

DECEMBER 2017

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# CAMBRIAN<sup>HEIGHTS</sup> ROSEMONT

CHRONICLE

THE OFFICIAL CAMBRIAN HEIGHTS & ROSEMONT COMMUNITY NEWSLETTER



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## CAMBRIAN HEIGHTS 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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blmilne@shaw.ca

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*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

*The Cambrian Heights Community Association, Rosemont Community Association and Great News Publishing 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.*

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre		403-253-5250
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
Road Conditions – Calgary		511
Weather Information		
Gamblers Anonymous		403-237-0654

## CAMBRIAN HEIGHTS PRESIDENT'S MESSAGE

On Saturday October 28, the Community hosted their annual Halloween Party featuring music, games, prizes and a great exhibition of costumes. Attendance was at a maximum for the Hall at times as participants came and went. We want to thank all the volunteers that made this event possible especially Jessica Demers, Chris Maggiora and Board member Jennifer Manns. In addition, the City of Calgary provided three volunteers whose help was greatly appreciated.

At the writing of this letter, we are looking forward to two new events. The first new event is being introduced on Saturday November 18 at the Community Hall. Thanks to one of our members, Nancy Else, we are holding a Lego Contest for children age categories from 4 to 14. The theme for the contest is Canada 150 and is open to community residents and those of surrounding neighborhoods. A second new event is planned for December 2 involving a joint effort between the Community Association and the Cambrian Heights School Parents Association. This is a fund raiser for the school focused on an evening of Rustic Sign Painting, wine and deserts. For more information and event details please see our website [www.cambrianheightscommunity.com](http://www.cambrianheightscommunity.com) or contact Jessica Demers at [jessdemers@hotmail.com](mailto:jessdemers@hotmail.com). In addition, the Polar Party will return January 27 with expanded activities. At this point we also anticipate another Pub night and a Wine or Scotch tasting event in the first quarter of 2018. Again, look for details in our website or the Community Newsletter as we draw closer to the events.

The continuation of these programs, development of new programs and the financing of new and existing facilities within our community is the continuing objective of your Board of Directors. Our developing partnership with the Cambrian Heights School holds great promise for new events combining the Community resources and the school volunteer base. New volunteers are always needed for social and recreational programs throughout the year. No less critical are the financial and administrative issues that may be less visual but are equally important. This Fall/Winter explore the possibility of volunteering a little of your time towards areas in which you feel comfortable and allow for flexible time commitments.

The Community Hall has witnessed an upgrade this summer to establish our facility as a full commercial kitchen. This now provides increased usage of the kitchen and thereby expand the types of events that may be hosted at the Hall. This program has been in planning and development for the past three years. With grants from both the City of Calgary and the Provincial Government the cost of this work is minimal to the Community. We anticipate the establishment of our kitchen as a full commercial cooking facility in late December or early January 2018. In anticipation of this enhanced use capability we

have modified our rental rates slightly in recognition of other community halls with equivalent facilities. The challenge will be to generate ideas and programs that will develop its use potential into 2018 and 2019. Renting it out to commercial enterprises can add revenue for the Community but we hope its greatest use will be through community activities whether social, educational or charitable. If you have any ideas, please contact us at [cambrianheights@gmail.com](mailto:cambrianheights@gmail.com).

Thanks to a grant issued through the Federation of Calgary Communities and financed by ENMAX Corporation we will be replacing current ice rink and building lighting with LED energy saving fixtures that should reduce our electrical costs significantly. We will add lighting to our secondary ice rink at the same time.

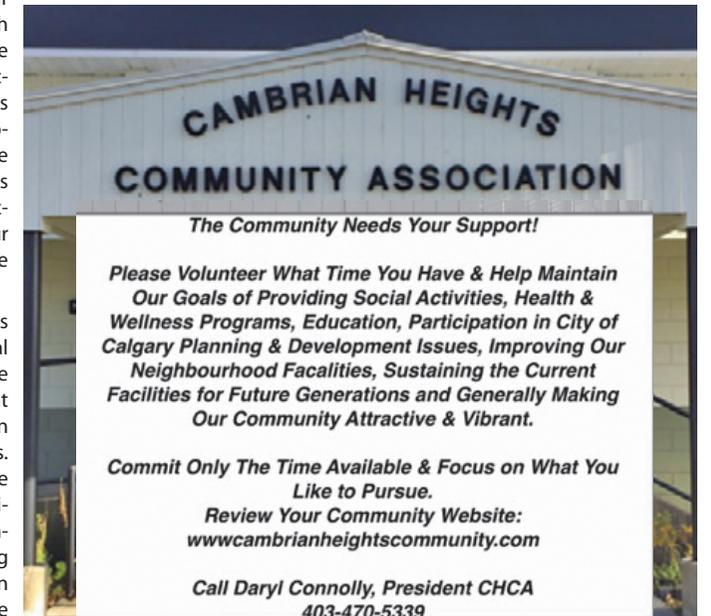
We have at our Annual General Meeting held in May raised the membership fees (except for senior rates which remain constant) for the Community effective January 1, 2018. These fees will now more compare to those of surrounding communities. However, until the effective date 2018 memberships may be purchased at existing rates. See our website or the Community newsletter for registration.

