

JUNE 2025

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North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER

ANNUAL PANCAKE BREAKFAST COMMUNITY FOOD INITIATIVE LAUNCHES JUNE 21



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Feel free to reach out to me at any time for a free, no obligation home evaluation.

NORTH HAVEN COMMUNITY ASSOCIATION

5003 North Haven Drive NW
Rentals 403-284-2716 • Hall 403-282-1075 • hello@northhavenyyc.ca



NHCA Board of Directors 2025

President	Theresa Constantin	president@northhavenyyc.ca
Vice President	Meritt Kularatne	vp@northhavenyyc.ca
Secretary	Peggy Colborne	secretary@northhavenyyc.ca
Treasurer	Karen Boudewyn	treasurer@northhavenyyc.ca
Building & Maintenance	James Hill	facilities@northhavenyyc.ca
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Entertainment	Jesse Fowles	entertainment@northhavenyyc.ca
Memberships	Susan Noble	memberships@northhavenyyc.ca
Fundraising	Rodney Blanco	fundraising@northhavenyyc.ca
Director at Large	Lorraine Moulding	lorraine@northhavenyyc.ca
Director at Large	Celina Baharally	celina@northhavenyyc.ca

Board meetings are held on the second Thursday of the month at 7:00 pm.
NHCA board meetings are open to the public.



MEMBERSHIPS NOW AVAILABLE ONLINE!

NorthHavenYYC.ca/membership/

NORTH HAVEN COMMUNITY ASSOCIATION'S HALL IS AVAILABLE FOR RENTAL!



Notes:

- All rentals require a \$300 damage deposit
- Rental hours must include set-up and take-down time
- Discount available for North Haven resident members

**Email rentals@northhavenyyc.ca
to view or book!**

MAIN HALL	
100-person capacity, for receptions, parties, conferences, includes kitchen	
Friday to Sunday and Holidays	\$55 per hour, minimum 3-hour rental
Full Day: 9:00 am to 1:00 am	
Saturday availability is 6:00 pm to 1:00 am. Sunday availability is 2:00 pm to 1:00 am.	
Monday to Thursday	\$45 per hour, minimum 2-hour rental
MEETING ROOM (LOUNGE)	
30-person capacity, for meetings and small trainings	
Monday to Friday	\$35 per hour (8:00 am to 10:00 pm) minimum 2-hour rental.



YOUR CITY OF CALGARY

Celebrate Neighbour Day!

by *The City of Calgary*

Celebrate Neighbour Day in your community on Saturday, June 21! Get involved in this year's event by gathering with your neighbours for a block party or community event. In addition to the many neighbourhood events taking place across the city on June 21, Sport Calgary's All Sport One Day will also give children a free opportunity to try a new sport, while collecting donations of used sports equipment.

Neighbour Day is our city's annual celebration of community spirit and connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Get to know your neighbours—whether through a friendly chat or a helping hand, small connections build stronger communities and a greater sense of belonging and wellbeing.

Show us how you're celebrating! Share your photos on social media using #YYCNeighbourDay.

To see Neighbour Day events in your community visit calgary.ca/NeighbourDay.





_____ Date

_____ Last Name _____ First Name(s)

_____ Address _____ Postal Code

_____ Email Address (Please print clearly) _____ Phone Number

☐ I consent to receive emails from the NHCA regarding membership renewal and community events.

Please select a membership type:

- ☐ \$ 20.00 North Haven Resident Household - 1 Year
- ☐ \$ 20.00 Non-North Haven Resident Household - 1 Year
- ☐ \$ 10.00 Senior Household (65 and older) - 1 Year

Select payment type:

- ☐ Cash
- ☐ Cheque

Donation

Please mail or drop off the completed form and payment at:

North Haven Community Hall - 5003 North Haven Dr. NW, Calgary AB, T2K 2K3

Go to northhavenyyc.ca/membership to fill out a form online!

Purchasing a membership supports local initiatives such as:

- Ongoing growth of community events
- Neighbourhood improvement initiatives such as spring clean-up, playground and pathway upgrading and traffic safety
- Maintaining the Ice rink and community facilities
- The community website online communication and monthly newsletter

Benefits of your North Haven Community membership include:

- Discounted fees for community programs and events
- Discounted community hall rental fees (North Haven residents only)
- The option to be included in the North Haven Business Directory
- The ability to register for local groups such as McKnight Soccer
- Voting privileges at the Annual General Meeting (North Haven residents only)
- Giving input on community planning and development processes

Do you run a business and live in North Haven?
Join our Business Directory at
northhavenyyc.ca/businessdirectory

ENTERTAINMENT

I hope everyone has been enjoying this great weather we've been having. Join us at some of these June events!

