

MARCH 2024

DELIVERED MONTHLY TO 2,025 HOUSEHOLDS

# CAMBRIAN HEIGHTS ROSEMONT

## CHRONICLE

THE OFFICIAL CAMBRIAN HEIGHTS & ROSEMONT COMMUNITY NEWSLETTER



Leaf Filter  
GUTTER PROTECTION



**A LIFETIME OF CLOG-FREE  
GUTTERS-GUARANTEED!**

+See Representative for full warranty details.  
\*One coupon per household. No obligation  
estimate valid for 1 year.

**Call Us Today! 844-211-4281  
FOR A FREE INSPECTION!  
[www.Leaffilter.ca/15off](http://www.Leaffilter.ca/15off) | Promo: 1CGY002**

*Claim Your Discount Now!*

**15% Off + 10%** Seniors & Military

# BARKER'S

· FINE DRY CLEANING ·

PICK UP &  
DELIVERY  
SERVICES

403-282-2226

CAMBRIAN HEIGHTS COMMUNITY ASSOCIATION



## CELTIC DANCE & SOCIAL

SATURDAY, MARCH 9 @ 7:30 PM

\$15 CHCA MEMBERS  
\$20 NON-MEMBERS

Live Music | Cash Bar | Dance Instruction | 18+

Tickets online, link at

[Cambrianheightscommunity.com](http://Cambrianheightscommunity.com)

# OFFICIAL

PLUMBING & HEATING

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

\$50

Service Call Fee



403-837-4023

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)

[official-plumbing-heating.ca](http://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](mailto:anita@anitamortgage.ca)

Licensed by Avenue Financial

## CAMBRIAN HEIGHTS' PRESIDENT'S MESSAGE

While March generally signals the end of the outdoor ice, we did enjoy our eighth annual Polar Party on January 27 featuring hot beverages provided by Tim Hortons and the Bullet Coffee Shop along with pastries sourced through Ola Luna Bakeshop on 40th Avenue. The weather was surprisingly warm for the ice surface by the afternoon, but music provided by Moontide Agency, a resident DJ, kept everyone entertained. Over 100 residents and visitors enjoyed the skating, fire pit and the impromptu snowmen building. The enclosed pictures highlight the Rink Rat crew that make both ice sheets available and the popular goodies table during the event. We thank the ice rink volunteers for another successful season.

We are planning our second Celtic Dancing evening March 9 (see the website for tickets and details [cambrianheightscommunity.com](http://cambrianheightscommunity.com)). Attendance will be restricted so we urge you to obtain tickets to avoid disappointment. In addition, a Volunteer Appreciation night is planned for April 12. We also encourage residents to attend who may wish to explore volunteering in the future in support of our community. Details will be available on our website and Facebook page. Beyond that we have plans to host our third annual Bicycle Day in May and have applied to the City with Rosemont for a Community Cleanup date in May or June.

It is never too early to consider joining the garden group on the Hall grounds. We have plots available this summer for residents who are interested in growing their own vegetables. If you are interested contact us at [cambrianheights@gmail.com](mailto:cambrianheights@gmail.com) for more information.

This summer the hall grounds will welcome for the third year 'Die Volksmesse' car show on July 13. Also, the Hall welcomes back for its third year the 'Between Friends' summer camp. They plan to hold an open house for Parents at the Hall June 27 for those who might be interested in enrolling their children this summer. See [betweenfriends.ab.ca](http://betweenfriends.ab.ca) for details.

Redevelopment within Cambrian Heights will continue in 2024. With anticipated changes this year to zoning bylaws by City Council establishing a City wide RC-G designation, we will witness more multifamily housing construction in the future with the corresponding issues of increased density and street parking. This densification

will be further impacted by the potential removal of all parking restrictions on new developments and the permitting of both secondary suites and backyard suites on a single parcel of land. This program promises an easing to the housing crisis over time supported by a promise of Federal funding. We encourage individuals to follow developments on the City website ([calgary.ca](http://calgary.ca)) as this is where by-law amendments are explained. The last chance to file comments will be a public hearing with City Council on April 22.

