

AUGUST 2024

DELIVERED MONTHLY TO 2,025 HOUSEHOLDS

# CAMBRIAN HEIGHTS ROSEMONT

## CHRONICLE

THE OFFICIAL CAMBRIAN HEIGHTS & ROSEMONT COMMUNITY NEWSLETTER



**CONTINUE GROWING  
YOUR BUSINESS**

**Place your ad here to promote  
your business and get noticed!**

Contact us at 403-720-0762 | [grow@greatnewsmedia.ca](mailto:grow@greatnewsmedia.ca)



**GET A QUOTE NOW**

# canary

REFILLERY & ZERO WASTE MARKET

Bring this coupon for  
**15% off**  
your next visit to Canary

Discover sustainable  
lifestyle goods you can  
feel great about

1225A Kensington Rd. NW | canarygoods.ca

# BARKER'S

• FINE DRY CLEANING •

**PICK UP & DELIVERY  
SERVICES**

**403-282-2226**

# OFFICIAL



PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

Service Call Fee



**403-837-4023**

info@officialplumbingheating.ca  
official-plumbing-heating.ca

**Hate Your Renewal  
Rate? Call Me!**



Expert advice  
Excellent rates  
Many options  
Better mortgages



**ANITA** 403-771-8771  
anita@anitamortgage.ca



Licensed by Avenue Financial

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS,  
EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

**CAMBRIAN HEIGHTS**



**ROSEMONT**



# Cambrian Heights Community Association

600 Northmount Drive NW • Calgary, Alberta T2K 3J5  
 Phone: 403-284-1175 • Email: CHCA\_HALL@telus.net  
 Website: <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 7/3=2+2=4 members. Maximum of 18 Voting Members.*

Position	Name	Telephone	Email	Vote
President	Daryl Connolly	403-470-5339	president@cambrianheightscommunity.com	Yes
Treasurer	Vacant		treasurer@cambrianheightscommunity.com	Yes
Secretary	Ian McKinnon	403-585-7030	ianrmckinnon72@gmail.com	Yes
Newsletter Coordinator	Vacant			Yes
Membership Coordinator	Jennifer Manns		members@cambrianheightscommunity.com	Yes
Director Planning	Andrew Connolly	403-617-7627	planning@cambrianheightscommunity.com	Yes
Director - Casino	David Babich	604-837-7027	david@babich.ca	Yes
Director	Phillip Holcomb	587-785-3692	phillipholcomb@gmail.com	Yes
Director	Evan Wan	403-608-7915	evanwan@gmail.com	Yes
<b>Committees - Non Voting</b>				
Rink Coordinator	Scott Jacobson	403-771-9755	scottcolleenj@gmail.com	No
Hall Manager	Lora Riep	403-284-1175	CHCA_hall@telus.net	No
City Liaison	Keith Magill	403-826-9152	keith.magill@calgary.ca	No
Social Committee	Betty Bacque		social@cambrianheightscommunity.com	No

**CHCA MEETINGS:**  
 First Monday of the month, except in July and August. Contact the president if you wish to attend.  
  
 Contact Hall Manager Lora for bookings at 403-284-1175.

## Cats, Canines, & Critters of Calgary



Chiko, Stradwick Rise



Dude, Evanston



Harry, Bridgeland



Pikko, Hillhurst Sunnyside



Riley, Kensington



Sawyer, Beddington



Snowbelle, Discovery Ridge



Tilly, Deer Run

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



## Silent Pride: The Wordless Anthems of the World!

While watching the Paris Olympics this year, you might notice some athletes not singing along to their national anthems. Well, athletes from Spain, Kosovo, San Marino, and Bosnia and Herzegovina (yes, that is one country) can be excused because their national anthems have no words!

## CAMBRIAN HEIGHTS' PRESIDENT'S MESSAGE

I hope everyone enjoyed the ten days of Calgary Stampede as I know our family did. Sunny skies also provided ample opportunity to enjoy both nearby Confederation Park and Nose Hill Park. We held our third annual Die Volksmesse car show featuring Volkswagen, Audi, and Porsche autos on July 13. Plans are being made by our Social Committee for events this fall. If you have ideas for community events utilizing our Hall and grounds, feel free to contact us at [social@CambrianHeightsCommunity.com](mailto:social@CambrianHeightsCommunity.com). A review of past events and general plans for the future can be found in the slide presentation from our AGM on our website ([CambrianHeightsCommunity.com](http://CambrianHeightsCommunity.com)).

