

FEBRUARY 2025

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CHRONICLE

THE OFFICIAL CAMBRIAN HEIGHTS & ROSEMONT COMMUNITY NEWSLETTER



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Daisy Nulo and Nulo Pickles, McKenzie Towne



Howie and Pepper, Crestmont



Tucker and Bentley, McKenzie Towne

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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 9/3=3+2=5 members. Maximum of 18 Voting Members.

Position	Name	Telephone	Email	Vote
President	Daryl Connolly	403-470-5339	president@cambrianheightscommunity.com	Yes
Treasurer	Wendi Elashuk	403-289-7659	treasurer@cambrianheightscommunity.com	Yes
Secretary	Ian McKinnon	403-585-7030	ianrmckinnon72@gmail.com	Yes
Newsletter Coordinator	Stephanie Melville	403-909-7799	sem.melville@gmail.com	Yes
Membership Coordinator	Jennifer Manns		members@cambrianheightscommunity.com	Yes
Director Planning	Andrew Connolly	403-617-7627	planning@cambrianheightscommunity.com	Yes
Director - Casino / Garden	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@outlook.com	Yes
Committees - Non Voting				
Rink Coordinator	Brent Else		belse@ucalgary.ca	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.



GOLF MEMBERSHIP

Our memberships are the perfect way to join our golfing community.

SHAREHOLDER AND TRIAL OPPORTUNITIES AVAILABLE

New Clubhouse Coming in 2025!



CONTACT US TODAY



JOB OPPORTUNITY

The Turf Care department at The Winston Golf Club is now hiring for the upcoming golf season. The Winston Golf Club is one of the oldest golf courses in Calgary, just minutes away from the heart of downtown.

If you are an energetic individual who enjoys working outdoors, we may have a position for you on our team. All positions require the availability to work early mornings and weekends. Both full-time and part-time positions are available. Retired and semi-retired individuals are welcome. These positions are seasonal, with employment commencing approximately the beginning of April and completing at the end of October.

The Winston offers a professional and enjoyable working environment, free golf privileges, and Golf Shop and meal discounts.

Contact csteiner@thewinstongolfclub.com if you are interested in joining our team.
www.thewinstongolfclub.com • (403) 984-1713 • 2502 6th Street NE



UNLIMITED GOLF



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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 our Website (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.

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

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 dropoff at: Cambrian Heights Community Association, 600 Northmount Drive NW, Calgary AB T2K 3J5

CAMBRIAN HEIGHTS' PRESIDENT'S MESSAGE

Our 8th annual Polar Party kicked off the month of February with skating activities, hot chocolate, snacks, and a fire pit. Always the centre of activity during the winter, our two ice rinks were filled with family fun provided by the tireless work of our rink maintenance volunteers. We encourage residents and friends to utilize these ice surfaces for exercise and enjoyment throughout the winter months while being courteous to others, especially young children and new skaters.

Additional social events planned over the next few months include a Career Coaching afternoon on February 8, a Volunteer Appreciation evening, and a Dog Park awareness event once spring arrives in Calgary. Check our website (cambrianheightscommunity.com) for notices and details of upcoming events. Also consider volunteering to help out with event activities and meet fellow residents while contributing ideas for future programs.

At the writing of this message there have been two local multifamily developments proposed taking advantage of the new zoning rules in our city. A recent court decision confirmed the City Council's authority to legislate the change. These developments propose the construction of four units each with a basement suite thus accommodating eight families on what previously was a single-family residence. With each development permit application, our planning group submits comments on infrastructure, parking, and architectural issues. Future applications will be impacted by existing Restrictive Covenants in certain areas of Cambrian Heights. Contact our planning group and reference our website for further information.

We continue to work on organizing a Tuesday Farmers' Market at the community hall grounds, through the May to September period, building on the success of our fall market last year. Plans are underway to bring the same vendors plus some others to this market. As we progress with this project, we will be releasing more details in the newsletter and social media.

A Cambrian Heights resident has initiated a fundraising program focused on replacing the playground facilities on 39 Avenue. Should you wish to get involved please contact the organizer Ila Faye Dale at ila_faye_dale@yahoo.ca.

Also, remember 100% of your 2025 membership fees go into supporting social activities within Cambrian Heights. Information on how to become a member is detailed in this newsletter.

Daryl Connolly

President CHCA



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.

