

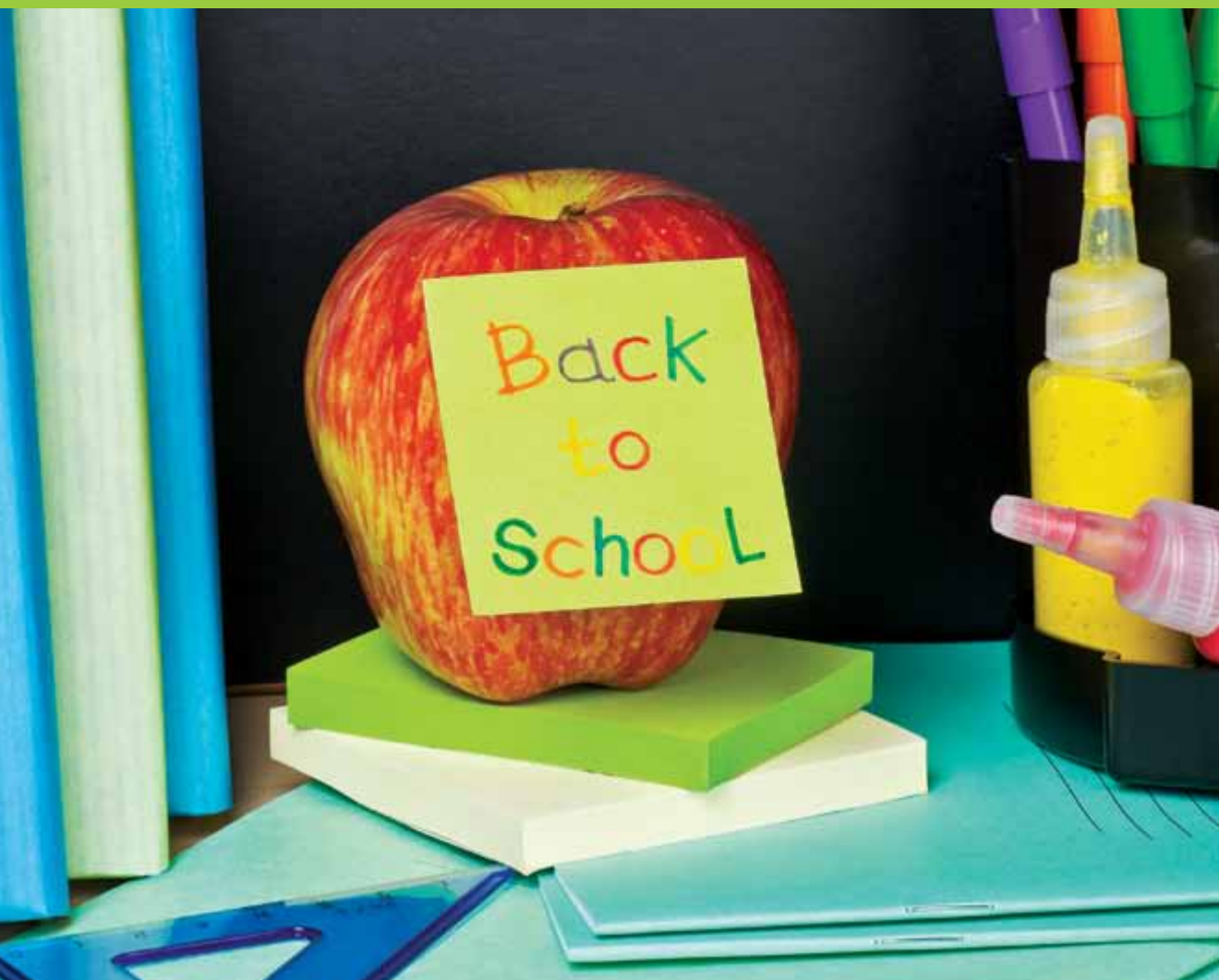
SEPTEMBER 2017

DELIVERED MONTHLY TO 2,000 HOUSEHOLDS

CAMBRIAN^{HEIGHTS} ROSEMONT

CHRONICLE

THE OFFICIAL CAMBRIAN HEIGHTS & ROSEMONT COMMUNITY NEWSLETTER



SAVE

\$10

ON ORDERS OVER \$50

Avalon Cleaners and

Hi Neighbour Cleaners

- Garments are cleaned with enviromentally-friendly products
- Shirts are hand-finished and buttons replaced, latest technology for shirt pressing and finishing just installed in the fall
- Same day service available if in before 10 am
- Convenient parking rear of building at Avalon
- Excellent customer service

Serving your community since 1984

Accepting BitCoin soon!