The next public meeting of the Board will take place Monday, January 8 at the Georgina Thomson building on 14th Street and Northmount Drive NW at 6:30PM. All residents are welcome to attend and share any concerns, questions or ideas you may have relevant to Cambrian Heights.

Remember Participation Builds Better Communities.

*On Behalf of the Board;*

*Daryl Connolly, President*





# 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 8 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
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
Director Planning Committee	Daryl Beatty	403-554-4404	dbeatty@decisiveedge.com	Yes
Past Treasurer	Sonya Hnatiw	403-282-0892	director1@cambrianheightscommunity.com	Yes
Social Co-ordinator	Vacant	403-276-4242	social@cambrianheightscommunity.com	Yes
<i>Maximum of 18 Voting Members</i>				
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
Casino Chairman	Daniel Vallee	403-477-7603	danvallee@shaw.ca	No



## CAMBRIAN HEIGHTS COMMUNITY ASSOCIATION

### MEETINGS

Generally first Monday of the month, 6:30 pm  
**Next meeting: Tuesday Dec 12, 2017**  
**Special Private Budget Meeting**  
**Georgina Thomson office, 772 Northmount Drive NW**

*Everyone is invited to attend open community association meetings*  
 Questions? Concerns? Phone: (403) 284-1175  
 Website: [www.cambrianheightscommunity.com](http://www.cambrianheightscommunity.com)  
[cambrianheights@gmail.com](mailto:cambrianheights@gmail.com)

**Hall Manager**

Contact Lora for bookings 403.284.1175



### Upcoming Events at Cambrian Heights Hall

**Purchase your 2017 Community Membership Now and Save all Year on Events**

If you have an interest, hobby or sport you would like to share with others, please contact any of the Directors on the Association Board and we would be happy to help make it happen. The Hall is available most weekday evenings and is free for our community activities.

For more information, rsvp or volunteer visit: [cambrianheightscommunity.com](http://cambrianheightscommunity.com) or call 403-284-1175.



Go to the association's website [www.cambrianheightscommunity.com](http://www.cambrianheightscommunity.com) and click on the Facebook icon.

Wait for the group administrator to approve your request.

Congratulations you are now part of your community Facebook page. Introduce yourself and interact with your neighbors and friends.



Please join us Saturday December 2nd. for a fun evening of Rustic Sign Painting, wine and desserts!

## Cambrian Heights School Fundraiser

Saturday, December 2nd  
 Cambrian Heights Community Hall 7 PM

- Your Ticket Price is \$70.00 +GST and includes:
- One Signature handmade sign per person (valued at \$95.00!)
  - A Pre-Cut Stencil Saying and Design (Choose from 40+ Designs)
  - Acrylic Paints & Stencil Brushes
  - Wine and desserts!

**Proceeds from the event go towards the Cambrian Heights School!**

To register visit: <https://www.rusticsignnight.ca/events/private-event-cambrian-heights-school-community-fundraiser-december-2nd/>

*Merry Christmas & Happy New Year!*

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# Community Yoga Classes with Kyrsten Blair

Be good to your body! Join us for an eclectic blend of yogic traditions focusing on mind-body awareness, posture, balance, stamina, alignment, and relaxation. A light-hearted approach, using props, breath-work, and modifications to best support you within a group setting. This class is suitable for newcomers, and those with previous yoga experience.



## Where:

Cambrian Heights Community Association  
600 Northmount Drive Northwest, Calgary, AB

## When:

Dec 6,13  
7:00-8:00pm  
(15 weeks)

## Drop-in Rates:

\$12 community members (with valid 2017 membership)  
\$15 non-community members  
CASH ONLY

Please feel free to contact the instructor directly at 403-244-3001 with any questions or concerns.

