

MARCH 2025

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CAMBRIAN HEIGHTS ROSEMONT

CHRONICLE

THE OFFICIAL CAMBRIAN HEIGHTS & ROSEMONT COMMUNITY NEWSLETTER



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GOLF CLUB



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Epilepsy Awareness Month

Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!

MARCH 26
Purple Day



Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.



Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com

Share your purple moments using

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New Clubhouse Coming in 2025!




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CLUB CLEANING AND STORAGE

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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



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 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 $10/3=3+2=5$ 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
Director - Farmers Market	Valerie Vallance		vvallance@shaw.ca	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.

WHAT A KNOCKOUT!

On March 17, 1908, Canadian world heavyweight boxing champion Tommy Burns knocked out Irish challenger Jem Roche in a blistering 1 minute and 28 seconds setting the record for the quickest world heavyweight title fight ever at the time!



BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



CAMBRIAN HEIGHTS' PRESIDENT'S MESSAGE

Our Annual Polar Party was cancelled on February 1 due to very cold and snowy weather conditions. However, the outdoor rinks retained their popularity throughout the month as conditions improved. March usually brings a close to the outdoor ice, and with it the hard work of the maintenance volunteers. We extend our thanks to Brent Else and his team for another successful winter season.

Also, during the month our planned Career Coaching afternoon was cancelled due to limited interest. We have the ability to reschedule the session as it will be organized by one of our volunteer directors with professional experience in this area. Should you have interest in this opportunity, please let us know at cambrianheights@gmail.com and we will revisit the session timing.

As reported last month, the community has two local multifamily developments proposed taking advantage of the new zoning bylaw in our city. These developments propose the construction of a non-contextual structure containing four units, each with a basement suite to accommodate eight families, on what previously was a single-family residence. With each development permit application our planning group submits comments on infrastructure stresses, street safety, and architectural issues. In these two cases offsetting residents also wished to comment on the negative impact on their street to these developments. To help residents file comments, board members met with concerned residents to explain the bylaw details and the process for submitting comments to the City. A summary of this process has been published on our website to assist other residents, as more Development Permit applications are expected in Cambrian Heights in the near future. If you have any issues with these applications, please inform our planning group of your concerns.

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. We have added Valerie Vallance to our Board of Directors and made her priority the development of a regulated plan to ensure the best quality and diversity of food product vendors for our community. As we progress with this project, we will be releasing more details in the newsletter and social media.

We have scheduled a Volunteer Appreciation night for Thursday, March 6 at 7:30 pm at the Pig and Whistle (4105 4 Street NW). While invitations to past volunteers have been sent out, we encourage anyone interested in future volunteering to stop by or email us at social@cambrianheightscommunity.com.

Please 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. We encourage residents to at least register their email addresses to receive bulletins dealing with development issues within the community.

Daryl Connolly

President CHCA



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Cambrian Heights Community
WEDNESDAY DROP-IN YOGA

6:30-7:30 PM

IN-PERSON OR ONLINE

Jan 8 - Jun 25, 2025



FIND BALANCE

on and off the mat.

CALL 403-244-3001 TO INQUIRE



**THANK-YOU
VOLUNTEERS!**

*Volunteer Appreciation Night
@ The Pig & Whistle Pub
4105 4th St NW*

*Thursday, March 6th from 7:30 pm - late
RSVP social@CambrianHeightsCommunity.com*

Open to current and future volunteers!

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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Learning About Palliative and End-of-Life Care

by Alberta Health Services

People can live for many years with a chronic disease. Palliative and end-of-life care gives extra support at all stages of a chronic illness, not just near the end-of-life. This type of care works with people's family doctor and specialist as they're being treated for chronic illness. It helps to give people the best quality of life possible so people and their families can live a more settled and peaceful life.

How Specialized Care Teams Help

Living with a chronic disease can be harder some days than others. People may need to be in the hospital for a short time, and it can be tough on people and their caregivers. Sometimes medicine can help treat a chronic disease, and sometimes other therapies are a better choice.

Palliative and end-of-life care focuses on people's comfort, no matter what health problems a disease may cause. Care teams work to:

- Treat symptoms using medicine and other therapies.
- Help people feel more positive.
- Help with fears and anxiety.
- Show what community supports are out there.
- Teach about care options.
- Make sure all caregivers know what the person wants and needs.
- Explain how the health care system works.