Avalon Cleaners

1105B Centre St. NW

403-230-0233

www.avaloncleaners.ca

Hi Neighbour Cleaners

309 -19th Street NW

403-283-4123

Avalon Cleaners

hi-neighbour

PROFESSIONAL DRY CLEANERS & QUALITY SHIRT SERVICE

*Bring in this ad to redeem discount

divine

intervention

Eligible Entrepreneur

Our 6'1, fit and handsome bachelor is a catch. Driven, well educated and down-to-earth, this dynamic, well traveled and successful entrepreneur enjoys life with a very flexible schedule.

He loves outdoor sporting activities, staying fit, and spending time with family and friends.

He is looking for a very pretty, slim, feminine, smart, 5'5"+, activity loving lady (age 28-38) who wants to build a family.

Contact in confidence (fees paid by client)

info@divinematchmaking.com

divinematchmaking.com | 403-456-4870

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FAMILIES MATTER IS PLEASED TO ANNOUNCE THE OPENING OF TWO NEW FAMILY LEARNING AND PLAY CENTRES

Families Matter

Learn • Play • Love

parentLINKcentre

OUR CENTRES OFFER:

Drop-In Play • In-Home Support • Referrals

Parent Child Mother Goose • Family Events

Parenting Resources and Information

Twins and Triplets Drop-In • Parenting Classes

Circle and Storytime • Infant Activities

Programs for Fathers • Preschhol Readiness

Postpartum Support Groups for Moms • And More!!!

Bowness Parent Link Centre

7930 Bowness Rd. NW,

3rd Floor

52nd St. Family Centre

Trans Canada Centre

1440 52nd St. NE

Rosemont Family Centre

2807 10th St. NW,

Located in Confederation Park

familiesmatter.ca

403-205-5178

7

8

10

12



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

Delivered monthly to 2,000 households and businesses for 10 years!

Editorial Submissions

blmilne@shaw.ca or blkcdog@shaw.ca

All editorial content must be submitted by the 10th of the month for the following month's publication.

Advertising Opportunities

403-263-3044 | sales@great-news.ca
All advertisements must be submitted by the 1st of the month for the following month's publication.

Published by Great News Publishing

Serving Calgary communities for 28 years
87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
Calgary, AB
T2C 2K2

Check out our website:
www.great-news.ca



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Cambrian Heights Community Association, Rosemont Community Community Association and Great News Publishing.

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	
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	

CAMBRIAN HEIGHTS PRESIDENT'S MESSAGE

September marks the beginning of a new social and activity season for the Community. The continuation of our existing 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. As indicated below volunteers are 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 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 will allow 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 will be minimal for the Community. 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

Our next social event will be Saturday September 30 where we will taste Canadian wines in honour of Canada's 150th Birthday. Watch for details in our website and Community Newsletter. If you wish to volunteer or have questions for this event please contact Barb Milne at blmilne@shaw.ca. We have also scheduled our annual Halloween Party for October 28th from 7 - 9:30PM. Children of all ages are welcome with music, games, food and dancing.

Your community offers excellent facilities and the financial ability to promote more social or educational activities for our residents. We have evening space available for community use. Our community always welcomes residents who wish to initiate new programs or join our Social Committee to bring new ideas for recreational or educational evenings. You need only commit time to help organize and help manage one such activity a year. We have dedicated and experienced Directors to

help guide and advise but need more members offering a little time once a year to help expand and improve our Programs and Events. Please contact myself at president@cambrianheightscommunity.com or any other director for further insights into participation with our volunteer team.

The next meeting of the Board will take place Monday, September 11 at the Georgina Thomson building on 14th Street and Northmount Drive NW at 6:30PM. This will be the first meeting for the Fall and important for the development of Fall and Winter programs into 2018. 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

Did you know we offer after school hours?



CalgaryFineDentistry.com
1910-20th Ave NW, Suite 206 • 403-284-3061

COME CHECK US OUT!