## 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



# 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	Mathew Guilherme		
Treasurer	Sue Godfrey		
Secretary	Diane Myers		Diane@rosemontcommunity.com
Hall agent	Jacquie Brennan	403 289 6533	hall@rosemontcommunity.com
Membership Coordinator	VACANT		
Newsletter Coordinator	Kris Olsen	403 284 5506	
Development Committee	Jeff Levack		development@rosemontcommunity.com
Programs Coordinator	Jean Blackstock	403 284 9825	jean@rosemontcommunity.com
McKnight Sports Liaison	Sue Godfrey	403 226 2807	
Ice rink Coordinators	Kurt Westergard	403 923 2996	
	Bud Edgar	403 282 0361	

## Rental Information

### Boardroom

Saturday/Sunday day/evenings - \$180 flat rate

## Rosemont Community Goes Online!

Stay in Contact with Rosemont at  
<http://www.rosemontcommunity.com>

Keep in touch with what's going on in Rosemont by checking out the Rosemont Community website. We will keep you informed in any goings-on in the Community along with notices of upcoming events. Check it out and stay in tune with Rosemont!

## 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  
Ph: 403-284-5506 E: info@rosemontcommunity.com

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## EXECUTIVE TEAM'S MESSAGE

I can't believe December is here already. Between hockey, work, kids, and life in general, where the heck did the Fall go...? We had a great turnout at our Annual General Meeting, and I thank everyone for coming out. I appreciated everyone's input and the open discussions were informative and interesting. A thanks to Sean Chu, Craig Coolahan and Aaron Taylor for giving us all a summary of what's happening in government around us. The rest of the Community had the opportunity to meet our new fantastic principal at Rosemont, Allison Bobenic. She updated us on the goings on at a very full Rosemont School. Constable Denison's police report indicated that we are a very safe neighbourhood, with only a few minor incidents reported in Rosemont over the last year. Congratulations and a huge thank you for all the returning Board members. Without these dedicated folks, all the wonderful things that make Rosemont such a great place just wouldn't happen.

A very special part of the AGM this year was the presentation of a donation from the Rosemont Community Association for \$6,000 to the University of Calgary Psychology department for research surrounding gambling addiction/habits. This was part of the commitment the RCA had made to donate some of the proceeds from our casinos into research to help those with gambling addictions. The cheque was presented to Dr. David Hodgins, Department of Psychology at the U of C, who also gave us an interesting summary of some of the research his group is conducting at the University.

### **Come One! Come All! To the Rosemont Hall For A Christmas Tea!**

Come down have a goodie and wish your neighbour Happy Holidays.

Friday December 8 at the Rosemont Hall  
10:00 – 12:00 AM

If you have questions call Jean at 403 305-9447.

Hope to See you there!

Jean Blackstock is organizing a Christmas tea, and she's opening it up to all Rosemont residents, old and new, young and old. Come on down and enjoy some neighbourly hospitality.



**We have got off to a great start in getting our fantastic ROSEMONT OUTDOOR RINKS.** Kurt and Company took advantage of some early snow and cold in early November to get a nice jump on the season. The ice was ready the second week of November, which is almost a month ahead of schedule. But the going has been tough on our band and we are calling on any interested people to come down to the Rinks any Monday or Thursday nights after 8pm to help out. You can keep up with the antics of the now Famous Rosemont Ice Guys at their blog at <http://www.rosemonticeguys.com/>.



**Great things start small and build.** This year, we informally invited residents of Rosemont to put a small Christmas ornament on the **Rosemont Tree**, which is not an evergreen tree located between 14th and 10th streets in Confederation Park. The thought was to bring your family or friends down, find the tree and put up an ornament in that represents your family or in memory of someone. We'll be doing this again this winter after Remembrance Day. Look for the tree around the Duck pond.

**And another feature of the great Rosemont Ice will be Shiny Hockey.** The action starts January 9 to the end of March or until there is no more ice. The sessions will run from 5:30-6:30 Tuesday nights at the almost famous Rosemont Community Association. It will be for ages 6-12. The cost will be free to everyone with a Community membership and \$30.00/ non-community players. Everyone is welcome regardless of financial status.