Care Options

In Alberta, you have many options for where to get palliative and end-of-life care – your home, a hospital, a continuing care centre, or a hospice. Talk to your family and your health care team about what's important to you and where you'd like to be at this time in your illness. Your choice may change as your illness changes, and you can get palliative and end-of-life care at any time.

Home

Many people choose to stay in their own homes to get palliative and end-of-life care from a home care program. Being in a familiar place, close to loved ones, can help you live as normally as possible. Home care programs offer nursing care and other home support services, such as:

- Volunteer services.
- Community day programs for you.
- Care to manage your pain and symptoms.
- Teams to help with urgent needs 24/7.
- Interdisciplinary care such as support with finances and rehabilitation.

There's also a program that's helping to bring emergency care to people who get palliative and end-of-life care in their homes. The EMS Assess, Treat, Refer program has Emergency Medical Services, home care clinicians, doctors, and families working together to help people stay in their homes if that's what they wish.

Hospitals

In a hospital, care is often given by a team of doctors, nurses, and other health care providers. The team has access to expert palliative care consultants or palliative doctors. Some hospitals have palliative and end-of-life care units, and others set aside beds in different units.

Continuing Care Centres

You can get palliative and end-of-life care services in continuing care centres, like long-term care and supportive living facilities. The type of facility you choose depends on:

- The lifestyle you want.
- The care you need.
- How much you can do for yourself.

If you're in one of these facilities and you need specialized palliative care services, you may need to stay in a hospital for a short time.

Hospices

Alberta has many hospices. These places are made to feel like home while giving specialized end-of-life care, 24/7. The care teams focus on your comfort and quality of life and can help you and your family cope with your feelings about serious illness. In a hospice, you're cared for by health care professionals. Availability of other professionals such as spiritual counsellors and other services such as volunteers may be different for each hospice.

For more information about end-of-life care, go to myhealth.alberta.ca/palliative-care/resources.



Landlord and Tenant Law in Condominiums

by Charmaine Coutinho, Volunteer Lawyer



This article will only discuss leases covered by Alberta's Residential Tenancies Act (RTA), and only when the rental unit is a condo unit. I will highlight some of the differences between the RTA and the Condominium Property Act that may surprise both landlords and tenants.

Renting a Condominium Unit

Though rental of a whole condo unit is generally covered by the Residential Tenancies Act (RTA), the Condominium Property Act trumps the RTA in some circumstances. Importantly, condo bylaws take precedence over the terms of a lease, so a tenant in a condo unit should always ask for the condo bylaws. If, for example, you sign a lease for a condo unit that permits pets, but the condo bylaws permit only dogs under 20 lbs, you may be evicted by the condo board for keeping a cat or a large dog in your unit. This scenario also demonstrates that a condo board has authority to sanction and/or evict a tenant even when a landlord may not. Even if a landlord is prohibited from taking action under the RTA (for example, from evicting a non-harmful, rent-paying tenant in the midst of a fixed-term lease), the condo board may have authority to do so under condo legislation or the condo bylaws.

If a tenant breaches the bylaws or damages common property, the condo board is entitled to sanction or evict the tenant without the landlord's (the condo unit

owner) consent. If the condo board evicts a tenant, the tenancy terminates on the last day of the month immediately following the month during which the notice was delivered. So, for example, regardless of whether the condo board issues an eviction notice on August 1 or August 25, the tenancy will terminate on September 31. This notice period is much shorter than needed from a landlord for a periodic tenancy and even trumps a fixed-term lease.

The condo board also has the authority to require a tenant to redirect their rent payment to the condo board. In these circumstances, condo legislation deems the rent to have been paid to the landlord such that the tenant is not considered in breach of their obligations under the lease.

The condo board can also require an owner to pay a deposit for renting out the unit. All deposits requested by the landlord are aggregated and considered a 'security deposit' under the RTA, and a security deposit cannot exceed the amount of the first month's rent. Any deposit requested by the condo board is payable by the landlord; if a landlord asks the tenant for this amount, it too is lumped in with any other deposit and considered a component of the 'security deposit'. Regardless of any requirement by the condo board on the owner, the security deposit payable by a tenant cannot exceed the amount of the first month's rent.

I hope that this brief helps community members to understand their rights and obligations in the context of a condo lease covered by the Residential Tenancies Act. I wish my neighbours amicable tenancies and peaceful enjoyment of their rental premises!



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Rosemont Community Association

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

BOARD OF DIRECTORS

President	Matthew Guilherme
Vice-President	Kris Olsen
Treasurer	Mel Gallant
Secretary	Vacant
Hall Agent	Jacquie 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

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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!