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



Hall Manager
 Contact Lora for bookings 403.284.1175

CAMBRIAN HEIGHTS COMMUNITY ASSOCIATION

MEETINGS

Generally first Monday of the month, 6:30 pm
Next meeting: September 11, 2007
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



Upcoming Events at Cambrian Heights Hall

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

Canadian Wine Experience
 September 30 7:00 - 9:30 PM

Halloween Party
 October 28 7:00 - 9:30 PM

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 or call 403-284-1175.



Wine Tasting – Canadian Wines

Saturday, Sept. 30, 2017 7:00 to 9:30 P
Cambrian Heights Community Hall
Community Members & Guests

Tickets \$25 Members or \$35 non Members

Limited seating - 60 seats

Celebrate Canada's 150th Birthday and learn about our main wine regions.

Enjoy a glass of sparkling wine as you meet and mingle with your neighbours. Then relax, learn and taste wines from Canada with regional meats and cheeses to compliment tastings.

Tickets will go on sale September 15 at our website www.cambrianheightscommunity.com or by contacting Barb Milne at blmilne@shaw.ca. Tickets on sale through September 28.

Consider volunteering or for more information on this Wine Tasting night,

please email Barb Milne

CANADIAN BLOOD SERVICES

We have made the move!
 200 Barclay Parade SW Calgary
 2nd Floor Eau Claire Market
 Across from the Cineplex Theatres

Donors Needed During Evening Hours

Monday – Thursday 3:00 PM - 7:00 PM*

*Free underground parking available to donors

Follow us on Twitter @givelifecalgary for more information, updates and events!



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:

Sept 6,13,20,37

Oct 4,11,18,25

Nov 1,8,15,22,29



Dec 6,13

(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

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		
Thorncliffe	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	



Have you signed up with
the Cambrian Heights
Community group?

Go to the association's website www.cambrianheight-community.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.



Dear Great News Publishing,

Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. Now I need to hire more people to keep up with all my new customers! I'm amazed at how well this worked!

Thanks for all your help,
Sincerely,
Laura

Owner of Buds and Blooms

Contact us today to find out how
you can make this customer's
experience your reality!

403-263-3044
sales@great-news.ca

*Actual customer experience.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

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.

YARD BUSTERS LANDSCAPING: Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. yardbusterslandscaping.com.

JEFFREY ELECTRIC: Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

THE GUTTER DOCTOR! We install, fix and clean eaves-troughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. 2017 Consumer's Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

CAMBRIAN HEIGHTS PLUMBING AND HEATING: Experience the great service and knowledge of a master plumber/gas fitter living in this neighbourhood for 15 years. Exclusive to Cambrian Heights residents: receive \$50 off your first service call. Call Todd at 403-815-3318 for plumbing and heating services.

ARE YOU OVERWHELMED BY YOUR STUFF? Whether you're moving into a new home or need to organize your current space, there's too much stuff to get through. You don't have the time or energy to sort through it all. I will help you bring order and peace back into your home, for good. Call Heather 403-703-0605. www.wildroseorganizing.com.

COMMUNITY ANNOUNCEMENTS

WOMEN'S BARBERSHOP STYLE 4-PART HARMONY GROUP: Seeking new members for all parts, particularly low bass. Practices held in NW on Tuesdays, 7-9 pm, September through June. Fun, non-competitive, charitable performances. Call Deb at 403-519-8980 or email chordiallyyours.singers@gmail.com.

NEED LEGAL HELP? FREE LEGAL CLINIC: Wednesday October 18 9:30 am to 3:30 pm. Calgary Public Library, 616 Macleod Trail SE. Book an appointment: call 403-541-4804 between 8 am and 5 pm, Sept 27 to Oct 11. Space is limited.

