta T2K 3J5
Phone: 403-284-1175 • Email: CHCA_HALL@telus.net
Web Site: <http://www.cambrianheightscommunity.com>
Bylaw Article 4.8.3: The quorum for the transaction of business at any Board meeting shall be one third of the standing Directors plus two. Voting Members required for quorum is 10 divided by 3 = 3 plus 2 = 5 voting Board members.

Position	Name	Telephone	Email	Vote
President	Daryl Connolly	403-470-5339	president@cambrianheightscommunity.com	Yes
Treasurer	JoAnne Dorval-Dronyk	403-289-8202	treasurer@cambrianheightscommunity.com	Yes
Recording and Correspondence Secretary	Gary Davies	403-389-1350	secretary@cambrianheightscommunity.com	Yes
Casino Co-ordinator	Daniel Vallee	403-477-7603	danvallee@shaw.ca	Yes
Community Garden Co-ordinator	Susan McGregor	403-973-2156	garden@cambrianheightscommunity.com	Yes
Newsletter Co-ordinator	Barb Milne	403-282-2684	blmilne@shaw.ca	Yes
Membership Co-ordinator	Jennifer Manns	403-282-2835	JenManns@shaw.ca	Yes
Social Co-ordinator	Jodi Dixon	403-276-4242	social@cambrianheightscommunity.com	Yes
Director Planning Committee	Daryl Beatty	403-554-4404	dbeatty@decisiveedge.com	Yes
Director Planning Committee	Gary Wilson	403-589-0507	plan2@cambrianheightscommunity.com	Yes
Past President	Steve Schroeder			No
Past Treasurer	Sonya Hnatiw	403-282-0892	director1@cambrianheightscommunity.com	Yes
Maximum of 18 Voting Members				
Committees - Non Voting				
Rink Co-ordinator	Scott Jacobson	403-771-9755	scottcolleenj@gmail.com	No
Hall Manager	Lora Riep	403-284-1175	CHCA_hall@telus.net	No
Community Recreational Co-ordinator	Dru Mohler	403-476-7216	Dru.Mohler@calgary.ca	No



Hall Manager
Contact Lora for bookings 403.284.1175

CAMBRIAN HEIGHTS COMMUNITY ASSOCIATION

MEETINGS

First Monday of the month (Sept. 6)
6:30 pm
Georgina Thomson office, 772 Northmount Drive NW
Everyone is invited to attend a community association meeting
Questions? Concerns?
Phone: (403) 284-1175
Website: www.cambrianheightscommunity.com
cambrianheights@gmail.com

Learning and Playing Bridge

Would you like to learn the game of bridge?
Would you like to teach the game of bridge?
With enough community interest, Cambrian Heights Community Centre could host a twice a month evening of learning and playing bridge. Please contact our newsletter contact, Barbara Milne blmilne@shaw.ca if you would like to participate in bridge, either through learning or teaching. If we are successful in gathering enough of a group, we could begin this initiative in September.



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.



Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.



CAMBRIAN HEIGHTS COMMUNITY ASSOCIATION MEMBERSHIP APPLICATION FORM

Name: _____
Address: _____
Postal Code: _____ Phone: _____
E-mail: _____

(Personal information is used to inform members of Community events only, no information is shared with other organizations or individuals other than those associated with Cambrian Heights Community Association).

Membership Type (Please select only one):
Residents (Voting Members): ☐ Single / Senior Membership \$5 ☐ Family \$15
Non-residents (Non-voting members): ☐ Associate \$15
☐ **Corporate Membership** \$100 (On-line registration available)

Associate membership cards are not sent out unless proof of membership required :
Please indicate membership purpose: ☐ McKnight Soccer ☐ Yoga

Please Note:
Membership term is for 1 year and is current from Jan 1 of the year purchased until Dec 31 of the same year as per the Community Association Bylaws.