Our survey of community signage designs was included in the July newsletter and is repeated in this issue. At the time of writing this message we had over 60 replies selecting general signage design including comments detailing design features and questions as to community finances and longer-term plans for our many park spaces. The Board in August will review all this feedback and incorporate those comments when making a final decision and applying for final City approvals. To date the City has indicated no issues with our signage size and location and funding is in place for the project. As always, the final design will be subject to cost considerations as we explore other park additions and community ice rink equipment storage options.

As indicated in the July newsletter, the Community has been confirmed with Casino dates of November 4 and 5 this year. The funds accrued from the volunteers provided, in our case to Pure Casino Calgary for those two days, provides the major funding supporting the Community Association Hall upkeep and social activities. Should you be able to help out this year at our Casino dates please contact us at [president@CambrianHeightsCommunity.com](mailto:president@CambrianHeightsCommunity.com). We provide a meal during your Casino daytime or evening shift and also reimburse you for transportation to and from as well as babysitting if required.

We continue to wish all residents a safe and enjoyable summer. Please read the newsletter or consult our website ([CambrianHeightsCommunity.com](http://CambrianHeightsCommunity.com)) for activities this fall and winter. We also encourage your involvement with the Community through attending one of our Board meetings at the Hall by contacting us at [cambrianheights@gmail.com](mailto:cambrianheights@gmail.com).

*Daryl Connolly*

President CHCA

## Community Survey

The Cambrian Heights Community Association is requesting your participation in selecting a sign design to identify our community. A simple monument style sign wording as shown will be located in the park bordering Northmount and Cambrian Drives. The sign will be approximately 10 feet by 5 feet in size and located behind the existing flower bed.



### QR Code:

Point your cell in camera mode and the option to go to the survey will pop.

### Survey Link:

[www.docs.google.com/forms/d/e/1FAIpQLSeeuPOv7FFetUiE-6z9WlJ5kSfBpy7mZCLUhhbWDYG8dO16Og/viewform?usp=sf\\_link](https://www.docs.google.com/forms/d/e/1FAIpQLSeeuPOv7FFetUiE-6z9WlJ5kSfBpy7mZCLUhhbWDYG8dO16Og/viewform?usp=sf_link)



**Cambrian Heights Community**  
**WEDNESDAY DROP-IN YOGA**

**6:30-7:30 PM**  
**IN-PERSON OR ONLINE**  
 Sept 11 - Dec 11, 2024

**FIND BALANCE**  
*on and off the mat.*

CALL 403-244-3001 TO INQUIRE




## The Year in Review at Edelweiss Preparatory School

As we conclude another dynamic and joyful year at Edelweiss Preparatory School, we celebrate 36 years of love and learning. This school year was filled with enriching experiences, educational opportunities, new friendships, and a deepening sense of community for our students and their families.



Our commitment to STEAM education (Science, Technology, Engineering, Arts, and Math), along with Spanish and Literacy, provided a vibrant and creative environment for our students to thrive. The inclusion of Arts in our curriculum - encompassing Art, Music, Drama, and Dance - enhanced our holistic approach to education with a creative and enriching dimension.



The final week of school was a highlight, featuring a delightful petting zoo visit from Butterfield Acres, beautiful year-end concerts for our families by the Junior Kindergarten and Kindergarten students, a captivating magic show by Magician Christopher Cool, and exciting outdoor bubble fun for our Preschoolers.

We are grateful for another successful year and look forward to continuing our journey of love and learning with our wonderful Edelweiss community here in Cambrian Heights.



**international**  
**Left-Handers Day**

August 13 is a special day for those who have the unique distinction of being left-handed. Approximately 10% of the global population are left-handed. But don't fret, left-handers! Some influential people who share your uniqueness include Prince William, Barack Obama, Justin Bieber, Oprah Winfrey, and Jennifer Lawrence, just to name a few.

