

AUGUST 2011

YOUR OFFICIAL COMMUNITY NEWSLETTER

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CHRONICLE

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This is not intended to solicit properties that are already listed.

# Cambrian Heights Community Association

600 Northmount Drive NW ■ Calgary, Alberta ■ T2K 3J5

Phone: 403-284-1175 ■ Email: [chca.mail@shaw.ca](mailto:chca.mail@shaw.ca) ■ Web Site: <http://www.cambrianheightscommunity.ca>

## BOARD OF DIRECTORS:

Bartel Caroline	President	403-730-4976	blckdog@shaw.ca
Hnatiw Sonya	Treasurer	403-282-0892	hnatiw@telus.net
Christensen Penny	Past -Treasurer	403-284-0840	pjchris@telus.net
Tubman Carol	Secretary	403-277-9104	ctubman@shaw.ca
Milne Barb	Newsletter Coordinator	403-282-2684	blmilne@shaw.ca
Manns Jennifer	Membership Coordinator	403-282-2835	jenmanns@shaw.ca
Vallee Daniel	Director at Large	403-312-9827	danvallee@shaw.ca
Schroeder Steve	Director at Large	403-669-9640	stephenschroeder@me.com

## NON-VOTING VOLUNTEERS:

Riep Lora	Hall Manager	403-284-1175	riepls@telus.net
Weber Mitch	Rink Coordinator	403-289-8767	
Amos Bev	Scouts/Beavers/Cubs	403-590-0107	bev04@telus.net
Wiltse Mary	Card Party Coordinator	403-277-3993	
Taylor Aaron	City Parks Representative	403-221-4672	aaron.taylor@calgary.ca



**Hall Manager**

Contact Lora for bookings 403-284-1175

**Editorial  
Content  
Deadline**

**10<sup>th</sup>**

of each month  
for the next  
month's issue

Please send  
your submissions  
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403-282-2684



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**CAMBRIAN HEIGHTS COMMUNITY ASSOCIATION**

**MEETINGS**

**First Monday of the month  
 7:00 pm**

**600 Northmount Drive NW**  
*Everyone is invited to attend a community association meeting*

**Questions? Concerns?**  
**Phone: (403) 284-1175 • Email: [chca.mail@shaw.ca](mailto:chca.mail@shaw.ca)**  
**Web Site: <http://www.calgaryarea.com>**



**Looking for a Fun Activity with your Partner?  
 Learn to Square Dance with the Banff Trailers on  
 Monday Evenings**

**Where:** Highwood Community Hall  
**Time:** Monday, 7:30pm to 9:30pm  
**Cost:** \$5 per person  
**Free Lessons Sept 19 & 26th**

Couples Only, Please

**For Further Information:  
 Matt & Lil (403) 295-1904  
 Larry & Ann (403) 275-8389**



# WATER POLO



## Want to swim and play ball at the same time?

Water polo combines the speed of competitive swimming, the strategy of soccer and the ball-handling skills of basketball all wrapped up into one splashy package.

This challenging game uses a ball similar to a volleyball and is played without touching the bottom of the pool. While top-level water polo matches can be very aggressive, this does not happen at the beginner or intermediate levels. There are many rules governing physical contact and these are strictly enforced.

Water polo builds cardio-vascular endurance and improves swimming skills. It offers a full body workout similar to cross-country skiing or competitive swimming. And, it promotes teamwork and strategic thinking.



## WALKING WEDNESDAYS



ParticipAction used to have a slogan: Walk a block a day. Going for a walk has many benefits: it's an easy exercise that anyone can do, aiding in digestion and assisting in a good night's sleep.

In the community of Brentwood, an evening walking program was started, emphasizing Mondays. I loved the idea when I heard about it – purposeful encounters with one's neighbors in one's community. It's a chance not only to "bump into" one another but also an opportunity to become familiar with our neighbourhood, to see what's out there. And it's free. What if we try it? Beginning on:

Wednesday, September 7, around 6:30 pm, what if the people of Cambrian Heights drop what they're doing, get up off the couch, and go for a walk. Find a friend and arrange to walk together. Choose a meeting spot. Choose your own route. Once around the block. Once around several blocks. Say hello to the people who are also out walking.