Family Puppet Festival with WP Puppet Theatre **June 7, 9:00 am to 4:00 pm**

We are excited to be partnering with WP Puppet Theatre to offer a family-friendly Puppet Festival at the NHCA hall.

The event will feature shadow puppet shows, puppet-making, food trucks, and other fun activities.

Please get your tickets ahead of time - see website for more details.

The puppet-making workshop has a fee, but the outdoor activities will be free.

Annual Pancake Breakfast **June 21, 10:00 am to 12:00 pm**

Join us at the hall for our annual pancake breakfast!

This will be fun for the whole family, with music, games, activities, and of course pancakes!

Free fun for all. See website for more details

Don't forget our weekly events at the community hall:

- Parents and Tots Community Playgroup - Tuesdays, 10:00 to 11:00 am (free)
- Vinyasa Yoga - Wednesdays, 6:00 to 7:00 pm (\$15)
- Farm Stand by Lil Green Urban Farm - Wednesdays, 3:30 to 6:00 pm. He will be set up in the hall parking lot. Come check it out and get your fresh veggies here each week.

Jesse Fowlis

Entertainment Director

Longest Day

Mark your calendars - this year's summer solstice will take place on June 20. Calgary will experience approximately 16 hours and 35 minutes of daylight. That means there is plenty of time to play, relax, and maybe even forget what bedtime is!

Coronation Month

June is royally packed with coronations! Queen Elizabeth II (June 2, 1953), King George V (June 22, 1911), and Queen Victoria (June 28, 1838) all took the throne. Joining the June coronation club: Spain's King Felipe VI (June 19, 2014) and Norway's King Haakon VII (June 22, 1906) - just to name a few!

You're Invited!

Would you like to find out more about what the NHCA does, and how you could be involved?

All community members are welcome to join us at any of our monthly meetings, and our AGM which will be taking place mid-June. All of these take place at the NHCA hall.

Monthly Meetings:

- June 12, 7:00 pm

AGM:

- June 18, 7:00 pm

If you have any questions or would like more information, you're also welcome to email me, president@northhavenyyc.ca.





News from the Friends of Nose Hill

by Anne Burke

We are celebrating the 10th Anniversaries of the City Nature Challenge and of iNaturalist Canada. The 7th Annual Calgary City Nature Challenge was on April 25 to 28, 2025. So far, the previous year was most successful with 13,000+ observations. Other micro bioblitzes will happen all this summer. The iNaturalist platform is being used to help provide up to date records of the occurrence of the flora and fauna of Nose Hill with particular emphasis on the native vascular and nonvascular plants, fungi, birds, mammals, butterflies, moths, and bees.

Nature Calgary is a community that promotes the preservation of natural habitats, provides educational opportunities, and supports the collection of natural history observations. This year, the group is focusing their efforts on Nose Hill and Bowmont Park. We were contacted to encourage our members to take pictures of the Nose Hill biota (animal and plant life of a particular region, habitat, or geological period) and submit the photographs to <https://inaturalist.ca/projects/nose-hill-park-bioinventory>.

The goal is to publish an updated version of "The Green Book" in time for its 50th Anniversary and to monitor the changes in eleven Calgary Natural Areas. Whenever you visit a park, you can upload your observations to eBird and there are links to all these Parks at <https://inaturalist.ca/>. The project is being spearheaded by Nature Calgary and the Native Plants Council of Alberta - Calgary Chapter. In 1980 "The Green Book" was called "Calgary's Natural Areas: A Popular Guide" as one of the City's most extensive repositories of biodiversity. The first of its kind when data collection began in 1975, it was cited during the planning and creation of several of our Natural Parks. Many contributions provided by citizen scientists will add to the accuracy of the new publication and are greatly appreciated.