Please make cheques payable to the Cambrian Heights Community Association and mail to 600 Northmount Drive NW, Calgary AB, T2K 3J5

IN & AROUND
CALGARY

Backyard Fire Safety tips
from your Calgary Fire
Department

Enjoying a recreational fire in your backyard can be a great way to spend a summers evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

Rules for fire pits

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fir pit locations.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide. This helps to ensure embers, sparks or smoke don't harm anyone or cause a nuisance to your neighbours.
5. Only burn clean, dry firewood. **Do NOT burn:**
 - Wood that is painted, treated or contains glue or resin
 - Wet or green/fresh cut wood
 - Yard waste (cut grass or leaves)
 - Garbage
 - Rubber or plastic
 - Furniture
6. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
7. All fires in your fire pit must never be left unattended.

Aside from safety considerations, not following these rules can lead to fines of \$500, \$1000 or even \$5000. For more information, go to Calgary.ca/fire.

SCHOOLS IN AND AROUND
YOUR COMMUNITY

REGULAR PROGRAM

Cambrian Heights	K-6
Rosemont	K-6
Colonel Irvine	7-9
James Fowler	10-12
Crescent Heights	10-12

FRENCH IMMERSION

King George	K-6
Georges P. Vanier	7-9
William Aberhart	10-12

TLC

Thornccliffe	K-1
Colonel Sanders	1-4
Balmoral	5-8
Crescent Heights	9-12
Montessori	
Captain John Palliser	K-6

SPANISH BILINGUAL

Collingwood	K-4
Senator Patrick Burns	5-6
	7-9
William Aberhart	10-12

REGULAR AND FRENCH IMMERSION

St. Joseph	Elementary & Junior High
St. Francis	High school
St. Pius	Elementary (FR)
Madeleine d'Houet	Junior High (FR)
St. Dominic Fine Arts	Elementary
St. Margaret	Elementary/Jr. High

Barb Milne 403.282.2684

Editorial
Content
DEADLINE

10th
of each month
for the next
month's
issue

CAMBRIAN HEIGHTS
PRESIDENT'S MESSAGE

At your reading of this report we are into the annual 10 days of Calgary Stampede and the beginning of summer. We wish all residents a warm, sunny, active and healthy summer. Our annual Stampede Breakfast is scheduled for July 16th at the Community Hall. This event has been growing in popularity so mark it on your calendar and bring the family down for pancakes, sausages, juice, coffee games and the chance to meet other members of the community. We always invite our City Councillor (Druh Farrell) and our MLA (Craig Coolahan) to these events and it is a great opportunity to meet your government representatives as well as the Community Officers and Directors. If you are able we always need help setting up and taking down for this event. So come early, the coffee will be on, or stay a little late. It will be appreciated.

June continued to be a very active month as we wound down for the summer break. On June 12th we, with the Rosemont Community, held our second Annual Spring Clean-up Event at the Cambrian Heights Community Hall parking lot. The day prior there was a first garage sale event at the Community Hall where tables provided a multi sale event and time for socializing with your neighbours. Then on June 25th the last of an informative and to date very well appreciated series of seminars hosted by the City around the planting and care of trees and shrubs was held at the Hall. On June 28, Dr. Salma Mitha conducted a Wine Women's Health Workshop featuring healthy interactive power workout, a wine tasting and a make-over. A decision is pending as to the continuation of this program into the fall.

We are currently organizing a Picnic/BBQ on September 17th to celebrate the 60th Anniversary of Cambrian Heights Community. We envision at this time serving hamburgers, hot dogs, salads and beverages. This will be a family affair with games and activities planned for both the adults and children. As plans for this event mature we will be providing additional details. Anyone wishing to add suggestions or volunteer to assist in the planning, preparation or helping out with this event please contact Jodi Dixon at social@cambrianheightscommunity.com.

The Community Association continues to offer a \$100 grant for community block parties. Application for this grant can be made through the community email address. Costs will be reimbursed (excluding alcoholic beverages) with receipts pertaining to organized block parties with broad attendance of all age groups. We encourage you to access this funding and create your own block event for the summer or fall. Two such parties are already planned for this summer.

As we have previously discussed in these monthly messages our Planning Committee continues to be active in regards to monitoring the issuance of Development Permits ("DP's")

by the City in our community. This activity covers the gauntlet from secondary suites in RC-1 neighbourhoods, to best guidelines for maintaining the identity of our community with the growth and densification, to long term transportation issues. Everyone should remain vigilant as to developments within their streets and if there are questions or concerns write to the community association (cambrianheights@gmail.com) or contact Daryl Beatty or Gary Wilson of the Planning Committee. Two new members of the community have agreed to join this committee recognizing the importance of this activity. We still need one more member of the committee who is interested in acting as Secretary. Join, learn and participate in the development of your community.