**CALGARY MAT & LINEN SERVICES**

<p><b>Cleaning Services</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Dry Cleaning</li> <li><input checked="" type="checkbox"/> Tablecloths</li> <li><input checked="" type="checkbox"/> Napkins</li> <li><input checked="" type="checkbox"/> Table Skirts</li> <li><input checked="" type="checkbox"/> Chair Covers</li> <li><input checked="" type="checkbox"/> Massage Sheets</li> <li><input checked="" type="checkbox"/> Face Cradles</li> <li><input checked="" type="checkbox"/> Gym Towels</li> <li><input checked="" type="checkbox"/> Face Cloths</li> <li><input checked="" type="checkbox"/> Chef Coats</li> <li><input checked="" type="checkbox"/> Coveralls</li> <li><input checked="" type="checkbox"/> Microfibre Cloths</li> <li><input checked="" type="checkbox"/> Dish Rags</li> </ul>	<p><b>Mat Rentals</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Standard</li> <li><input checked="" type="checkbox"/> Waterhog</li> <li><input checked="" type="checkbox"/> Paper Towel</li> <li><input checked="" type="checkbox"/> Scraper</li> <li><input checked="" type="checkbox"/> Logo</li> </ul> <p><b>Paper Products</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Tork Dispensers</li> <li><input checked="" type="checkbox"/> Paper Towel</li> <li><input checked="" type="checkbox"/> Centre Pulls</li> <li><input checked="" type="checkbox"/> Toilet Paper</li> <li><input checked="" type="checkbox"/> Facial Tissues</li> </ul>	<p><b>Pick-Up &amp; Drop-Off Services</b></p> 
--	--	---

calgarymatandlinen.com | 403-279-5554

# CHCA Membership

Create a Proud & Vibrant Community ... Together!

Join your CHCA and participate or volunteer in community events and create that small town feel in Cambrian Heights. Creating and participating in a vibrant community for your family and neighbors is special.

Purchasing an Annual Membership is a small act that supports many neighborhood initiatives such as community events and programs, but also managing and maintaining our facilities, parks, and advocating for residents in community and City planning initiatives.

Membership also recognizes the number of volunteers and Board Members that donate hours of their time to manage and create opportunities for you to enjoy.

## MEMBERSHIP BENEFITS INCLUDE:

- Opportunity to meet and engage with your neighbors at events throughout the year
- Discounted fees for participation in Community Programs & Events and facilities
- Keep informed of Community news & events through delivery of the Cambrian Chronicle Newsletter to your home, online communication, and community website & email blasts.
- Management and maintenance of Community Hall, Ice Rinks, Parks & Green Spaces
- Providing input into city & community planning and development processes
- Improving your neighborhood by support of Community cleanup initiatives, upgrades to facilities & parks, and traffic safety.
- Ability to cast your vote at annual AGM on community issues

## Two Ways to Purchase Your CHCA Membership:

1. Apply online on Website ([www.cambrianheightscommunity.com](http://www.cambrianheightscommunity.com)) and purchase safely & securely (Credit Card or Paypal).
2. Fill out the membership form (Monthly Newsletter or download from CHCA Website) and Mail-in or Drop off at Cambrian Hall with payment (Cash or Cheque).

You will receive email confirmation of your membership # in place of a membership card. (Mail-in or drop-off applications will be delayed).

To purchase your membership please complete the following form and drop off with payment to CHCA Hall or Purchase online at our website: [www.cambrianheightscommunity.com](http://www.cambrianheightscommunity.com).

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

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

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

(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 One Only)

### CAMBRIAN HEIGHTS RESIDENTS: ( voting member )

- Senior (\$5.00)     Individual (\$10.00)     Family (\$20.00)     Corporate (\$50.00)

### NON- CAMBRIAN HEIGHTS RESIDENTS: ( non-voting member )

- Associate (\$20.00)

Associate membership cards are not sent out unless proof of membership required for: Please indicate membership purpose:  McKnight Soccer     Yoga     Fun & Fitness

Membership term is for 1 year and is current from January 1 of the year purchased until December 31 of the same year as per the Community Association Bylaws.

Return the completed form with cheque payable to the Cambrian Heights Community Association and mail or drop off at: Cambrian Heights Community Association, 600 Northmount Drive NW, Calgary AB T2K 3J5

# A Dietitian's Guide: Tips for Making Back-to-School Lunches Your Kids Will Enjoy

by the Primary Care Network



Packing healthy lunches kids will actually eat can be a difficult task for parents and caregivers during the back-to-school season. While balanced meals are an important part of fuelling minds and bodies, it can be hard to juggle enjoyment with nutrition.