Community Food Initiative Launch

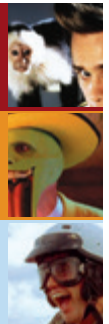
Our launch is this month. Our Good Food Box is taking its first orders for affordable fruit and vegetables. The Good Food Box is available for anyone to use. Order date is June 17 and pick up is June 26. If interested, please go to the North Haven Community Association (NHCA) website and find us under Extras for specific information on how to order, pay, and pick up. As well the NHCA community garden has four plots that are dedicated for community members to pick up produce on a weekly basis. We are also inviting neighbourhood gardeners to grow an extra row in their own garden and bring extra produce to the hall on pick up day. Our events team is encouraging folks to bring a donation for the Food Bank when attending events. More detailed information is available on the NHCA website under Extras on how to participate. We are always looking for helping hands. If you want to connect directly, please email us at communityfood@northhavenyyc.ca. Thank you to the NHCA board of directors, NHCA Community Garden, and NHCA Events teams for their participation and support.

"There is no sincerer love than the love of food."



SMOKIN'!

In 1994, Canadian actor and comedian Jim Carrey took Hollywood by storm, becoming the first actor to star in three consecutive box-office hits. Over the span of just eleven months, he headlined *Ace Ventura: Pet Detective*, *The Mask*, and *Dumb and Dumber*. Alrighty then!



Stop Apologizing Already

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

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."

Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.



Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres* high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.



- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

WORD OF THE MONTH

Acumen: noun (uh-kyoo-muhn, ak-yuh-)

A keenness; the ability to make quick, good decisions.

Her sharp business acumen meant she would be a great CEO at the company.



Membership Fees

Did you know that the price of a membership has never gone up in North Haven? This year, after much consideration, the North Haven Community Association Board has decided to increase the price of a membership so we can continue to provide great events and programs for the community. Benefits of your membership include discounted fees for community programs, discounted rental fees at the hall, the option to be included in the Business Directory, voting privileges at the Annual General Meeting, and more!



Community Garden Update

Thank you and congratulations to all the gardeners who turned out on Saturday, May 3 for our annual spring cleanup! Great community spirit! Planting is underway and we invite you to visit the garden and see all the different things popping up. There are a few remaining plots if anyone is interested. Visit us under extras on the NHCA website.

We are launching a new initiative this year. We have freed up four garden plots for produce for the community. Starting in late June all community members are welcome to the produce. It will be available for pickup on Thursdays at 3:00 pm. First come first serve. First pickings will be lettuces and other greens.

Garden Tip

Use an Olla to create a simple water irrigation system in your garden.



An Olla is an unglazed terracotta pot that usually narrows to a small neck at the opening. This allows for the whole thing to be buried underground with the neck sticking out so it can be filled with water periodically. It has been used for centuries in

Latin America to water in very hot and arid conditions. This system ensures that the intended water for plants gets directly where it is going, with little to no evaporative loss of that water.

Most garden centres now sell Ollas but there is a way to make one easily yourself. Get two small or medium sized unglazed clay pots. First seal the bottom drain hole in one of the pots. Then glue the two rims together end to end. Test your pot to ensure all the seals are holding water! Then, bury the pot with only the one open hole left out of the soil. Fill with water and cover that hole with the saucer that came with the pots! The cover will stop water from evaporating or allowing mosquitos to enter.

Your Olla will slowly distribute water to the surrounding area. You should check it every few days to start to understand at what interval you should refill.

For visuals and a more step-by-step guide to making your own Olla, see link below: [How to Make DIY Olla Pots - SproutedGarden.com](https://www.sproutedgarden.com).

Happy watering wisely!

BRAIN
GAMES

SUDOKU

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SCAN THE QR CODE
FOR THE SOLUTION



Community Safety

North Haven has always been a fairly quiet and safe neighbourhood for all of our diverse households. With that said, there is always the possibility for criminal activity, serious incidents, or emergencies to occur. When those times arise it's important to know where to find immediate help or report suspicious activity. Please use the guide below.

For Emergency Situations Only

Call 9-1-1

- Immediate threat to life or property.
- Ongoing crime or suspicious activity needing urgent response.
- Fire, medical emergencies, or violent situations.

For Non-Urgent Incidents

Report online or call 403-266-1234

- Crimes that have already occurred and don't pose an immediate threat (e.g., stolen property).
- Non-violent disturbances or minor accidents.
- Suspicious activity that doesn't require immediate police response but needs documentation.

For Informational and Non-Urgent Concerns

Email the District Engagement Team – D3CRO@calgarypolice.ca

- Patterns of suspicious behaviour or ongoing concerns that are not urgent.

- Community issues needing police awareness but not immediate action.
- Updates or tips that contribute to a broader understanding of community trends.

Important: Please email the District Engagement Team only when there is no immediate danger or urgency. Email is ideal for sharing trends or recurring issues that might help us identify patterns in the community.