After the big blast of winter in January and early February, I am starting to dream about gardening and rain boots. But I'm hoping for a bit more cold for the first part of March so that we can enjoy the great ice rinks a bit more, especially with the late start this year. But we shall see what Mother Nature has in store for us this March...

I would like to sincerely thank all of the volunteers who donated their time in January to our casino fundraiser. It was a great time being able to see some familiar faces, meet some new folks, and connect with neighbours. This important event helps us raise a large amount of money that enables us to make enhancements to our hall, keeps hall rental rates reasonable, and allows us to offer low cost and free events such as our September BBQ, Pub Night, and Stampede Breakfast. Your donated time is greatly appreciated, so thank you everyone. And an extra-large thank you to Ian Kirkland who, once again, organized and coordinated all of the volunteers and paperwork. Thank you, Ian!

Speaking of hanging out with great people, we are hosting our annual Pub Night on April 12! For the low cost of \$20, you get a few free drinks (beer, wine, non-alcoholic choices), a smattering of pub food, games, and hanging out with great neighbours. Whether you have been here for 50 years or 50 days, come out and enjoy! All Rosemontians are welcome! RSVP your seat at RosemontYYC.com/PubNight. Without RSVPing, we may not have enough food, so book your space today!

On February 8, we hosted a joint Family Fun Skate event at the hall with our friends at Rosemont School. With the sun shining, over 75 folks came out and enjoyed some hot chocolate, tobogganing and skating on the best outdoor ice in the city. A big thank you to David and Elena at the school for organizing, all of the volunteers that contributed time, firewood, and thermoses, and everyone for coming out. It was a great time, and we look forward to partnering with the school for future events!

On February 10, an information session was held by private residents, led by Jean Blackstock to provide information about Restricted Covenants. These are legal tools that can limit the types of development that

can be done on properties. Some residents in the city are considering these tools, given the recent blanket rezoning going into effect. There was a lot of great information provided from the subject matter experts. If you missed the meeting or would like to learn more, please contact Jean Blackstock at jmblackstock@gmail.com to learn more. We will also have this information available on our website in the future. If you aren't already, please subscribe to our emails to be notified.

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

Matthew



PUB NIGHT
APRIL 12 AT 7:00 PM

Come join us for some good times with your friends and neighbours!

\$20 for two drinks (beer, wine, non-alcoholic options) and pub food.

RSVP Required! Details and RSVP at RosemontYYC.com/PubNight.

Cash bar available (\$5 for beer/wine)

All Rosemontians Welcome!



News from the Friends of Nose Hill

by Anne Burke

Across North America vast herds of bison destroyed woody plants in the area by horning, rubbing, and feeding on bark. Males made their mark during “rutting” (mating season). Trees are not naturally part of our vegetation in a tallgrass prairie landscape, due to risks from severe weather events, drought, insects, diseases, and climate change. Calgary has trees on both public and private lands, in parks, natural areas, and green spaces. However, 77% of the urban canopy is on private land. A Guide for Plant Appraisal estimates our urban forest on public land is valued at \$1.3 billion. The urban forest is aging, and other trees are lost to development. Planting 3,500 trees per year will maintain the status quo. The plan is to plant another 4,000 trees per year by 2060.

The City owns and offers Calgary Open Data. Enter your address to view City trees and zoom in to the neighbourhood level. A mobile device near a tree will pan to your location. Rank trees by The Alberta Tree Species Rating Guide. Reporting a City tree? You can now use the 3-1-1 Mobile App. Ask about a young tree that needs help, a mature tree, or a Heritage Tree. On your property, you may need a permit to remove a tree. Where a tree once was may be a good spot to plant a new one. Enjoy YYC Trees Guided Walks. In-person workshops and online programs are Pruning Q and A, Keep Your Tree Happy and Healthy, and Pest and Disease Treatment. Information sessions are 1.5 hours long. Urban Forestry Technicians offer advice. Space is limited. Register for one session only, since the content at each will be the same. For locations and dates check out <http://www.calgary.ca/parks/trees/education-workshops.html>.