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CAREER

»» COACHING ««

Career and Resumes

On February 8, 2025, we will be hosting a free career coaching and resume session

Cambrian Heights Community Centre

For more information, contact Phillip

phil.holcomb@yahoo.com

ChargeYYC: Helping Calgarians Install EV Chargers in Multi-Residential Buildings

by The City of Calgary



The City of Calgary opened ChargeYYC for applications on January 28! This pilot program is designed to support residents living in apartments, townhouses, rowhouses, and other multi-residential buildings to install electric vehicle (EV) chargers. This initiative is part of The City's commitment to prepare for the future of low carbon mobility.

Building owners and property managers can apply into Phase One of the program for financial incentives of up to \$4,000 to develop a plan to install EV chargers in their buildings. ChargeYYC aims to simplify the process and reduce the costs associated with EV charger installations, making it easier for more Calgarians to own electric vehicles.

Motor vehicles are a major contributor to Calgary's greenhouse gas emissions, making programs like ChargeYYC essential for achieving the city's climate goals. The first phase of the program focuses on planning, with future phases offering additional financial incentives for installation.

For more details and to apply, visit calgary.ca/chargeyyc.

Cambrian Heights Community
WEDNESDAY DROP-IN YOGA

6:30-7:30 PM
IN-PERSON OR ONLINE
Jan 8 - Jun 25, 2025

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Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

Prep Time: 25 minutes

Cook Time: 35 minutes

Servings: 4

Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!

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How to Know if You Are Ready For Couples Therapy or Not

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

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
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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

GAMES & PUZZLES

Guess the Couple!

1. These two periodic elements make for a salty pair.
2. These semi-aquatic rodents mate for life and form strong bonds with their partners.
3. These two Disney pups celebrate their 70th anniversary in 2025.
4. This British celebrity supercouple are fondly known as Posh and Becks.
5. This fictional couple's sweet love story started in an office of all places!
6. This prehistoric couple lived amongst dinosaurs with their daughter, Pebbles.



2024-2025

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!

Hope everyone is enjoying the brisk weather and are taking advantage of the great outdoor ice down at the community hall. Just a reminder that we keep the lights on late so if you want to skate without anyone around, definitely come later in the evening for great access to the best outdoor ice in the city.

We may be helping host an outdoor skating party with our friends at Rosemont School on February 8. This event is still being planned as I write this so please visit RosemontYYC.com for details.

With the recent blanket rezoning bylaw going into effect, some residents have been asking about a legal tool called Restrictive Covenants (RCs) that can limit development on a property. We have compiled an information sheet with basic information, available at RosemontYYC.com/Rezone.

There will also be a Restrictive Covenant information session at the hall on February 10 at 7:00 pm. This session will provide information about Restrictive Covenants which can be used to limit the types of development such as fourplexes and townhouses. This session is being hosted by private residents, but we encourage anyone to attend to learn more if they are interested. Please visit our website at RosemontYYC.com for more information, or email Jean Blackstock at jmbblackstock@gmail.com.

As we discussed at the AGM, we want to gather feedback from Rosemont residents on what the Rosemont Community Association should look like in the coming months. We want to ensure that the services and events being offered by RCA are in alignment with residents' needs and sustainable with our resource base. Please keep an eye out for coming emails and notices in the next few months as we want to hear from all Rosemont residents, regardless of if you have been here for 50 days or 50 years.

If you want to contribute a few hours per month to help strengthen your community and are interested in meeting some new neighbours, please consider joining our board. We meet once per month and always love hearing different perspective and ways that we can improve our community. You don't need

to join right away; you can just come and see what it is all about first to see if it is the right fit for you. We are only as strong as those who want to be involved, so if might be something up your alley, please email us at info@rosemontyyc.com.

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

Matthew



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RCG BLANKET REZONING AND RESTRICTIVE COVENANT MEETING

For Rosemont Residents at
Rosemont Community Hall

FEBRUARY 10, 2025, AT 7:00 PM



Come and learn about what we as residents can do to prevent high density development such as four town homes, four basement suites, and little to no parking on one R1 lot.

For information or questions email Jean Blackstock at jmblackstock@gmail.com.

Note: This information session is organized by private residents and not affiliated with Rosemont Community Association.