Introduce yourself. Build a friendlier community in small steps. Make it a regular event.

Let's go for a walk. Hope to see you in the neighbourhood!

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NHPC member



## SAFE AND CONSIDERATE FIRE PIT USAGE.

An evening around a fire pit is a favourite pastime for many Calgarians. The City of Calgary Animal & Bylaw Services partners with citizens to help ensure high standards of public health and safety: this includes the regulation of fire pits as outlined in the Community Standards Bylaw.

Animal & Bylaw Services receives many complaints related to excessive smoke from fire pits. This is often a result of burning improper materials. Only clean dry firewood is permitted to be burned in fire pits. You cannot burn treated or painted lumber, wet or unseasoned wood, lumber containing glue or resin, yard waste such as leaves or grass, garbage, rubber, plastic or any animal parts. It is also important to check the wind conditions prior to lighting a fire. High wind speed can pose a fire hazard and similarly, if the wind speed is low, the air quality is poor and fire pit smoke will not dissipate.

For the safety of Calgarians and their neighbours, fire pits must be located at least two metres from houses, fences, trees and any other combustible structures. Fire pits must be constructed of non-combustible materials and we suggest having a metal grill or screen to prevent sparks or embers from escaping. Fires must be supervised at all times and owners must have a way, such as a hose, present and readily available to extinguish the fire.

The "Fire on Premises" section of the Community Standards Bylaw includes the following fire pit regulations:

- Burn only clean, dry firewood.
- Fire pit must be situated at least two metres from a building, structure or any combustible material and can't be located under trees or branches. If a fire pit is found to be in contravention of the bylaw, the property owner will be required to remove or modify it.
- An open flame can't exceed one metre at its widest point.
- Owners must have a way to extinguish the fire.
- All fires must be supervised at all times.
- Fires are not allowed between 1 a.m. and 10 a.m.

- Fire pits can't be used during a fire ban. Failing to abide by this rule can result in a \$1000 penalty.

If you would like to learn more about the "Fire on Premises" section of the Community Standards bylaw visit [calgary.ca](http://calgary.ca) and search "fire pits" or call 3-1-1 and request to have Animal & Bylaw Services mail you a Fire pit usage within Calgary leaflet.

When fire pits are used safely and properly, they can provide many hours of enjoyment and neighbours can continue to live in harmony with one another. Let's work together to make sure our nights spent by the fire are safe and fun for all Calgarians.



**Cambrian Heights Community Association**

**Membership Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Single / Senior Membership \$5   ■   Family \$15**  
**■ Associate \$10**

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

**For more information call 403-284-1175**

# Rosemont Community Association

PO Box 75007, #9, 728 Northmount Drive NW,  
Calgary, Alberta, T2K 6J8

Ph: 403-289-6533 • rosemont\_community@yahoo.ca

## Board of Directors

**President** Kris Olsen  
403 284 5506 rosemont\_community@yahoo.ca

**Vice-President** Keith Sharkey  
403 282 1716

**Treasurer** Sue Godfrey

**Secretary** Corinna Totino  
403 289 1047 rosemont\_community@yahoo.ca

**Hall agent** Jacquie Brennan  
403 289 6533 rosemont\_community@yahoo.ca

**Membership Coordinator** Rhonda Kerr  
403 282 1716

**Newsletter Coordinator** Kris Olsen  
403 284 5506

**Programs Coordinator** Jean Blackstock  
403 284 9825

**McKnight Sports Liaison** Sue Godfrey  
403 226 2807

**Ice rink Coordinators**  
403 284 5506 Kris Olsen  
403 282 0361 Bud Edgar

**Member-at-large** Bruce Cairns



**ROSEMONT**  
Editorial  
Content  
Deadline **10<sup>th</sup>**  
of each month

Please send  
your submissions  
to Kris Olsen

## Rosemont Community Association MEMBERSHIP FORM

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. Note: Community Association membership is required for most community-based sports associations. 10% discount on hall rental fees applies to community members.