Dietitians from the Primary Care Network share their tips for making back-to-school lunches nutritious, delicious, and enjoyable.

## 1. Involve Your Kids

Involving kids in meal prepping is key to helping them discover their own preferences and teaching healthy eating habits. Giving kids the opportunity to make choices – like at the grocery store – helps to foster positive connections with food. When kids can be involved, there's more buy-in.

## 2. Presentation is Key

Presenting food in a fun and easy way can make healthy food more appealing – especially when faced with a short school lunch break. Instead of a sandwich, try a meat and cheese kebab or offer sliced apples instead of a whole apple. Opting for a bento-style lunch box can also make packing easier and allow kids to select from a variety of foods – proteins, carbohydrates, colourful fruits, veggies, and healthy fats.

## 3. Balance and Variety

Aim to add an assortment of fruits, vegetables, whole grains, and lean proteins. Pairing new foods with familiar favourites is a great way to help kids add variety to their diet. Don't be afraid to include a fun food, like a cookie or chocolate. Enjoyment is an important part of balanced eating and building a healthy relationship with food.

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION

**Rockyview Ramblers Square Dance Club**  
 2024 New Dancer Evenings Start on  
 Friday, September 13 from 7:00 to 8:30 PM.  
 \$8 per lesson per person  
 Who can join: Singles, Couples & Families

*MODERN SQUARE DANCING IS A FUN ACTIVITY  
 SET TO MUSIC, FRIENDSHIP & FITNESS.*

North Haven Community Centre  
 5003 North Haven Dr. NW Calgary  
 CONTACT: David or Joyce (403) 293 - 0033  
 Email: rockyviewramblers@gmail.com

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

# Rosemont Community Association

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

## BOARD OF DIRECTORS

President	Matthew Guilherme
Vice-President	Kris Olsen
Treasurer	Mel Gallant
Secretary	Andrea Ginter
Hall Agent	Jacque Brennan
Newsletter Coordinator	Matthew Guilherme
Development Committee	Adrian Kerry
Traffic Coordinator	Willem Zantvoort
Ice rink Coordinators	Kurt Westergard
Other Board Members at Large	Jean Blackstock

All inquiries can be sent to info@Rosemontyyc.com



2023-2024

## ROSEMONT COMMUNITY ASSOCIATION MEMBERSHIP APPLICATION FORM



Rosemont has two membership options. Both options cover all members of a household:

- **Rosemont Resident Membership: FREE**
- **Associate Membership (live outside Rosemont): \$20**

1. Fill out the form at Rosemontyyc.com/membership OR
2. Complete this form and mail to PO Box 75007, 9-728 Northmount Drive NW T2K 6J8.

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

**Address:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Email(s):** \_\_\_\_\_

**Only include email addresses if you want to receive email updates.**

*For mailed-in associate memberships, please make cheques payable to the Rosemont Community Association. If you are emailing us for an associate membership, we will contact to you arrange payment.*

**Please note:** Membership term is for 1 year from September 1 to August 31. Membership is required for most community-based sports associations. Members also receive 10% discount on hall rentals.

**Website and Hall Rentals** Visit Rosemontyyc.com for all community-related information, including upcoming events and hall rental info. Register for our monthly email blasts and sign up for a community membership too. **Board Meetings** are held monthly and are open to anyone in the community who wishes to attend. Email us at info@rosemontyyc.com for more info about the next meeting.



## ROSEMONT PRESIDENT'S MESSAGE

Howdy Rosemontians!

I hope everyone's gardens are doing well and you're enjoying a great summer.

I want to sincerely thank the 15+ volunteers that helped make the Stampede Breakfast a huge success. We had anticipated 300 attendees, but word got out that we know how to 'Yahoo!' and over 500 people showed up! It was absolutely crazy, and we could not have anticipated it. There were many new faces from within Rosemont and surrounding areas and it was great to see such a tremendous community spirit. Bud and Sheila did a terrific job making everyone feel the Stampede spirit, and the kids had a great time in the bouncy house. We know it took a little while to serve everyone and want to thank everyone for their patience. We will need to re-evaluate future years as this year was a big leap (our last Stampede Breakfast saw 200 attendees). Once again, an absolutely huge thank you to everyone who helped make it a success. I especially want to thank Jacquie who coordinated everything and everyone, plus Kris for getting supplies, including additional grocery runs on the fly. We couldn't have done it without all of you.