**Players of any age and ability are welcome. We'll have our great coaches to help improve your skill level and have fun. Call Jean Blackstock 284-9825**



Our next major social event will be our **Rosemont Family Valentine Day's Party, Saturday February 17.** The Day will start around 5 pm with shiny hockey followed by a family dinner and activities for the kids. For \$5 per person, we will be cooking up a giant batch of spaghetti, salads and bread. We'll have some music and games. And hopefully, we will be lighting up the Rosemont skies with our very own fireworks show (still working on this). The rink and toboggan hills will be all open for those wishing to venture outside. Come on out and celebrate Valentine's Day with your friends and neighbours.

### **Are you Concerned about the Environment?**

Would you be interested in an Environment Committee in Rosemont?

We could think about Local Environmental projects in our community as well as organizing with other communities to promote projects in Calgary.

If you have ideas and would like to see Rosemont have an Environmental Committee contact:

Jean Blackstock [jmblackstock@gmail.com](mailto:jmblackstock@gmail.com) or 403 305-9447

To Everyone in Beautiful Rosemont

Merry Christmas and Happy New Year

### **From the Rosemont Executive**

**Kris, Matthew, Sue, Diane, Kosha, Jacquie, Jean, Dave, Tracy and Jeff**



# SHINNY HOCKEY 2018

Tuesday Nights > 5:30 – 6:30 PM

Rosemont Community Rink

Ages 6-12 > Girls and Boys

Must have hockey skates, skate guards, Hockey stick, neck guard and hockey helmet with face mask. Should have knee pads and elbow pads. Grant Parks will be the Coach.

Starts January 9 to mid- March or until the ice goes.

The program is free this year to everyone with a community membership and \$30 for all non-community folks. Come on down and enjoy some great hockey!

Call Jean Blackstock at 403 284-9825 to register or email [jmblackstock@gmail.com](mailto:jmblackstock@gmail.com)





## News from the Friends of Nose Hill

by Anne Burke



Thank you to all those who entered our photo contest and the volunteers who organized it. The winners were announced at our annual general meeting and will be posted on the website at [www.fonhs.org](http://www.fonhs.org).

Nose Hill was named one of the third best-rated hiking trails in Calgary, at 5620 14th St. NW. Since 1980, Nose Hill offers 11.27 sq. kms in area and more than 300 kms of informal trails, for outdoor activities: hiking and walking trails, nature, native grassland, wildlife, plant life, dog walking.

The landscapes of Nose Hill Park are quintessential prairie - scrub, small groves of aspen, grassy slopes. But due to its vast size, The City has made great trails for exploring the many environments in the park, and has allowed even more informal trails that are great for jogging, mountain biking, or just trying to find some peace and quiet. But the views are incredible! If you go, bring your big long telephoto zoom, and you'll be surprised as to what you see. [www.threebestrated.ca/hiking-trails-in-calgary-ab](http://www.threebestrated.ca/hiking-trails-in-calgary-ab).

Nose Hill Park offers one and all a beautiful reprieve from the hustle and bustle of the city. This lovely nat-

ural space is extensive—11 square kms—making it the third largest urban park in Canada. It features a few paved walkways, but most are dirt, thus enhancing that feeling and experience of trekking through the prairie fescue grasslands. Along the way, you may encounter any number of significant wildlife from deer, ground squirrels, gophers, and coyotes. [www.threebestrated.ca/public-parks-in-calgary-ab](http://www.threebestrated.ca/public-parks-in-calgary-ab).

Fish Creek Provincial Park (15979 Bow Bottom Trail SE) and Prince's Island Park (4th St and 1 Ave. SW) were also named for top-rated trails and as favourite public parks.

Did you know that over 400 species of wildlife live within the City of Calgary? Do you have questions about the wildlife which share our City? Our guest speaker Jenna McFarland offered a free, fun, and informative talk about the wildlife in Nose Hill Park. She has a passion for the coexistence of wildlife and humans in urban environments. Jenna is the Animal Care Operations Manager, at the Calgary Wildlife Rehabilitation Society. She has a B.Sc. and Master of Science degrees, in zoology and marine science, and is a Veterinary Technologist. For more information, visit: [www.calgary.wildlife.org](http://www.calgary.wildlife.org).