News from the Friends of Nose Hill

by Anne Burke

Natural parkland is green space with a (relatively) low level of maintenance and natural or naturalizing vegetation. Natural areas are accessible (by trail networks) or have limited/little public access. A master plan deals with current and future needs by population for park/greenspace. The Municipal Protected Areas Program demonstrates how biodiversity will be protected, conservation lands connected, and how Canadians will gain an appreciation for local nature. A Municipal Eco Toolkit by the Miistakis Institute for Alberta municipalities will help maintain their natural infrastructure systems (municipal30x30.ca).

Nature Canada is building a web of partners to help Canada achieve its biodiversity conservation goals to protect 30% of land, water, and marine areas by 2030. As of 2022, Canada has only protected 13.7% of land. The Canadian City Parks Report surveyed 35 Canadian municipalities, 2,500+ residents of Canadian cities, as well as park staff and other professionals across the country. One-third of cities said addressing federal biodiversity and land protection goals are a high priority. When 81% of Canadians are living in urban areas, protecting land in urban areas is vital. Cities are in dire need of new space for parks. Park budgets are not keeping pace. Partnerships are critical when cities need policies and structures. Park issues are increasing and require more training and collaborations. Departmental structures can promote collaboration or disconnection. Some residents feel disempowered but still want to engage. Mental and physical health benefits are key although there is a lack of programs. There are nine case studies in the 2024 Report which includes analysis of key data from surveys of both municipal staff and residents of Canadian cities, for new and ongoing issues facing parks, and how to help city staff make better decisions about programs, policies, and funding. Read more at parkpeople.ca.

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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.

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

CAMBRIAN HEIGHTS



ROSEMONT





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

Are You Registered?

Canada will have a federal election this year, but its timing is uncertain. We may be in the middle of one by the time you read this.

When an election is called, Elections Canada provides information about when and where you can vote. To do this, the non-partisan government agency maintains the federal electors list.

The electors' list, the Register, is continually updated with information from a variety of sources, but there is a chance your information is not up-to-date, especially if you have moved since the last federal election in 2021.

You can verify if you are registered to vote by visiting www.elections.ca. You must be at least 18 years of age and a Canadian citizen to vote. If you do not have access to the internet, you can call 1-800-463-6868 for assistance.

You can register at the polls when you go to vote, but, if you register in advance at the right address, you will receive a voter information card in the mail when a federal election is called. The voter information card tells you when, where, and the ways to vote. An up-to-date registration will also make the voting process faster.

Maintaining the list is a mammoth job as the Register contains records for almost 28 million voters.

Each year, over 13% of all eligible elector information changes. In addition to address changes, electors turning 18 and new Canadian citizens are added to the Register, and the names of deceased electors are removed.

Canadians living abroad can vote in a Canadian election if they are registered on the International Register of Electors. More information on registering here and learning how to cast your vote from outside Canada is available at www.elections.ca.

Your participation in our elections is critical to our democracy. Please vote!



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

Warmest greetings to all,

Each winter, some Calgarians experience frozen water pipes, service lines, or meters, leading to water outages. The City's Frozen Pipes Prevention Program works with homes at higher risk due to factors like location, pipe depth, and freezing history.

Recently, frozen pipes have also affected lower-risk homes. Taking these steps can help prevent freezing:

- Maintain an indoor temperature of at least 15°C, even when away.
- Seal cold drafts in unheated areas like basements, crawl spaces, attics, garages, or under sinks.
- Repair windows, check doors, and insulate cold-prone areas.
- Insulate hot and cold-water pipes in cooler zones.
- Open interior doors and cabinets to let heat reach unprotected pipes.
- Disconnect and drain outdoor water lines, including hoses, pools, and decorative features.
- Ensure hot water tanks in maintenance rooms are adequately heated.
- Regularly run water to keep pipes moving.

Visit calgary.ca/frozenpipes for more tips and solutions if your pipes freeze.

Help Prevent Street Flooding

A Chinook can quickly melt snow, causing water to pool on streets if storm drains are clogged. With over 60,000 storm drains in Calgary, your help to prevent flooding is invaluable:

- Clear debris, snow, and ice from nearby storm drains.
- If safe, create channels to guide water toward the drain.
- Use the storm drain map at calgary.ca/stormdrains to locate covered drains.

If water pools and you suspect a frozen storm drain, contact 3-1-1:

- Submit a "Storm Drain/Catch Basin Concern" via the 311 app.
- Attach a photo to prioritize your request.

Our crews prioritize areas impacting safety and property.

Thank you for doing your part to keep our community safe and thriving.

Wishing you a safe and wonderful February!

Warm regards,

Councillor Sean Chu

Ward 4

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