

MARCH 2025

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North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER



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MARCH 29



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Joke of the Month



Which is faster,
hot or cold?

Hot, because you
can catch a cold.

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
Hall Manager	Sandra Whitty	hallmanager@northhavenyyc.ca
Hall Rentals	Kenzie McRae	rentals@northhavenyyc.ca
Civic Affairs	Paul MacKenzie	civicaffairs@northhavenyyc.ca
Communications	Mark Gervais	communications@northhavenyyc.ca
Community Engagement	Joshua Grey	community@northhavenyyc.ca
Entertainment	Jesse Fowlis	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/



_____ 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:

- \$ 15.00 North Haven Resident Household - 1 Year
- \$ 15.00 Non-North Haven Resident Household - 1 Year
- \$ 5.00 Senior Household - 1 Year

_____ **Donation**

Select payment type:

- Cash
- Cheque

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 northhavenyc.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
northhavenyc.ca/businessdirectory

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



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.

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!



Trouble Covering All Your Expenses by Month End?



Do you have a neighbour who is struggling with making ends meet? Your North Haven Community Association board is exploring ways we might help our neighbours. We are focusing on

food. This is a growing problem in Calgary and many neighbourhoods have launched initiatives to help their communities. One of our community neighbours reached out to the board this fall and launched a survey on our social media about establishing a food pantry. We would like to explore more options and need your help. Do you see a need in your family, friends, or neighbours? Would you like more information? Do you have ideas or suggestions? If so, please email Lorraine at lorraine@northhavenyyc.ca.

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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SCAN HERE TO VIEW ADDITIONAL NORTH HAVEN CONTENT

<p>News, Events, & More</p>	<p>Crime Statistics</p>	<p>Real Estate Statistics</p>
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Burns and Scalds

by Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over-the-counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.



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

Hello North Haven peeps!

Spring is coming and we have lots to look forward to.

Lego Competition

Calling all LEGO® builders! North Haven is holding our second LEGO® Competition on Saturday, March 29! This event will be held at the hall from 10:00 am to 4:00 pm. The drop off, judging, and public viewing will run throughout the day with the timing laid out on our website. Details for entry requirements, age groups, and registration are available there too.

Easter Egg Hunt

April 19 at 9:30 am. Save the date! More details to come, but there will be a hunt for both little and older kids!

Scrapbooking Crop and Cardmaking Class

March 7 and 21, 9:00 am to 5:00 pm at the hall. Admission details on our website. Bi-weekly on Fridays for 2025.

Yoga will continue weekly on Wednesdays at the hall from 6:00 to 7:00 pm. Drop-in style and payments are accepted at the door.

Details for all these events can be found at www.northhavenyc.ca.

Jesse Fowlis

Entertainment Director



Penny For Your Thoughts

Some hummingbirds weigh less than a penny! The Bee Hummingbird, the tiniest bird in the world, weighs only 1.6 to 2 grams.

Community Garden

Happy spring, neighbours and fellow gardeners!

Your NHCA Community Garden Committee is eager to get planting with you. Here's the dirt on the growing season ahead:

- Plot registration opens on March 15. Please visit <https://northhavenyyc.ca/garden> for more details on how to register, volunteer information, and garden guidelines.
- Spring Garden Cleanup, May 3: Let's get the plots ready to grow and set up the shared space together.
- Official Garden Opening, May 24: With the risk of frost likely passed, let's get planting!
- Fall Garden Cleanup, September 24: A time to winterize our shared resources.

Want to dig a little deeper this year and join our committee? Questions sprouting in your mind? Reach out to communitygarden@northhavenyyc.ca!



GAMES & PUZZLES

Guess the Toy!

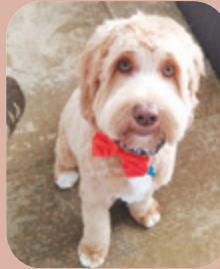
1. This fashion doll, created by Ruth Handler, made her debut at the American Toy Fair on March 9, 1959.
2. This toy originates from the Swahili word "kujenga" which means "to build".
3. This was the first toy ever advertised on television, featuring parts that could be stuck into a fruit or vegetable.
4. Max Park holds the record for solving this 3D combination puzzle toy at 3.13 seconds.
5. This stretchy, bouncy, moldable toy was used aboard Apollo 8 to help secure tools and equipment in zero gravity.
6. This toy was named after Theodore Roosevelt who famously refused to shoot a captured animal during a hunting trip in 1902.