This Canmore Wedding

by Garth Paul Ukrainetz

Three Sisters over Canmore
O beautiful the bridesmaids
At the altar in the valley
Where the River Bow does run

Tall groomsmen of Mount Rundle
Rugged handsome chiseled features
Wearing spruce tree green tuxedos
Faces flushed with rising sun

Proud Nakoda poised in middle
His true love will soon make entrance
Yes, at last they'll be united
Grassi tear wells in his eye

Though the bride is slow in coming
Patient bridal party waiting
Heaven knows this Canmore wedding
Stands majestic to the sky



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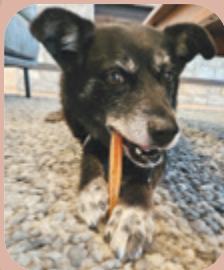
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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CAMBRIAN HEIGHTS



ROSEMONT





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

Buy Canadian, Shop Local

As we navigate through these challenging times, it's more important than ever to support our local economy and fellow Canadians. By choosing to buy Canadian-made products and shopping locally, we can make a significant impact on our community's prosperity and resilience.

When you buy local, you are not just purchasing a product; you are investing in your community. Local businesses are the backbone of our economy, providing jobs and supporting local families. Every dollar spent at a local business is reinvested into the community, helping to create a vibrant and sustainable local economy.

Buying Canadian also means supporting our national economy. Canadian businesses produce high-quality goods and services that meet rigorous standards. By choosing Canadian products, you are supporting our industries and helping to create jobs across the country. This not only strengthens our economy but also ensures that we are less dependent on foreign goods.

Moreover, buying local and Canadian products is an environmentally friendly choice. Local products often require less transportation, reducing carbon emissions and contributing to a healthier planet. By supporting local farmers and producers, we also promote sustainable agricultural practices that benefit our environment.

I encourage everyone to make a conscious effort to buy Canadian and support local businesses. Whether it's shopping at a local farmers' market, choosing Canadian-made products at the store, or dining at a locally owned restaurant, every small action counts.

The best way to shop Canadian is to look for the 'Made in Canada' or 'Product of Canada' label. You could also take the opportunity to ask the shop employees which products are produced in Canada or sourced locally.



Councillor, Ward 4
Sean Chu
 ☎ 403-268-3727
 ✉ ward04@calgary.ca
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Hello, Ward 4 Residents,

Earth Hour 2025: Calgary Unplugged

Calgary Unplugged is a family-friendly Earth Hour event! Enjoy live music, entertainment, and discover ways to take environmental action in your community. Don't forget to bring your LED lights and dance under the stars during the Earth Hour celebration when the lights go out!

Event Details

Location: Central Library (800 3 Street SE)
 Date: Saturday, March 22
 Time: 7:00 to 9:30 pm

Can't make it to the event? You can still participate in Earth Hour! Turn off nonessential lights, unplug from electronics at 8:30 pm, and use the time to reconnect with loved ones, play games, or enjoy hobbies. Share your Earth Hour moments on social media using #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre, with support from The City of Calgary and community partners.

**Youth Hiring Fair
 March 27**

Calling all youth aged 15 to 24! The Youth Employment Centre (YEC) is hosting its annual Youth Hiring Fair on Thursday, March 27, at the Big Four Building from 1:30 to 6:00 pm. Meet over 80 employers hiring for part-time, full-time, permanent, and seasonal roles across various industries.

Whether you're starting your career or looking for new opportunities, this is your chance to connect directly with employers and explore diverse job openings. Before the fair, visit the YEC at 315 – 10 Ave S.E. for free resume help and interview prep to ensure you're ready to impress!

Don't miss this chance to land your next job. For more details, visit calgary.ca/yechiring.

Warm regards,
Councillor Sean Chu
 Ward 4

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March is
Nutrition Month!

Unlock the Potential of Food!

National Nutrition Month takes place in March each year to highlight the importance of healthy eating. During the month of March, everyone is asked to focus on the importance of making informed food choices, developing sound eating and physical activity habits. The theme for Nutrition Month 2025 is **“Nourish to Flourish”**. It will encapsulate the transformative role that food and nutrition play in our lives, going far beyond simply meeting physical needs.

- Good nutrition and healthy eating help us live longer and live healthier. They help manage weight, improve digestion, promote mental health and prevent chronic diseases like Type 2 diabetes, high blood pressure, and cancers.
- Make the most of Nutrition Month this year by following the recommendations in Canada's Food Guide, such as planning healthy meals, cooking more and involving your family in the kitchen on

a regular basis. Incorporating physical activity along with nutritious eating habits, may help you to achieve and maintain a healthy lifestyle.

Come into Cambrian Pharmacy and chat with one of our supplement or pharmacy team members today to learn more information.

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



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