CHILD SCIENTISTS WANTED! Ch.I.L.D. Research Group at the University of Calgary requires kids under 14 years to participate in fun game-like projects to help us understand how children develop language and social understanding. If interested call 403-220-4955, email child@ucalgary.ca, or visit <https://psyc.ucalgary.ca/child/>



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

Main Hall (upstairs)

- Sunday to Thursday (9am-5pm) - \$40 per hour (hourly rentals) and \$25 per hour (permanent tenants)
- Sunday to Thursday (after 5pm) - \$50 per hour (hourly rentals) and \$35 per hour (permanent tenants)
- Friday or Saturday day/evening - \$380 flat rate

Boardroom and West Hall (Hall A downstairs)

- Sunday to Thursday (9am-5pm) \$30 per hour (hourly rentals) \$25 (permanent tenants)
- Sunday to Thursday (after 5pm) - \$40 per hour (hourly rentals) \$35 (permanent tenants)
- Friday or Saturday day/evening - \$180 flat rate for either room

Maintenance fee for all tenants:

- \$10 per week for permanent tenants
- \$10 per contract for hourly rentals
- \$25 per contract for full-day rentals

If you have any questions, please direct them to the RCA Board at info@rosemontcommunity.com.

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

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 Rosemont to keep Rosemont residents informed. Please help us spread the word to everyone in the community. For those residents who do not have internet access, we will of course continue to try to reach them through other means.

The Rosemont Start-Up

Clowns Sunday, September 10

Games

Pony Rides

Fun!

Events start 3:30pm at the Rosemont Hall
 3:00pm – Outdoor Activities Begin
 4:00 pm – Children's entertainment
 5 pm - Barbeque starts

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



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 you 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.

HAPPY NEW YEAR!

I can't believe we've had another summer come and go. Seems we've just finished soccer and we're getting ready for hockey evaluations...

We are going to start the new year off with a bang with the Rosemont Start-UP on Saturday, September 16... things get going around 3:30 with outdoor children's activities with face painters, outdoor games, the bouncy castle, ponies, and our favourite clown, Button. The BBQ starts around 6 and we'll have music outside to dance to into the evening. 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. Come on out and meet your neighbours and share some stories of your summer.

The RCA will start becoming more social media savvy this fall with our new VP, Matthew Guilherme using our email and websites to establish more relevant and regular communication with our residents. Matthew will be posting regular items of interest on our website as well as issuing community emails to residents regarding any important or emergency information that needs immediate attention.

The RCA is also excited to welcome the Rosemont Child-care Group from the School, who will be hosting the morning group from the kindergarten program at our Hall in the afternoons. We have made some changes at the Hall to welcome them, and I am very excited to see



Myokymia

is the medical term to describe eyelid twitches and spasms. Myokymia can often be triggered by stress, lack of sleep, and poor nutrition. So, if you find your eyes twitching, it's time to get a little more shut-eye!

the Hall buzzing with activity and children all during the week...It will bring a wonderful burst of energy to the area.

Alberta artist AJA Loudon has created a very colourful mural in the pathway tunnel under Tenth Street in Confederation Park. It has been very interesting to see AJA transforming the ugly, grey tunnel by painting bold, stylized flower boxes full of giant, oversized local flora that create "windows" to the world outside of the tunnel. It looks great. The City is working on replacing the ugly lighting in the tunnel so we can enjoy the murals better. Thanks to AJA for his great work.

The Rosemont Community is happy to announce that it will be affiliating with "Family Matters", who will be offering a series of family-orientated programs out of our Community Hall.

Families Matter Society was created in 2003 with the amalgamation of three agencies that served a variety of parenting needs.

Vision: A connected community in which children and families are empowered and supported to be happy, healthy and productive

Mission: Promote optimal child development by empowering families to be resilient and fostering positive family relationships.

Our services include the following programs:

HUB programs – Three family serving centres that offer a variety of services and programming, encourages parents of children to come together for formal and informal learning opportunities that reduce isolation, build social resiliencies in families and connect communities.

PLC Centre – One of our Hubs is a Parent Link Centre (Bowcroft). Presently the Huntington Hills Community Centre has a Parent Link Centre in their space. Parent Link addresses universal (free access) to all parents seeking play groups, parenting information, supports, and services.

Family Life Education – Educational programs delivered throughout the city by FM and in partnership with agencies. Our programs are designed to help parents learn reflective thinking, address topics around healthy ages and stages of development, and support parents in making changes in their behavior. Some of classes are: Be a Great Dad, Circle of Security, Terrific Toddlers, How to Talk so Kids Will Listen and Listen So Kids Will Talk, Positive Discipline in Everyday Parenting, and many more.