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

**Family Name:** \_\_\_\_\_

**First Name(s):** \_\_\_\_\_

**Children's names and ages:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Phone Number(s):** \_\_\_\_\_

\_\_\_\_\_

**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 envelopes to Rhonda Kerr, RCA  
Membership, 23 Rosewood Road**



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**DROP IN YOGA CLASSES:** Located at #201-3811 Edmonton Trail NE. Please check out [www.rockymountainyoga.ca](http://www.rockymountainyoga.ca), email [info@rockymountainyoga.ca](mailto:info@rockymountainyoga.ca) or call 403.471.3596 for schedule and pricing information. Please bring your own non-slip yoga mat. We also offer private lessons.

**CONCERNED ABOUT MOULD:** Mould and Asbestos removal specialists. Call Peter at MouldPro at 403-371-7836 for a free mould inspection with this ad.

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Please Call Great News Publishing  
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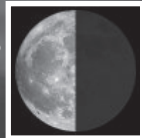
## AUGUST MOON CALENDAR



August 6  
First Quarter



August 13  
Full Moon

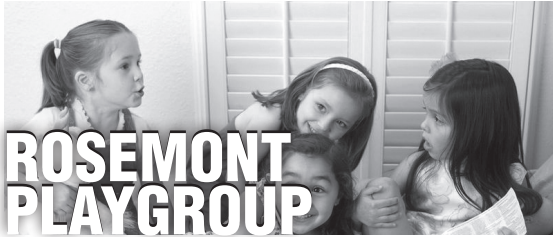


August 21  
Last Quarter



August 28  
New Moon





**ROSEMONT PLAYGROUP**  
 PLAY IS HOW KIDS LEARN ABOUT LIFE  
 Free-play builds social and language skills, stimulates creativity and imagination, and fosters self-advocacy and collaborative problem-solving skills (it's also fun).

The Rosemont Playgroup is a FREE, DROP-IN group that meets every Monday (excluding statutory holidays) from 10:30 AM to noon, September through June at the Rosemont Community Hall (2807 – 10 Street NW).

All kids age 0 to 5 accompanied by a parent/caregiver are welcome.

Bring your own beverages and snacks.

For more information, contact Andrea at 403-686-3839

## ROSEMONT COMMUNITY HALL

### Rental Information


The Rosemont Community Hall, freshly painted and with updated flooring, is available for rent by members of the Community or others who wish to hold an event or program. The hall is located at 2807, 10th St N.W. and overlooks beautiful Confederation Park. The hall has a small stage, a refreshment area, a catering-type kitchen and is handicap accessible. Maximum capacity is 120.

### Rosemont Hall Rental Rates Are:

Monday to Friday, 9:00 am to 5:00 pm	\$20 per hour
Monday to Thursday, after 5:00 pm	\$30 per hour
Friday or Saturday day/evening event	\$350 flat rate
Sundays	\$30 per hour

### NOTE: All rentals require a security deposit.


Other rental needs can be arranged, including long term rentals. The hall is shown by appointment. Please call the hall agent at 403-289-6533 and leave a message about your rental requirements. Rental contract details can be discussed in a personal meeting.



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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: [rosemont\\_community@yahoo.ca](mailto:rosemont_community@yahoo.ca)

# COMMUNITY CLASSIFIED ADS

**Deadline – 1<sup>st</sup> of each month**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

- Free announcements: lost/found, for sale, wanted, garage sale, etc.
- Forty word limit

**For Display and Business Classified advertising contact Great News Publishing at [sales@great-news.ca](mailto:sales@great-news.ca)**

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Calgary Health Link	403 943-5465
Child Abuse Hotline	1 800 387-5437
Child Find	403 270-3463
Children's Cottage (24 hrs. Crisis Nursery)	403 233-2273
Distress Centre/Crisis Line	403 266-4357
Hospital - Foothills	403 944-1110
Hospital - Children's	403 955-7211
Parent Resource Line	403 205-5189
Poison Centre	403 944-1414
Sexual Assault Centre	403 237-5888
Women's Emergency Shelter	403 234-7233
<b>Other:</b>	
Abandoned Vehicles	403 537-7100
Alberta One Call (buried utility lines)	1 800 242-3447
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Animal Control	311
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City of Calgary	311
Enmax - Trouble calls only	403 514-6100
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Road Conditions Around Calgary	1 877 262-4997
Weather Information	403 299-7878

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