The Community continues to need volunteers to replace our interim Treasurer and Social Media volunteer. These positions provide the Community Association financial controls and coordinate our social media communications activities. They both offer an opportunity to join an experienced team and the opportunity to help develop the programs, events, and residential planning for Cambrian Heights. It is your community. Help make it better for your family by volunteering even on a limited basis. To discuss any volunteer opportunities please contact us at [president@cambrianheightscommunity.com](mailto:president@cambrianheightscommunity.com).

*Daryl Connolly*

President CHCA



## WINNIE IS CANADIAN

In World War I, Canadian soldier Harry Colebourn adopted a black bear cub, Winnipeg (Winnie). Donated to the London Zoo in 1914, Winnie captured the heart of Christopher Robin Milne. He named his teddy bear after her, inspiring A. A. Milne's creation of the timeless Winnie the Pooh stories. The rest is cuddly, whimsical history!





# 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 6/3=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	Spencer Cutten	403-561-4581	spencer.cutten@gmail.com	Yes
Director - Casino	David Babich	604-837-7027	david@babich.ca	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.



**PUMPED UP STRENGTH™**

Pumped Up Strength™ is a revolutionary new approach to group resistance training that will:

- Challenge your body in new ways
- Rev your metabolism
- Build stronger muscles
- Increase bone density
- Reduce risk of injury
- Increase overall caloric expenditure
- Pump up the FUN factor of your group strength classes!

**PUMP UP THE MUSIC  
 PUMP UP THE FUN!**

Lorene, Fearless Leader  
 Scary Bunny Fitness and Wellness Coaching  
[scarybunnybefit@gmail.com](mailto:scarybunnybefit@gmail.com)  
 403.815.3821

Are you ready to conquer your strength and mobility goals in 2024?

Pumped Up Strength

Returns January 2024

Handheld weights, yoga mat, water

**FUN** for ALL Ages and Fitness Levels

Members \$8 / Non-members \$10

Contact Lorene:  
[scarybunnybefit@gmail.com](mailto:scarybunnybefit@gmail.com)  
 or 403.815.3821  
 for all the details!



## News from the Friends of Nose Hill

by Anne Burke

As many of you are aware, there is an annual global community science competition which documents urban diversity in 460 cities.

Find Wildlife. Take a Picture or Record. Share! Public bioblitzes are held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organisms in urban areas. Since parks are for everyone, use only designated pathways and trails. Respect wildlife and keep your distance. Use designated garbage bins. Keep dogs leashed and pick up after them. Respect other visitors.

The 2023 City Nature Challenge involved taking pictures from April 28 to May 1, and then identifying them. In all there were over 1.8 million observations, nearly 58,000 species, and 66,394 participants. For example, Urban Bee Flies were among one of the species identified and they are important pollinators in Calgary. One of Calgary's most observed butterflies, in spring and fall, was the Mourning Cloak. Common Greenshield Lichen and Red-stemmed Feather Moss were also observed in Calgary. A Water Strider was observed in Bowness Park. A Boreal Chorus Frog was also observed in a threatened wetland of Calgary. The Canada Goose in Calgary's urban ecosystem was also observed. An Orange-Crowned Warbler in Weaslehead Natural Area was also identified. Find pictures of all these species and more at [www.citizenblitz.ca/](http://www.citizenblitz.ca/).

Yes, the City Nature Challenge will take place again this year. The dates for the event are April 26 to April 29: Taking pictures of wild plants and animals. April 30 to May 5: Identifying what was found. Canadian and global results will be announced on Monday May 6, 2024. This will be the sixth year for Calgary Region participation and there are awards for the top cities. It can be any plant, animal, or any other evidence of life found in the City. Take a picture of what you find or record a sound. Be sure to note the location. Share your observations. The set up for the project page, working with the global organizer team for materials, and more can be found at: [www.inaturalist.ca/projects/city-nature-challenge-2024-calgary-metropolitan-region](http://www.inaturalist.ca/projects/city-nature-challenge-2024-calgary-metropolitan-region).

THANK YOU VOLUNTEERS!