Individualized Support Program – for families requiring a higher degree of individualized service and are not ready for formal classes. Includes a separate stream of classes and supports for younger parents.

Postpartum Depression – includes support groups for mothers, education/support classes for fathers, phone support, volunteer peer support and In-home visitation support.

Fathering Programming – Including the five-week Be a Great Dad program (delivered 22 times in 2016 at agencies and libraries throughout the city), Dad and the Law, Papa Bears (singing, literacy and early attachment for fathers and their small children), Terrific Toddlers for Dads.

We are very excited for the opportunity to work with Family Matters in offering a variety of Programs for residents around Rosemont.

SAVE the DATE: We will be hosting our annual Halloween party on October 28. Things will start at 6pm, with a host of children's activities and games.

The Rosemont Start-Up

Saturday, September 16

Events start 3:30pm @ 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, Button, the Ponies some great tunes and some neighbourly hospitality...

to-may-to, to-mah-to:



Tomatoes are originally from Central and South America. The name comes from the word *tomatl* in the Aztec Nahuatl language, which translates roughly as "fat thing". While technically a fruit, you don't want to put a tomato in a fruit salad!





Back to Cruel

Didaskaleinophobia is the fear of going to school, which 2.4 per cent of children world-wide suffer from.

SERIOUS FUN

Adults • Teens • Kids

- African • Top • IndoJazz • Lyrical
- Ballet • HipHop • Jazz • Mum & Baby
- Drumming • Musical Theatre • Modern
- Highland • Bellydance • Flamenco
- Latin & Ballroom • Zumba • Aerial Fusion
- Gyrokinesis • Triple T • Barre Fit
- and more!

Free house dance plus

www.freehousedance.com

2020, 12th Avenue NW 403-282-0555





Calgary Confederation
Len Webber, MP
 2020 10 St NW, T2M3M2
 ☎ 403-220-0888 ✉ len.webber@parl.gc.ca

Community Conversations

This past summer was very busy in our community with many neighbourhood events, special Canada 150 festivities, cultural celebrations and, of course, the annual Stampede. With Parliament recessed over the summer, I was able to attend many more events and enjoy the very best our communities had to offer.

Our community is shaped by our vibrant mix of cultures, languages and interests, and yet we remain a strong community because we also share so much in common. I am always amazed at how welcoming one community is of another and their desire to share their passion for their cultures, their sports, their music, their art and many other things. If you have never attended a cultural celebration for a culture other than your own, I strongly suggest you do and you will find the experience both welcoming and educational.

Community events provided a great opportunity for me to informally speak with many residents and I found the conversations to be both insightful and thought-provoking as people shared ideas on many topics. I spoke with seniors, students, families and small business operators who also shared their concerns on several issues too. The economy, jobs, marijuana legalization and the payment to Omar Khadr were the top three issues raised with me throughout the summer and I expect they will be the top issues when Parliament resumes this month.

This summer I also spent time door-knocking in several communities and appreciated the warm welcome I received at virtually every door. Even those who openly stated they had not voted for me in the past were appreciative of the fact that I came to their door to hear their concerns so that I can better represent them in Ottawa. I find these doorstep interactions so candid and refreshing and they offer a great opportunity to speak with people who would not otherwise reach out to participate in our great democracy. We really are fortunate that we live in a country where this is possible as such activities in many other nations are unimaginable.

It is the volunteer efforts of hundreds of folks in our community that make our city such a great place to call home. On behalf of all residents, I want to thank all those who made this summer so memorable for everyone in our community.

My monthly email newsletter is received by thousands of households and it details many of the things I am involved in and provides critical information for all residents. Those who receive the newsletter often comment that they appreciate the balanced tone of the newsletter and its timely updates. Others remark that reading the community survey results is their favourite part of the newsletter and encourage me to keep providing them with the opportunity to share their opinions on important issues. If you are not receiving my monthly email newsletter and would be interested in receiving it, please visit my website at www.lenwebber.ca to sign up.



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Hello Calgary-Klein,

Your help is needed in improving Alberta's consumer protections!

The Government of Alberta is seeking feedback on ways the government can improve Alberta's consumer protection legislation. Feedback is required on several topics, including contract-related issues like warranties and cancellation rights, as well as shopping-related concerns like transparency in pricing and reward points. The government is also seeking input on topics like household moving services, debt collection, ticket sales and auto repairs.