The District Engagement Team is our direct link with the Calgary Police Service. They are a dedicated team of officers working with communities in District 3, responding to and working on resolving ongoing issues.

What Should You Report?

- Suspicious Activity: Unknown persons lingering, unusual vehicles, or frequent visitors at odd hours.
- Criminal Behaviour: Property damage, theft, vandalism, or violence.
- Traffic Issues: Speeding, reckless driving, or unsafe pedestrian behaviour.

The Calgary Police Service also hosts a comprehensive, up-to-date community safety dashboard which displays various criminal statistics for our entire city. Find the link to that and more at <https://northhavenyc.ca/safety>.



Musical Stamps

In June 2007, Canada Post hit all the right notes by celebrating iconic musicians—Joni Mitchell, Anne Murray, Gordon Lightfoot, and Paul Anka—with their very own stamps! The “Canadian Recording Artists” series showcased striking portraits of each musician, turning mail into mini tributes to Canada’s musical royalty. Snail mail never sounded so good!



Overcoming the Barriers of Fruit and Vegetable Intake

by Alberta Health Services



Did you know that since 2015, intakes of vegetables and fruit by Canadians have been steadily decreasing? Only 16 percent of Albertan men consume vegetables and fruit five times or more per day.

Most people know that vegetables and fruit are good for their health.

Research has shown that men identified the following barriers to getting enough vegetables and fruit daily: lack of time, taste, and cost. Read more to find out about these obstacles and tips on how to incorporate more fruit and vegetables in your daily life.

Lack of Time

Having a busy schedule, whether it is due to work, family, or other daily activities, may make it difficult to plan, shop for, and prepare healthy meals and snacks. The following tips provide ways to add vegetables and fruits into your daily diet, without making meal preparation too overwhelming.

• Plan Ahead

Look at your schedule at the beginning of the week and brainstorm meal and snack ideas for the week.

Choose vegetables and fruits that can be used for multiple meals in that same week to reduce waste. Try filling half of your plate with vegetables and fruits at every meal.

Feeling like you have no time to cook? Try preparing your meals in bulk on your days off for the week ahead. This way, you can come home after a busy day to a completed meal full of vegetables.

• Grocery Shop with Ease

Make a grocery list and stick to it. This may reduce food waste and additional grocery trips.

Buy vegetables, fruits, and other ingredients needed for your meals and snacks ahead of time so you have enough for the week ahead.

To reduce food preparation time, try pre-cut or pre-washed vegetables such as baby carrots and spinach or frozen mixed vegetables.

• Prepare

Place washed and cut up vegetables in containers to always have options ready to go.

Add it to your breakfast: berries on cereal/oatmeal, vegetables to omelets, spinach to smoothies.

Add it to your lunch or dinner: broccoli to macaroni and cheese, peppers and mushrooms on pizza, extra vegetables in stir-fries.

Choose fruits that come in their own “package.” Bananas, oranges, and apples are foods that require no cutting or to be put into containers.

Texture and Taste

Flavours and textures of some vegetables and fruits may not be appealing to all people. However, with some various preparation and pairings, these suggestions might influence you to retry your least favourite vegetable or fruit:

• Try New Cooking Methods and Textures

Roasted: Roasting is a slow cooking process that uses dry heat (like an oven) at high heat to cook and create browned edges on the food. Try roasting broccoli and topping it with parmesan cheese or thinly slicing sweet potatoes into fries.

Pureed: Pureeing changes the textures of solid foods by turning them into a smooth texture with no lumps. Use a blender or food processor to puree berries into a sauce or squash into a soup.

Steamed: Steaming uses indirect heat from hot steam to cook food. Try steaming frozen or fresh corn and add it into a dish.

Grilled: Grilling is a quick cooking method that uses direct heat at a high temperature. Try placing mushrooms and peppers on a skewer and placing them on your BBQ or even place them directly onto the grill.

Sautéed: Sautéing uses a hot pan with a small amount of fat over high heat while constantly stirring the food.

Use chopped onions, broccoli, and carrots with some olive oil to add into your next meal.

• **Add Some Flavour**

Drizzle olive oil or lemon juice and add herbs or garlic to vegetables.

• **Pair with Foods You Enjoy**

Add bananas, apples, or berries into pancakes.

Add carrots, zucchini, or apple into muffins and loaves.

Add mushrooms or peppers into your favourite omelets.

Add tomato and lettuce to a burger.