We continue to encourage all residents to participate in the community activities and future events and program planning by joining the association and communicating your thoughts either through emails or by attending one of our Board meetings which are always open for residents. Our Secretary for the Board has indicated he will not be returning next year. If you are interested in exploring this volunteer position please contact us at our email address. The next meeting will take place Tuesday September 6 at the Georgina Thomson building on 14th Street and Northmount Drive NW at 6:30PM.

Remember Participation Builds Better Communities.

On Behalf of the Board;
Daryl Connolly, President

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 14



News from the Friends of Nose Hill

by Anne Burke

I came across a website which ranks Alberta parks and playgrounds. See: calgaryplaygroundreview.com/nose-hill-park. In addition to free parking, Nose Hill has many features, with hiking, off-leash area, washroom, wildlife spotting, interpretive signs, native grasslands, larger mammals, such as deer and coyotes. You can also find geocaches. OISEAU Agents of Nature is a free downloadable mobile app about nature and wildlife. The idea is to encourage outdoors discovery with interactive fun. Be an agent of nature and solve challenges. You can access Nose Hill and the codes for the app from the parking lot off Berkley Gate. Then unlock some mysteries of nature. Go to the City website for details about the program: <http://www.calgary.ca/CSPS/Parks/Pages/Programs/Get-to-know.aspx> and follow the links.

Speaking of city parks and other green spaces, after the City decided to end the Adopt-a-Park program, there were a few complaints about these areas. The residents involved are proud of how beautiful and green their neighborhoods are through the help of this volunteer program. If this is coming to an end (or being replaced) due to more strict water management, how can we keep the neighbourhoods looking

green and nice so that the residents continue to be proud of them?

The General Manager of Community Services responded that the Adopt-a-Park program came into effect in 1984 and was discontinued in 2015. It served a very good purpose and encouraged pride in community, but there were several issues with the program, such as the possible wasteful use of water, safety, collective agreements, and some centralized pieces of the services that the City provides.

The program was replaced with two new programs. The Green Leaders program for community volunteers provides oversight to doing projects in the community to enhance it, such as painting park benches or weeding. The second project, Water Stewards, will have volunteers focus mostly on keeping the city's many high-use playing fields watered.

Both programs are trying to address some of the issues that had emerged but also respond to the community desire to continue to care and have pride in their community with a more focused, targeted, and supportive approach. The General Manager noted that the programs will be evaluated over the course of 2016.

Upcoming Events at Cambrian Heights Hall

July 16	Stampede Breakfast	9-11am	Volunteers needed
Sept. 17	Community 60th Anniversary BBQ	12-3PM	Volunteers needed
Oct 8	Tentative Composting Workshop	TBA	
Oct 28	Halloween Party	6-9pm	Coordinator Required
Nov 17	Open House	7:30-9:30pm	