To kick off the new school year, all Rosemontians are invited to our annual Start Up BBQ at the hall on Saturday, September 14 from 5:30 to 7:30 pm. We will have some burgers on the BBQ, music, games for the kids, and the chance to reconnect with old friends and meet some new faces. This is a free event for those that live in Rosemont with a free membership (see details below), so whether you are new to the community or have lived here for many years, whether you rent or you own, we invite you to join us! All that we ask is that you RSVP at [RosemontYYC.com/2024BBQ](https://RosemontYYC.com/2024BBQ) to help us plan numbers accordingly.

It's that time of the year to renew your Membership or sign up if you haven't before. Once again, we are offering free 2024-2025 memberships for all residents in Rosemont. Visit [RosemontYYC.com/Membership](https://RosemontYYC.com/Membership) to sign up. You get access to our great events (like the free BBQ on September 14) and 10% off hall rentals. It is a win-win, so sign up today!

With the start of the new year, we're looking for new ideas and ways to connect our community. If you have a great idea and would like our support to make it happen,

contact us. If you have attended an event such as our paint night, movie night, BBQ, or Christmas Market, you have seen an idea from a resident come to life. We are only as strong as our community spirit. Please email us with ideas and questions at [info@rosemontyyc.com](mailto:info@rosemontyyc.com).

Be sure to check out the many programs starting up in September. Our friends at LDK Foundations karate and Common Digs have lots of fall classes starting up soon. Details can be found at [RosemontYYC.com/Programs](https://RosemontYYC.com/Programs) or [LDKFoundation.com](https://LDKFoundation.com) or [CommonDigs.com](https://CommonDigs.com)

As always, keep looking after your family, friends, neighbours, and yourselves.

*Matthew*



### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](https://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](https://mybabysitter.ca) and find available babysitters in and around your community.

## Word of the Month

**Mellifluous: adjective**  
(muh-lif-loo-uhs)

Sweet or smooth sounding,  
as in a voice or string of words.

She believed Spanish to be the most  
mellifluous language in the world.



# START UP BBQ

**FREE** FOR ALL  
**ROSEMONT**  
RESIDENTS

**SATURDAY**  
SEPTEMBER 14, 5:30 PM

**BURGERS, MUSIC, GAMES, AND GREAT TIMES**

RSVP AT [ROSEMONTYYC.COM/2024BBQ](https://rosemontyyc.com/2024bbq)

**JOIN US FOR  
A BBQ TO KICK  
OFF THE NEW  
SCHOOL YEAR!**



# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

**CAMBRIAN HEIGHTS MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

**FALCONER HANDYMAN SERVICES LTD:** Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

**CAPSTONE ENGINEERING ACADEMY:** Enroll now for grades 1 to 9 STEM education at Vivo for Healthier Generations Rec. Centre! Featuring a full Alberta curriculum with immersive, hands-on Engineering and Technology focus. Secure your spot for September classes now! See our website for more information and to apply: www.capstoneacad.ca.

**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.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.



**the Gutter Doctor** 403-714-0711  
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

# The Pulitzer Prizes



On August 17, 1903, Joe Pulitzer, newspaper publisher and journalist, donated \$1 million to Columbia University, which led to the creation of the Pulitzer Prizes. These prestigious awards honour excellence in journalism, literature, and musical composition. The Pulitzer Prizes are considered one of the highest achievements in these fields, celebrating outstanding work and contributions to society.

## GET NOTICED

**ACQUIRE AND RETAIN NEW CUSTOMERS.**  
Your Ad Geofenced Precisely in Your Target Market  
on our Carefully Selected Network of Premium Sites.  
Call 403-720-0762 | sales@greatnewsmedia.ca



**GREAT NEWS MEDIA**  
LEADERS IN COMMUNITY FOCUSED MARKETING



**No matter how much  
you sweat, we can get  
the stink out!**

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



### OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

**CALL US TODAY AT**  
**403-726-9301**  
**calgaryfreshjock.com**