Cost

With grocery prices rising, it can be difficult to incorporate vegetables and fruit into your diet. Check what you have at home in your pantry, fridge, and freezer before going out to buy more vegetables and fruit. See if you can use what you already have.

Plan your shopping trips and compare prices with different grocery stores to find the cheapest products. Some stores will even match a lower price product found at a competitor's store. Compare brand names, as some popular brands may be more expensive than a generic brand. Look for grocery stores with discount days, where you can save money off your total grocery bill. Fresh, frozen, and canned vegetables and fruits are equally healthy options. Research fresh produce in season or choose frozen and canned options for lower prices of your favourite vegetables and fruits. Choose items with close best before dates if you can use it within the date, as they may price it lower.

Store food properly. Storing vegetables and fruit properly will reduce waste, prevent extra grocery store trips, and save you money. Some vegetables and fruit should be stored at room temperature, while others need to be refrigerated. Freezing produce can allow them to last longer and to be used at a later time. Visit Canada.ca/FoodGuide and search "Storing Vegetables and Fruits" to find out more information.

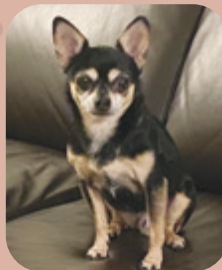
Find more resources on healthy eating including meal planning, recipes, and grocery shopping tips at HealthyEatingStartsHere.ca.

Find more tips on incorporating vegetables and fruits into your diet at Canada.ca/FoodGuide.

Cats, Canines, & Critters of Calgary



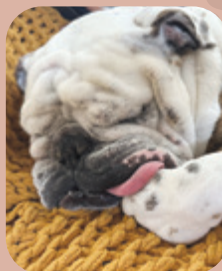
Bart, Heritage Park



Chico, Shawnessy



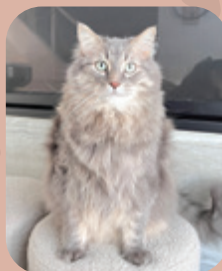
Elsbeth, Airdrie



Harry, Lakeview



Icy, North Glenmore Park



Jagger, Richmond



Millie, North Glenmore Park

To have your pet featured, email news@mycalgary.com

GAMES & PUZZLES

Guess the Year!

1. The Canadian dollar was established across Canada.
2. Canada sent its first national team to the summer Olympics in St. Louis.
3. Women get the right to vote.
4. Alberta becomes a province of Canada.
5. The first railway opens in Canada.
6. Terry Fox begins his Marathon of Hope.



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HAPPY Father's DAY

DAD

HAPPY DAY

SCAN ME



MLA Calgary - Klein
Lizette Tejada
#232-A - 3630 Brentwood Rd NW
📞 403-216-5430
✉ Calgary.Klein@assembly.ab.ca
X @lizettendp | @lizettendp

Happy June! It has been a pleasure to see Calgary come to life with the return of warm weather. With spring well underway and summer just around the corner, I am looking forward to participating in the many community events that make this season so vibrant.

In recent weeks, I have had the opportunity to attend several local events that showcase the creativity, dedication, and community spirit that define our constituency. It is always inspiring to connect with residents and recognize the efforts of those who work so hard to bring people together.

The spring legislative session was both productive and meaningful. From budget estimates to key legislation, we addressed a number of significant issues, including disability benefits, arts funding, and protecting Canadian unity. It remains a privilege to bring your voices to the Legislature and advocate on your behalf.

With session now concluded, I am looking forward to spending more time in the constituency and reconnecting with residents at upcoming events, including local pancake breakfasts. If there is an event in your community that you would like me to attend, please feel free to let my office know.

As always, my constituency office is here to support you—whether it be navigating provincial programs, answering questions, or connecting you with the appropriate resources.

Please do not hesitate to reach out via email at calgary.klein@assembly.ab.ca or by phone at 403-216-5430. You can also stay up to date by following me on Facebook, Instagram, X(Twitter), Threads, and Bluesky under the handle @lizettendp.

BUSINESS CLASSIFIEDS

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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.

NORTH HAVEN 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.

LANDSCAPING & MAINTENANCE: 20+ years' experience with lawncare and snow removal for year-round yard, sidewalk and driveway maintenance. Lawn cutting & edging, tree brush trimming, removal of all trimmings, mulch. All yard needs, landscaping, rock gardens, sod replacement, fall cleanup. Also decks, fencing, handyman work. Fully insured. Mark at Blue Frog Services, 587-998-1316.

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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