For more information, RSVP or volunteer visit: www.CambrianHeightsCommunity.com or call 403-284-1175.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. After watching the parade, head to Shaw Millennium Park for the free Pride In the Park festival. www.calgarypride.ca
- **September 1 - Easter Seals Drop Zone:** On the first day of September, 120 brave Calgarians are facing their fear of heights. They'll rappel down the 30-storey Sun Life tower in support of the Easter Seals. www.thedropzone.ca
- **September 3 to 4 - X-Fest Calgary:** This year, X-Fest has an impressive lineup of contemporary musicians. Headliners at the festival include Twenty One Pilots, The Lumineers, Halsey, Vance Joy and Arkells. www.xfestcalgary.com
- **September 9 - Calgary Night Market:** Running roughly every second weekend, this night market is a chance to sample local food, shop at vendors' booths and listen to buskers and other live performers. www.facebook.com/events/1104858596212708
- **September 10 to 11 - One Love Music Festival:** The One Love Music Festival is Western Canada's Largest Hip Hop Music Festival! Featuring Big Sean, Lil' Wayne, Tyler, The Creator and more. www.onelovefestival.ca
- **September 13 to October 1 - Waiting For the Parade:** Waiting For the Parade is a Canadian production that centres around five Calgarian women living during the Second World War. www.atplive.com
- **September 14 to 18 - Beakerhead:** Science and engineering meet art and design when Beakerhead takes over the city for its fourth year. There are going to be more than 60 events that combine science, engineering and art. www.beakerhead.com
- **September 20 - The YWCA Walk a Mile In Her Shoes:** Each September, more than 200 men strap on high-heeled shoes to help raise awareness of family violence. Money raised supports the work that the YWCA of Calgary does to help break the cycle of domestic violence and keep women and children safe. www.ywcaofcalgary.com
- **September 21 to October 2 - Calgary International Film Festival (CIFF):** The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com
- **September 22 to 24 - Shadowland by Pilobus Dance Theatre:** The production is a coming of age story that sees a young girl on the cusp of adulthood taken by the shadows in her bedroom. She's transported into a different, dreamlike world, filled with adventure. www.albertaballet50.com
- **September 23 to 24 - Calgary Oktoberfest:** This annual event is based off of the original Oktoberfest from Munich, Germany. Like that festival, Calgary Oktoberfest is a celebration of beer and food. www.albertabeerfestivals.com

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SEPTEMBER 3 CALGARY HIGHLAND GAMES

Anyone can come out to the Springbank Park For All Seasons for a day of highland dancing, piping, heavy lifting and plenty of tartan. www.calgaryhighlandgames.org



SEPTEMBER 16 TO 18 CALGARY GREEK FESTIVAL

During the course of the weekend, Calgarians are invited to drop by the Calgary Hellenic Society and enjoy traditional Greek food, entertainment and culture. www.calgaryhellenic.com



SEPTEMBER 21 TO 25 HERITAGE INN INTERNATIONAL BALLOON FESTIVAL

Balloons from across Canada and from all over the world will be in High River air space, and many of the pilots flying these balloons will be competing in the Canadian Balloon Championship. www.heritageinninternationalballoonfestival.com



SEPTEMBER

8 AUGUST 2016 | Call 403-263-3044 for advertising opportunities CAMBRIAN HEIGHTS & ROSEMONT | AUGUST 2016 9



On behalf of Community Standards & Waste and Recycling Services

Thank you Cambrian Heights & Rosemont

Congratulations on a successful Community Cleanup on June 12, 2016.

The weights collected for this year:

- Metal: 5600 kgs
- Organics: 5000 kgs
- Electronics: 1458 kgs
- Total: 21578 kgs
- Garbage: 9520 kgs
- City Truck Loads Hauled: 3

Thank you to the Community Associations and residents for your commitment to help create healthy, safe and vibrant communities. And a special thank you to volunteers Kris Olsen, Gary Davies, Peter Myers, Craig Myers and Josiah Eckstein. Great job!

Cambrian Heights

BBQ

PICNIC EVENT

Please join us for our

60th Anniversary

Saturday, Sept 17th 12-3 PM

*BBQ Lunch \$5

*Free Activities, Laser Tag and Photo Booth

Come Celebrate Community



Cambrian Rosemont Real Estate Update

Last 12 Months CAMBRIAN

MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
June 2016	\$524,450.00	\$512,500.00
May 2016	\$569,900.00	\$562,750.00
April 2016	\$519,250.00	\$503,000.00
March 2016	\$709,900.00	\$695,000.00
February 2016	\$535,000.00	\$530,000.00
January 2016	\$664,450.00	\$615,000.00
December 2015	\$0.00	\$0.00
November 2015	\$359,900.00	\$335,000.00
October 2015	\$494,900.00	\$492,900.00
September 2015	\$629,900.00	\$620,000.00
August 2015	\$569,200.00	\$560,000.00
July 2015	\$0.00	\$0.00