**Cambrian Heights  
Community Association**

**Volunteer  
Appreciation  
Pub Night**

Moose McGuire's  
Friday, April 12, 7:30pm-late

Open to current and future volunteers

RSVP [social@cambridianheightscommunity.com](mailto:social@cambridianheightscommunity.com)

**Epilepsy Awareness Month**  
Shine a Light on Epilepsy

Share your purple moments using  
**#postyourpurple**

MARCH 26  
**Purple Day**

epilepsy association  
OF CALGARY

[epilepsycalgary.com](http://epilepsycalgary.com)

# 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

CAMBRIAN HEIGHTS COMMUNITY

# VOLUNTEERS NEEDED



Your Community is in need of additional resident participation in areas of Accounting, Social Media and Program Development. A few hours a week can make a huge contribution to your neighbourhood and its enjoyment.

**BENEFIT**

- ✓ Meet Active Community Residents
- ✓ Participate in Social Event Planning
- ✓ Help Improve Our Parks
- ✓ Interact with City Development Plans

**For More Information**  
 Email [cambrianheights@gmail.com](mailto:cambrianheights@gmail.com)  
 or visit  
[www.cambrianheightscommunity.com](http://www.cambrianheightscommunity.com)

Cambrian Heights Community

WEDNESDAY DROP-IN YOGA



6:30-7:30 PM  
 IN-PERSON OR ZOOM  
 JANUARY 10 - JUNE 26, 2024

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



CALL 403-244-3001 TO INQUIRE



**mybabysitterlist**


**Calling All BABYSITTERS**  
 Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
 Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.



# Wordy Woes

The fear of long words, Hippopotomonstrosesquippedaliophobia, coined by American poet Aimee Nezhukumatathil in 2000, traces back to Roman poet Horace's criticism of writers obsessed with lengthy words in the first century BCE. Irony alert: the term itself is quite a mouthful!



Pneumonoultramicroscopicsilicovolcanoblastus





**Councillor, Ward 4**  
**Sean Chu**  
 403-268-3727  
 ward04@calgary.ca  
 www.calgary.ca/ward4  
 www.seanchu.ca



**Calgary Confederation**  
**Len Webber, MP**  
 2020 – 10 St NW  
 Calgary, AB T2M 3M2  
 403-220-0888  
 len.webber@parl.gc.ca

Dear Residents,

Stay informed about the ongoing road projects in your area and ensure hassle-free navigation through the City of Calgary Roadway Activities Map. This interactive map consolidates details on construction projects, repair work, and special events across Calgary. Visit [maps.calgary.ca/RoadwayActivities/](https://maps.calgary.ca/RoadwayActivities/) to plan your routes with ease.

For more City of Calgary maps, explore the Map Gallery at [mapgallery.calgary.ca/](https://mapgallery.calgary.ca/).

Join us for Calgary Unplugged, an annual family-friendly Earth Hour event, on Saturday, March 23, 2023, at the Central Library (800 3 Street SE). From 7:00 to 9:30 pm, enjoy music and entertainment while learning about environmental actions in Calgary. Bring your personal lighting and dance to the DJ when the lights go down for the Earth Hour party!

If you can't make it to the event, participate in Earth Hour by turning off nonessential lights and unplugging from electronics at 8:30 pm. Take this time to reconnect with people, play games, or engage in hobbies. Share your Earth Hour participation on social media using #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre's Climate Program, with support from The City of Calgary and community agencies.

Thank you for your attention.

Best regards,

*Cllr. Sean Chu*

**Life or Death**

Canadians will have access to medical assistance in dying (MAiD) when their only condition is mental illness. The only question is when.

In the past, I supported MAiD legislation because we need to have a legal framework around life and death choices and decisions.

This is a complex issue with strong opinions on both sides. It was important that my constituents were heard and so I quoted from the many letters I received during my House of Commons speech.

I am a big proponent of hospice and palliative care which must always be a viable and available option to someone contemplating MAiD. As a member of the House of Commons on Health, I worked on these palliative care issues across Canada. I strongly feel that Canadians should have access to the support and care that they need during the toughest times in one's life.

Advanced requests for MAiD are definitely something the federal government needs to consider. I look forward to a debate on this particular issue and am interested to know what safeguards are proposed to ensure any legislation would work as intended.


However, I do not support the expansion of MAiD to cases where mental illness is the sole eligibility reason. I spoke about this at length in the House of Commons and shared the very personal story of Anton and how he helped me come to this decision. You can read the speech at [www.lenwebbermp.ca](http://www.lenwebbermp.ca).