Do you have stories regarding your experiences with these issues and their related products or services? If you have suggestions for how we can make life more affordable for Albertans by ensuring a fair marketplace that's fair for buyers and sellers, please provide your feedback to this important initiative.

You can participate in several ways:

- Complete an online survey, which will run until September 15th.
- The survey can be accessed at <https://extranet.gov.ab.ca/opinio6/s?s=36636> or by visiting <http://www.servicealberta.gov.ab.ca>.
- Attend the Open House session, with available dates posted at <http://www.servicealberta.gov.ab.ca>.
- Follow the #ABConsumerProtection hashtag on Twitter for other engagement opportunities.

As part of the efforts to strengthen consumer protection and ensure a level playing field for Alberta businesses, the government has already taken the following steps:

- Payday lending: Put an end to 600 per cent predatory interest rates on payday loans to prevent Albertans from spiralling into poverty. Alberta now has the country's strongest protections and lowest interest rates for borrowers.
- Door-to-door sales: Put an end to misleading, aggressive sales tactics by banning door-to-door sales of energy products and services. The ban includes furnaces, hot water tanks, air conditioners, windows, energy audits, and electricity and natural gas contracts.

- Electricity price cap: Introduced a price cap to make life more affordable and ensure electricity bills are fair.
- New home buyer protection: Introduced a builder licensing framework to protect consumers as well as the reputation of good builders.

Your participation will help Albertans increase trust and build confidence between businesses and consumers.

Thank you to all who came out to my "Cool Down with Coolahan" Pool Party last August! It was a pleasure meeting so many of you and enjoying the last days of summer together.

As always, our office is happy to hear from you, and may be reached at calgary.klein@assembly.ab.ca or 403-216-5430. I'll be available for the next Coffee with Craig at the Velvet Café (502 25 Ave NW) on Oct 14th from 10am-12pm.

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Pedestrian Safety

Pedestrian safety and cut-through traffic are top issues for Ward 7 communities. Most older neighbourhoods were built on grid networks, where streets connect at right angles with frequent intersections. The grid makes our communities easy to navigate by foot and by bike, but it also makes them easier to shortcut through, given that multiple routes can be taken to reach a destination. While communities that have “loop and lollypop” streets experience less cut-through traffic, they work poorly for walking and cycling. Both types of Calgary communities have their challenges, which is why we need a wide-reaching approach to make Calgary a better city for walking.

The City’s new **Step Forward** pedestrian strategy is a long-term plan to improve the safety, accessibility, and desirability of walking in Calgary. The strategy includes 49 actions which were shaped by input from thousands

of Calgarians. To learn more about Step Forward, visit: www.Calgary.ca/StepForward

The world is also taking notice of Calgary’s plan to become a more walkable city. In September, we will play host to the **International Walk21 Conference**. Previously hosted in global cities like Hong Kong, London, and New York, it is an honour to sponsor this prestigious conference in partnership with the University of Calgary. It comes as a direct result of Calgary’s work to shift from a city known for its auto-dependent sprawl, to a city that offers real transportation choice. Delegates will include walkability experts from around the world. To learn more about Walk21 and how you can participate, visit www.Walk21.com

As Step Forward rolls out, and as we celebrate Walk21 in Calgary, you can take action today to improve walkability and street safety in your community.

Many communities apply for community traffic studies to identify ways to redesign residential streets to prioritise walking, slow down traffic, and discourage cut through traffic. Due to high demand, a thorough traffic study can take time to complete. Sometimes what is needed is a quick, temporary, and inexpensive way to address concerns. That is why Council supported my motion to create the **ActivateYYC microgrants**. Communities can apply for grants to fund “temporary local projects and events that motivate Calgarians to walk, play and be neighbourly.” For details, visit www.CalgaryCommunities.com/ActivateYYC

If your community is interested in a **community traffic study**, residents should work with the local community association to generate broad support for a study. To learn more about how to apply for a community traffic study, visit www.Calgary.ca and search for “Community Traffic Concerns”.

Let’s foster healthier and more vibrant neighbourhoods by working together to make walking safer, more accessible, and more desirable.

To sign up for updates on key community and Ward 7 issues, please visit www.DruhFarrell.ca.

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