Last 12 Months ROSEMONT

MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
June 2016	\$664,500.00	\$632,500.00
May 2016	\$0.00	\$0.00
April 2016	\$745,000.00	\$715,000.00
March 2016	\$549,945.00	\$549,945.00
February 2016	\$0.00	\$0.00
January 2016	\$0.00	\$0.00
December 2015	\$0.00	\$0.00
November 2015	\$1,399,900.00	\$1,285,000.00
October 2015	\$829,000.00	\$820,000.00
September 2015	\$0.00	\$0.00
August 2015	\$694,500.00	\$675,000.00
July 2015	\$474,950.00	\$465,000.00

To view the specific SOLD Listings that comprise the above MLS averages please visit cambrian_heights.great-news.ca or rosemont.great-news.ca

Young Yogis

Before and After School Care for Grades 1-6

- Located in Balmoral- 2 minute walk to Bus Stop for Rosemont Elementary
- Activities to promote creative expression and build self-esteem
- Yoga
- Arts and Crafts
- Connecting with Nature

5 Spots Available! Lots of personal attention for your child in a tight knit community ☺

Please contact Joanna @ (403)615-7105 or email: ngjoanna48@gmail.com

Namaste

Insects and Technology

Fleas Knees

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas. This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A manufacturer has produced a near-perfect rubber with 98 percent resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.

Discovery Magazine

RENTAL INFORMATION

The ROSEMONT COMMUNITY Hall is located in beautiful Confederation Park at: 2807 – 10th Street NW

- The Rosemont Community Hall has three distinct areas available to rent.
- The main upstairs Hall with a small stage, a catering-style kitchen with a capacity of 90
- Downstairs Boardroom with meeting tables & chairs and breakfast bar with fridge, microwave and sink (capacity of 40)
- Downstairs Small Hall with lots of room to run, direct access to Confederation Park & separate bathroom (capacity of 50)

ROSEMONT RENTAL RATES:

Upstairs Main Hall

Sunday to Thursday (9 am to 5pm) - \$30 per hour
Sunday to Thursday (after 5pm) - \$40 per hour
Friday or Saturday day/evening - \$360 flat rate

Downstairs Rates – Boardroom or West Hall

Sunday to Thursday (9 am to 5pm) - \$20 per hour
Sunday to Thursday (after 5pm) - \$30 per hour
Friday or Saturday day/evening - \$175 flat rate each room
Friday or Saturday day/evening - \$300 flat for both rooms

NOTE: All Rentals require a security deposit.

Other rental needs can be arranged, including long-term rentals.

The Hall is shown by appointment only. Please email the Hall Agent at hall@rosemontcommunity.com or call (403) 289-6533 and leave a message with your rental requirements.

ROSEMONT COMMUNITY GOES ONLINE!

We are excited to remind everyone of Rosemont Community Association(RCA)'s new website:
<http://www.rosemontcommunity.com/>

Please check it out. It is important that all Rosemont residents (not just RCA members) take a moment to register (by email address, Facebook or Twitter) so that we can be more effective at notifying you of upcoming RCA events and circulating important announcements about Rose-

Rosemont Community Association

PO Box 75007, #9, 728 Northmount Drive NW,
Calgary, Alberta, T2K 6J8
Ph: 403-289-6533 • info@rosemontcommunity.com

Board of Directors

President	Kris Olsen
403 284 5506	kris@rosemontcommunity.com
Vice-President	Ami Iaria
403 474 4187	
Treasurer	Sue Godfrey
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403 284 5506	
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Programs Coordinator	Jean Blackstock
403 284 9825	jean@rosemontcommunity.com
McKnight Sports Liaison	Sue Godfrey
403 226 2807	
Ice rink Coordinators	
403 923 2996	Kurt Wastegard
403 282 0361	Bud Edgar

ROSEMONT PRESIDENT'S REPORT

There was another flurry of activity again in late June when the City's contractor ripped out and did some more work on the brand new drains they had just poured in June!!!! This is madness no matter who is paying for it....Here was the City's official response.

"Rosemont residents may likely have felt a little deja-vu when seeing all of the construction in the community this summer. Wasn't that work completed last year? Yes. Yes it was.

Unfortunately, the concrete poured by the contractors last year was below the quality required by the City. As a result, the contractor was forced to redo the work at its expense, not the City's. More construction is certainly frustrating but better to have caught and repaired it sooner rather than watch it quickly fall apart and become useless. Upon completion, the residents previously under threat from heavy rainfall will now have the comfort of knowing that their basements will remain dry from anything up to a 1-in-50 year rain event.