As I said in my speech, "We need to put vulnerable Canadians back in control of their lives. We want to see them get the help they need and provide them with the social and mental health supports they need. We must never give up on them and allow them to prematurely choose MAiD over access to mental health care."



*Real-Life Fairy Tale*

Did you know that the magical world of Disney extended beyond the screen for the voices of Mickey and Minnie Mouse? Wayne Allwine (Mickey from 1977 to 2009) and Russi Taylor (Minnie from 1986 to 2019), added a real-life fairy tale twist to their story. In 1991, they tied the knot, bringing the iconic mouse couple's love to life off-screen.





# 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

BRAIN  
GAMES

# SUDOKU

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

SCAN THE QR CODE  
FOR THE SOLUTION



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](http://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](http://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](mailto:info@rosemontyyc.com) for more info about the next meeting.

## ROSEMONT PRESIDENT'S MESSAGE

Howdy Rosemontians!

Blanket rezoning will continue to be in the news for March and April. You may be receiving information in the mail from the city regarding the change. This is a legal requirement that is needed if they wish to proceed with the blanket rezoning proposal. More details on the whole process and what blanket rezoning is, can be found on the city's website [Calgary.ca/HousingStrategy](http://Calgary.ca/HousingStrategy).

We also hosted our own open house to provide additional information, context, and a Q&A with Councillor Chu on the subject in January. Just a reminder that we posted all of the documentation and information from that session on our website at [RosemontYYC.com](http://RosemontYYC.com). While the primary deadline to provide feedback to the city is March 3 you can also register to speak at Council on April 22. Details for providing feedback and speaking is on the city's website.

Due to the timing of our February board meeting, there aren't any specific events planned for March and April, but we do have some placeholders for a family movie night and a pub night. Hopefully we will be able to firm up those plans. Keep an eye out for our email blasts (sign up at [RosemontYYC.com](http://RosemontYYC.com) if you haven't signed up already). You may also have seen a couple of sandwich boards along Rosehill Drive that are using to help spread the word on events. These paper newsletters are great, but due to early deadlines, it's difficult to ensure timely and accurate information. Email blasts and our website are always the best way to stay informed.

We have also submitted an application for a Spring Cleanup event with Cambrian and are just waiting to hear back to see if we have been successful in this application. Stay tuned for details on that and for volunteer opportunities. A big thanks to Bent for putting that together.

And a few community associations around our area are aiming to do a cross-community Bike Day in May or June. If this is something you would be interested in helping with, please contact us at [info@rosemontYYC.com](mailto:info@rosemontYYC.com). We would love to be a part of this event but can only do it with the support of volunteers like yourselves.

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

*Matthew*

## CALGARY MAT & LINEN SERVICES

403.279.5554  
[calgarymatandlinen.com](http://calgarymatandlinen.com)

We care about the safety, cleanliness, and appearance of your business.

### Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



### Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

### Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



### Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies



VISIT OUR WEBSITE



CONTACT US



# 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.

**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.

**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.

**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.

**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.

**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.

**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](http://www.communitymediation.ca), 403-269-2707.

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

CAMBRIAN HEIGHTS



ROSEMONT





CALGARY'S INDEPENDENT PHARMACY CELEBRATING OVER 60 YEARS OF CARE!

## With *Spring* around the corner, it's time to consider doing a *Detox*.

In Traditional Chinese Medicine it is believed that our main detoxifying organs are most active during this time of the year. Think of a detox as “spring cleaning” for your body.

- Internal detoxes are a great way to help support your liver which is our main detoxification organ.  
*Give your body the chance to reset itself.*
- External detoxes are a great way to cleanse your skin of impurities and dead skin cells.  
*This will help your skin to achieve that natural glow.*

Here at Cambrian Pharmacy, we take pride in being able to offer top quality products to help you. Come in and chat with our professional staff to start your journey today.

*To view our March deals, please scan the QR code below.*



9, 728 Northmount Drive NW | Calgary, AB | T2K 3K2

403.289.9181 | [CAMBRIANPHARMACY.COM](http://CAMBRIANPHARMACY.COM)