# ROSEMONT COMMUNITY ASSOCIATION MEMBERSHIP FORM 2017

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.**

 **St. Giles Presbyterian Church**  
1102 23 Ave NW (on the park)

**Christmas Eve Service**

December 24th at  
6:00 pm

EVERYONE IS WELCOME

More information at [www.stgiles.ca](http://www.stgiles.ca)  
or call 403-289-6862

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Rosemont  
**Family Valentine's Day Party**

**Saturday, February 17, 2018**  
**Starts at 5pm to 10pm**

Family Skating, Tobogganing and Dinner  
Spaghetti Dinner at \$5 per person

Come on out and spend some great time on the best outdoor ice in Calgary.

**eat, drink & Be Merry**

Group menus begin at \$35

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## Cambrian Rosemont Real Estate Update

Last 12 Months CAMBRIAN  
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
October 2017	\$549,500	\$539,000
September 2017	\$729,900	\$700,000
August 2017	\$517,390	\$521,000
July 2017	\$901,950	\$880,000
June 2017	\$0	\$0
May 2017	\$679,000	\$646,000
April 2017	\$524,988	\$520,000
March 2017	\$584,900	\$575,000
February 2017	\$539,900	\$511,000
January 2017	\$671,950	\$650,000
December 2016	\$588,800	\$575,000
November 2016	\$399,900	\$393,750

Last 12 Months ROSEMONT  
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
October 2017	\$380,000	\$367,500
September 2017	\$0	\$0
August 2017	\$389,900	\$380,000
July 2017	\$0	\$0
June 2017	\$390,000	\$371,000
May 2017	\$562,400	\$547,500
April 2017	\$699,900	\$700,000
March 2017	\$1,049,950	\$1,045,000
February 2017	\$649,900	\$625,000
January 2017	\$624,900	\$610,000
December 2016	\$599,000	\$580,000
November 2016	\$573,750	\$566,750

To view more detailed information that comprise the above MLS averages please visit [cambrian\\_heights.great-news.ca](http://cambrian_heights.great-news.ca) or [rosemont.great-news.ca](http://rosemont.great-news.ca)



**first 2000 days**  
Early Childhood Development Network  
North West Coalitions

## Tips for Handling Holiday Stress

Christmas is a joyous, and stressful, time of year! Not only are the adults stressed, but kids can get stressed as well!

Christmas is busy, loud and full of fun! Routines will change and activities added to take in all the festive sights. We all need a break from the regular routine while also avoiding a rough transition back into routine once the holiday season is over. We have some tips to help you and your family with the festive season.

- It's okay to let your child stay up a little later than usual — but not too late. Limit TV and video games and get out and engage in exercise or play!
- Try to avoid sleeping in more than an hour or so past their usual morning schedule.
- Many children are frustrated by having limited control over their environment, so include them in the planning for the upcoming holiday festivities! Make a calendar together with all the things you plan to do as a family such as Christmas parade, tree lighting, shopping, etc. Sometimes simple is better; don't try to pack each day with something!
- If you are planning on taking special holiday photos, preparation is the key to success. Dress rehearsals are a must, so there isn't a last-minute scramble. You might consider visiting the venue prior to the photo shoot to help ease any anxiety or fears.
- Then, photos with Santa Claus. Remember that your child may be freaked out by the jolly old man in red. They may not yet understand who he is. So, take it easy and not pressure the little ones into sitting with Santa. There are free Santa workshops (only require a food bank donation) and the kids are not pressured into sitting on Santa's knee and they have crafts and other fun activities to partake in as well! Sometimes, these places are quieter and more suitable for younger children or children with special needs (anxiety, autism, etc.)
- Family meal time is important for reconnecting with each other but during Christmas season it's even more important. It's a time to unwind at the end of the day and reconnect with each other.

- Family meal time doesn't include sitting down at your family's favorite fast food restaurant as your own way to rush to the mall to do more Christmas shopping. Consider having everyone help with menu planning during the festive season!
- Help children to learn the real meaning of Christmas and that it's not all about getting, but giving. Our children can become stressed just seeing all the commercials and ads telling them they MUST have a certain item to be "okay". Find ways with your children that your family can give back!
- Hang onto your family traditions or make a new one!
- Find time this Christmas season to relax with your family. Enjoy family game night, watching Christmas classic shows and just being together.
- For parents, make a sensible budget for presents and stay within it. Money stress is the worst at this time of year and affects everyone! A great idea for gift giving for your kids: something they need, something they want, something to wear and something to read! Plus a Santa gift! And bonus points if you make the gift as it will mean more!

Enjoy the festive season!