The protection comes in several forms: larger drainage pipes to carry the water out of the community as well as paved alleys to reduce sediment flowing into and clogging storm drains. A third and more noticeable component are the raised crosswalks and curb extensions: tools commonly used as traffic calming measures. These elements channel the water away from homes and towards drains. They also slow vehicles down and reduce cut-through traffic, something the community has been asking for.

After the work is complete, Rosemont residents can finally enjoy a quieter, drier and safer community."

I can attest to that the system worked with the several torrential rainfalls we had during Stampede. I also know we are going to have a heck of a traffic mess come September!!!

The Rosemont Community was recently involved in a property development appeal for a new site on Rosery Drive. For reasons that went contrary to all previous applications and precedents for the past number of years, the City rejected our appeal and approved a front garage. We are disappointed at this outcome as this once again demonstrates the City's inconsistencies on evaluating development projects and lack of consideration for the existing residents that are impacted by these new projects...A more detailed review of this project will be

included in our September article. A giant thank you to all the members of the development committee that contributed many hours of their own time in reviewing and submitting the Rosemont appeal response to this and all other development submissions in Rosemont.

ROSEMONT ROUND-UP Postponed until SEPTEMBER 17!

We are postponing this year's Round-Up until Saturday, September 17. We're calling it the Rosemont START-UP... I know, there'll be sports try-outs and schools has just begun....But we feel that this will be a nice way to start the year off with a Community get together, and we will be trying to attract some more Rosemontians to get involved with the Community Association.

This September, the Rosemont Community will be conducting a door to door community membership drive and community survey. We need to re-engage many of the new folks that have moved into Rosemont. The survey will ask what type of services and events people would like to see the RCA engage in. Also, we'll be asking people what type of involvement they could provide in supporting some of these initiatives. As always, things work both ways, and we need to up our Community involvement. Look for volunteers on your street just after the September long weekend.

To conclude, once again through the dedicated and good work of many great volunteers, the community of Rosemont continues to thrive. We need to engage the new residents and not lose the traditional core of volunteers that have guided us through the last ten years so successfully. This year, I intend to actively conscript many of you to in turn, recruit a couple of your neighbors to come out and help at some of our events. Rosemont's strength is its people, and their willingness to get involved for the common good of our Community. I encourage everyone to give up a few hours of your precious free-time, to give back a little to Rosemont so it can continue to be the great place it is to live in.

Don't be afraid to get involved, as many hands make light work.



The June Rosemont Roundup is Postponed to



The Rosemont Start-Up Saturday, September 17

Events start 3:30pm at the Rosemont Hall

3:30pm – Outdoor Activities Begin

4:30 pm –Children entertainment

6 pm - Barbeque starts

Come out and enjoy the games, our Favourite Rosemont Clown, the Ponies some great tunes and some neighbourly hospitality...

IN & AROUND CALGARY

How will Calgary’s main streets evolve in the future?

The City’s Main Streets initiative has heard from Calgarians like you. In addition to considering your input, City planners have been working with economic research experts and industry partners to understand what the market demand, opportunities and challenges are for development in main street areas.

To see what The City learned about your main street neighbourhood through this work, visit calgary.ca/mainstreets.

Upcoming opportunities to get involved” There will be more opportunities to share your input about the future of Calgary’s main streets in the fall.

Visit calgary.ca/mainstreets to become a subscriber and receive email updates about event dates and online input opportunities.

BRAIN GAMES

SUDOKU

6	7	1	9	3	8	2	4	5
4	2	3	1	5	6	7	8	9
5	8	9	2	4	7	1	3	6
2	5	7	6	8	9	3	1	4
9	1	4	3	7	5	6	2	8
3	6	8	4	1	2	5	9	7
8	9	2	7	6	1	4	5	3
7	3	5	8	2	4	9	6	1
1	4	6	5	9	3	8	7	2

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HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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.

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ROSEMONT COMMUNITY ASSOCIATION MEETINGS

are held monthly and are open to anyone in the community who wishes to attend
Contact Kris Olsen
to have items put on the agenda
Phone: 403-284-5506
Email: info@rosemontcommunity.com

Joyce Achtnig BEd, MC, CCC, Provisional Psychologist
& Canadian Certified Counsellor

Back to School

Tips from a Psychologist & Former Teacher

The warm, golden summer days are dwindling and the new school year imminently approaches. Many parents may worry about their children starting a new school, riding the bus for the first time, or meeting the increased academic demands of a higher grade. The transition from relaxed summer days back to the expectations and work students associate with school can be an abrupt and harsh reality. There are things parents can do to make it easier.

Create a Morning Routine the First Day

If your morning school routine ran smoothly last year, congratulations! If you found last year the mornings were less than perfect, rest assured, you're DEFINITELY not alone. The good news is, a few changes can result in major payoffs. Kick it up a notch this year by injecting some new strategies. For example, try a loud alarm clock to jumpstart the day, or a gradual wake up light alarm clock that simulates the natural sunrise for a more gentle waking; laminate morning checklists (e.g., brush teeth, wash face, get dressed, pack backpack) so they can check tasks off as they complete them; use a visual timer (shows how much time is left in red chunks that get smaller as time passes) for the last half-hour countdown to out the door time.

Start a Healthy Sleep Routine

Start progressively, until you get to a wakeup time that's reasonable for school days. Make a firm No Screens Policy 1.5-2 hours before bed; ample research demon-

strates this promotes a better sleep. Consider blackout blinds to darken the room, this helps signal the brain to produce melatonin and transition from wakefulness to restfulness. As adults, we know how our brains can shut down and how irritable we can become when we don't get a good sleep. Our kids feel the same way, only they don't have the developed coping mechanisms and maturity we do.

Prepare Everything in Advance

Request children get into the habit of choosing clothing the night before school, this eliminates additional decisions in the morning when bodies and minds are tired and more prone to meltdowns. Get them involved and eventually to assume the responsibility of packing their own lunch the night before school (yes, it's possible).

When to Consult a Psychologist

It's normal for some children to experience anxiety. Fortunately, this usually lessens within the first 3-4 weeks. However, if anxiety persists and other concerning behaviours emerge such as, sleep disturbance, school refusal, acting out or physical complaints (e.g., stomach aches and/or headaches), consult the teacher or counsellor. If issues don't resolve, it may be beneficial to seek services from a licensed psychologist who has experience with children and school assessments; we can help you understand your child's challenges and strengths and recommend interventions to support personal and academic success.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

AUGUST 27 – KALEIDOSCOPE 2016: Enjoy art, music and dance at this free, family event from 10:00 a.m. to 5:00 p.m. at Confederation Park 55+ Activity Centre. Live demonstrations and performances. Art displays, kid's zone & food truck on site. www.k2016.ca

NOT SURE WHAT TO DO WITH YOUR CLUTTER? The Clothesline program in Calgary collects gently used clothing, electronics and small household items-where proceeds support the Canadian Diabetes Association. To donate and schedule your free pick-up, call 1-800-505-5525 or visit www.diabetes.ca/clothesline.

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Did you know that 24% of the residents of our Calgary Confederation riding are over the age of 55? In Canada, 30% of the population are aged 55 or older and by 2020 that number will increase to almost 38%.

Canada is the best country in the world in which to live and we owe much of that to our nation's Seniors. They are largely responsible for fighting the wars that gave us our freedom, paying the taxes that built our cities and having the foresight to create the infrastructure and programs many of us take for granted.

As your Member of Parliament, I will continue to stand up for all constituents, but it is my privilege to show my respect and gratitude to our Seniors by devoting my recent community mailing to them. The mailing goes to every household in the riding and is also available on my website at www.lenwebber.ca.

For Canada's elderly to receive their full benefits and entitlements, it is critical that they apply for these programs. One of the best ways for any person to determine if they are getting the benefits they may be entitled to, is to visit www.canadabenefits.gc.ca and use the online 'benefits finder' which generates personalized results based on a few simple questions.

Also, many financial assistance programs require up-to-date tax filings, so it is also very important that those in need of some help keep up-to-date on their taxes. The Canada Revenue Agency has thousands of volunteers who can also assist with this task.