*The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.*

*If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: [nwecdc coalitions@gmail.com](mailto:nwecdc coalitions@gmail.com).*

**MISTLETOE MURDER**

In Norse Mythology, the god of mischief, Loki, tricks the blind god Hod into fatally shooting his brother Baldr with a mistletoe-tipped arrow. Mistletoe was the only thing that hadn't promise not to hurt him, which was why it was able to harm him.

## Off-Leash Ambassador Program Volunteer Recruitment

We are recruiting volunteers to participate in the Off-Leash Ambassador program.

The Off-Leash Ambassador program is an innovative approach with a volunteer-based, citizen-led initiative to promote responsible pet ownership in Calgary's 150 off-leash parks.

Volunteers in the program will:

- Promote responsible pet ownership, positive pet interactions and safety in off-leash areas through the provision of information and demonstrations
  - Answer questions regarding Calgary's bylaws in off-leash areas
  - Act as positive role models in off-leash parks in terms of adhering with Calgary's bylaws
  - Provide an avenue for citizens to express concerns and pass along concerns to City staff
  - Promote the work of Calgary Community Standards and the services available at the Animal Services Centre, such as animal adoption and licensing
- Ambassadors will receive training to familiarize themselves with bylaws, canine body language, as well as tactics to communicate with the public.

Visit us at: [www.calgary.ca/offleashvolunteer](http://www.calgary.ca/offleashvolunteer).



### Naughty or Nice?

In Iceland, in the thirteen days leading up to Christmas, children leave their shoes by the windows for the thirteen Yuletide Lads to put gifts in. However, if you've been a naughty child, Lads will leave you rotten potatoes for Christmas.



Calgary Confederation  
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I wish to take this opportunity to acknowledge and thank each and every one for your support. This past year seems to have gone by so quickly. It has been busy and full, with each of us in our own way having faced challenge, opportunity and change. It is by your actions and contributions that I am continually reminded of our collective strength in sustaining a sense of stability and "can do" philosophy. This is evidenced in the support and good work of people across our community, coupled with the achievements of our younger generations. I am inspired by the wisdom and inquiry of those 'young and old' who have visited my office or sent emails of concern or inquiry. Responding to hundreds of emails and meeting with numerous constituents have kept me apprised of your priority areas requiring attention. I appreciate your thoughtful comments and commitment to bring issues forward.

And now, December is upon us. This is such a special time of year—a month when millions of homes all around the world are decorated with Christmas trees, lights and candles. This is Christmas. It is a time of when we remember others, when we make extra effort to contact all those special people who quietly support us in so many different ways throughout our life. It is a time to slow down...to fill some of our days with fun, family, friends and festivity.

For me, this festival celebrates the birth of Jesus Christ. Over the years, Christmas has become a time of gift giving and rejoicing in peace. We have taken many customs from different places around the world and mixed them together to form our modern celebration of Christmas. But one tradition remains universal—the tradition of sharing and love, in fellowship and togetherness. It is in spreading the warmth in our hearts to touch the lives of others with joy and good cheer that the true meaning of Christmas unfolds.

I hope we can pause to consider our blessings often forgotten or taken for granted...take some time to think about and plan for a future that encourages opportunity, is sustainable and values family and community...where we can share ideas, listen, learn and preserve a quality of life we all hold dear.

I am truly honoured to represent you in the House of Commons. I will continue to work to the best of my abilities to be sure your voice is heard in government.

My family and I join in extending our very best wishes to you this holiday season. May the wonderful blessing of Christmas be with you throughout the coming year.