Should you encounter difficulties getting your benefits, my staff and I are here to assist you. It is requested that you make an appointment before coming to the office with your concerns as this allows us to serve you better and ensure you are not required to wait an excessive amount of time. Often, we are able to assist you over the telephone without the need for an appointment too.

For office contact information, photographs, my Parliamentary speeches, helpful links and other important information, please visit my website at www.lenwebber.ca on a regular basis. You can also follow me on Twitter, Facebook and YouTube for the latest updates.

Finally, I want to congratulate all the Canadian Olympic athletes and their coaches on their achievements. While the world focuses on these elite athletes for only a few weeks every four years, their dedication to their sport and personal success is a daily commitment for many years.



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Biodiversity

The dog days of summer are the perfect time to think about critters. While Calgary is home to 1.2 million humans, we rarely think about the countless other species of flora and fauna that far outnumber us.

"Biodiversity" is the term we use to describe the variety and richness of living organisms and habitats. With 80% of Canadians now living in urban areas, reasonable protection of biodiversity is becoming increasingly important for municipal governments to ensure that we maintain a healthy ecology.

Last year, Calgary City Council approved *Our Biodiversity*, Calgary's 10-year biodiversity strategic plan. The plan is based on principles for the protection, development, and management of Calgary parks and ecosystems in support of biodiversity.

Biodiversity project goals:

1. Evaluate landscapes in Calgary and set targets for conservation measures to identify, protect, and manage ecological cores and corridors;
2. Restore 20 per cent of Calgary's current open space to increase biodiversity;
3. Identify and manage invasive species in Calgary's open space.

The City will implement the plan through a variety of initiatives. This summer, Calgary Parks launched a pilot project using a herd of goats to manage invasive plant species in Confluence Park. This creative approach to weed control not only reduced the need for pesticides, but also improved the health of native ecosystems by reducing overgrowth and encouraging the growth of non-invasive plants.

The City is also working to turn back the progress that invasive species have made over the years. Efforts to combat *smooth brome*, a highly competitive grass that smothers native species, and *Canada thistle* are underway. We are also re-introducing native species into our parks and landscaping projects. Native species are naturally suited to the local climate and require less care over time.

For Calgarians interested in enhancing biodiversity closer to home, the City has numerous resources to help enhance biodiversity in your own yard. A good place to start is www.calgary.ca/yardsmart. There, you can find tips on how to transform your garden into an inviting landscape that will inspire both your neighbours and wildlife.

To learn more about this and other topics, visit www.druhfarrell.ca. To sign up for updates on key issues, please email ward07@calgary.ca.



ROSEMONT COMMUNITY ASSOCIATION MEMBERSHIP FORM 2016



Benefits include free or reduced admission to this year's remaining community events:

10% discount on hall rental fees

Note: community association membership is required for most community-based sports associations.

Membership fees support the activities of the Rosemont Community Association (RCA). RCA is responsible for operation of the community hall, sports and social programs, adult and family community functions, the community ice rink, the Community newsletter, participation in the Calgary Recycling Centre and bringing community concerns to City Hall.

To join or renew your membership, please complete the following:

Family Name: _____

First Name(s): _____

Children's names and ages: _____

Address: _____

Phone Number: _____ **Email Address:*** _____

• Please note that the Rosemont Community Association will send reminders of community events or important information to your email address on an occasional basis. We will not disclose your personal details or email address to other community members or use the information for any other purposes.

Membership Fees:

Single person or Senior: \$5

Family membership: \$20

**Return the completed form with a cheque (payable to Rosemont Community Association) to:
Rosemont Community Association, PO Box 75007, 9-728 Northmount Drive NW, T2K 6J8. or drop off your envelopes to Rhonda Kerr, RCA Membership, 23 Rosewood Road.**

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IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

**PLEASE JOIN US FOR AN EXCLUSIVE
AND INFORMATIVE EVENT**

TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



RBC Wealth Management
Dominion Securities

DATE:

Tuesday, August 30, 2016

LOCATION:

Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP:

Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered
to attend. (Space is limited.)

Refreshments will be provided
Complimentary parking on site
Includes access to interactive sports,
Hall of Fame Gallery & Museum Tour

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