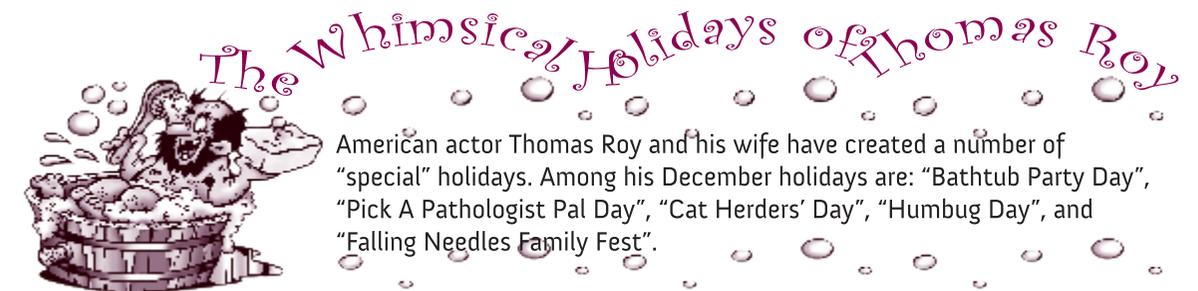
## SCHOOLS IN & AROUND YOUR COMMUNITY

- Balmoral
- Cambrian Heights
- Captain John Palliser
- Collingwood
- Colonel Irvine
- Colonel Sanders
- Crescent Heights
- Georges P. Vanier
- James Fowler
- King George
- Madeleine d'Houet
- Rosemont
- Senator Patrick Burns
- St. Joseph Elementary & Junior High
- St. Francis High School
- St. Pius
- St. Dominic Fine Arts
- St. Margaret
- Thornccliffe School
- William Aberhart



### THE CHRISTMAS PICKLE

There's a tradition in the U.S. to hang a pickle-shaped ornament on their Christmas trees. The first child to find the pickle on Christmas morning receives an extra present from Santa or will have a year of good luck.



### The Whimsical Holidays of Thomas Roy

American actor Thomas Roy and his wife have created a number of "special" holidays. Among his December holidays are: "Bathtub Party Day", "Pick A Pathologist Pal Day", "Cat Herders' Day", "Humbug Day", and "Falling Needles Family Fest".

# BUSINESS CLASSIFIEDS

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**Be a Snow Angel!**  
 "Lucky and proud."

That's how a lot of people describe their feelings when they nominate a Snow Angel. Many are seniors without the strength to clear their walks. Others may be on the mend from surgery or an illness and their physical ability is limited. Sometimes it's a neighbour who is just having trouble coping with added responsibilities in his/her life.

When you pick up your shovel to clear your walk this winter, take a few extra minutes to help a neighbour too. You'll make it easier for everyone to travel your neighbourhood and build a sense of community at the same time. For more information, visit [calgary.ca/SnowAngels](http://calgary.ca/SnowAngels).

**Youth Employment Centre**

Do you know someone aged 15-24 who is looking for work? The City of Calgary's Youth Employment Centre (YEC) offers year-round services and resources to help youth, secure employment and take the first step in their career.

YEC offers a variety of services FREE of charge, including employment counseling, career planning, networking assistance, résumé assistance, industry-training and mentorship opportunities.

Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit [youthemploymentcentre.ca](http://youthemploymentcentre.ca).

**Calgary AfterSchool**

Never again hear the phrase "I'm bored".

Calgary AfterSchool offers, fun, safe, free and low-cost after school programs for children and youth. A collaborative effort between The City of Calgary and its community partners, Calgary AfterSchool drop-in programs run on school days and begin after school hours. Activities may include basketball, swimming, arts, leadership, cooking, music, skating, sports, games and much more. The goals of the program are to develop self-esteem, develop positive relationships and assist children and youth in becoming successful adults.

For more information, visit [calgary.ca/AfterSchool](http://calgary.ca/AfterSchool)

Government by Albertans, for Albertans: help Alberta's government better reflect the province's diversity and strengths!

You might remember that our government has been working to review Alberta's agencies, boards and commissions to ensure they work for Albertans. For far too long, many of these positions were used to reward politically connected individuals with high salaries, numerous perks, and gifts of golf games and hockey tickets. The current government's review of these practices has already saved \$33 million over three years.

Our government has opened appointments to agencies, boards, and commissions to the public. This means you, your friends, colleagues, and community leaders can apply to positions on boards. It's important that the boardroom tables of our agencies reflect today's Alberta. Boards need equitable, inclusive representation to put our diversity and strengths to work. This can only happen when all Albertans are aware of board opportunities, and feel welcome to apply. Albertans who care about their communities need to step up and serve.

The steps we're taking with agencies, boards and commissions are making a difference. In March 2015, only one-third of board members were women. Today, that number is 48 per cent. By opening up the appointment process, we're already beginning to see our boards better represent Albertans. With a greater diversity of ideas, Alberta's boards will lead to better decisions, better bottom lines, and better results for the people of Alberta.

If you're interested in participating in one of Alberta's boards, I invite you to consult [boards.alberta.ca](http://boards.alberta.ca) to search and apply online for opportunities. A notification tool on the website can send you email alerts when specific board opportunities arise.

As always, our office is happy to hear from you, and may be reached at [calgary.klein@assembly.ab.ca](mailto:calgary.klein@assembly.ab.ca) or 403-216-5430.



*Happy Holidays*

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