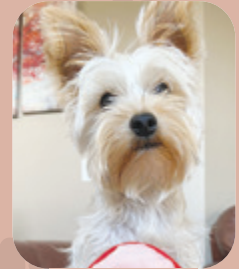
SCAN THE QR
CODE FOR THE
ANSWERS!



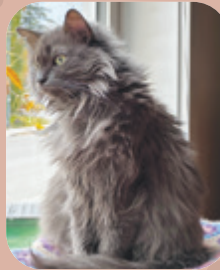
Cats, Canines, & Critters of Calgary



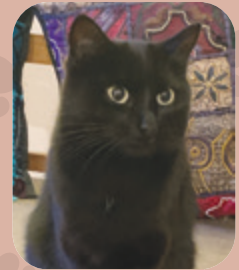
Jax, McKenzie Towne



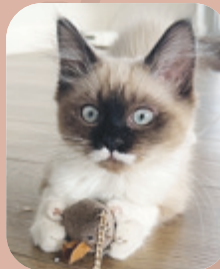
Louie, Panorama
Country Hills



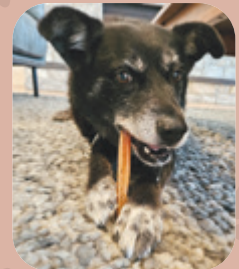
Luna, Marda Loop



Luna, West Hillhurst



Lutik, Douglas Quarry



Mystery, Christie Park



Neville, Douglas Glen



Snoop, Southwood

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

Hello North Haven!

I'm hoping that everyone is staying warm and safe out there in the cold! I would like to congratulate the North Haven Community Association for its dedication to bringing neighbours together, the care they put into their operations, and caring for community members! They've had so many successful community initiatives and I'm excited to see what they have planned this year.

Legislative session will be starting back up at the end of this month and my focus will continue to be amplifying your voices and tackling the issues that matter most to you. Whether it's affordability, tariffs, the state of our healthcare system, the future of the Green Line, or the ongoing debate around your CPP - I was able to speak on many of these issues during Question Period, debates, and with my Caucus team. I'm thankful for everyone who reaches out to the constituency office and proud to share your perspectives in the house.

One of the things I really appreciate during the Legislative session is constituency week each month - the week during session when MLAs stay in their constituencies instead of going into the Legislature. I take that time to schedule more time with constituents directly, either by knocking on your doors and chatting, or meeting! The conversations are meaningful, sometimes sharing the ups and downs of life, politics in Alberta and in our city. I'm honoured to have these conversations and thankful to everyone I've chatted with recently in North Haven.

So, let's continue to have these conversations! I often tell folks that if we don't have all the answers at our constituency office, we can help find them with you. I hope to catch you on the doors or out in the community! The upcoming constituency week will be from March 3 to 6!

Please reach out to us at calgary.klein@assembly.ab.ca or by phone at 403-216-5430. Stay in touch and follow along on Facebook, Twitter, Instagram, Threads, and Bluesky—my handle is @lizettendp.

MLA Lizette Tejada



Hey Calgary!

March is Community Association Awareness Month, and it's the perfect time to discover the amazing things happening in your neighbourhood!

Community associations are at the heart of our city – organizing events, advocating for neighbourhood life, and helping us feel connected to where we live. These non-profit organizations are run by volunteers who work hard to make your community a better place. They organize everything from family movie nights and potlucks to community gardens and sports leagues.

Did you know there are over 20,000 volunteers across Calgary making a difference? They're people just like you, working to make their communities great places to live, work, and play.

It's easy to get involved!

Find your local community association: Visit calgarycommunities.com to find your association and see what they offer.

Attend an event: Check their website or social media for upcoming events like movie nights, festivals, or workshops.

Volunteer your time: There are lots of ways to help, from coaching a sports team to assisting at a community garden.

Become a member: Supporting your community association with a small membership fee helps them continue their important work.

Please join The City of Calgary and the Federation of Calgary Communities in showing our appreciation for the hard work of our community volunteers in March.

Visit calgarycommunities.com/MCAAM to find your local community association and get involved! You can also find information and resources through The City of Calgary at calgary.ca/communities/community-associations.html.



Grade 5-6 students enjoying the Sugar Shack for Carnaval de Quebec

French as a Second Language

Students at North Haven School are learning French in grades 4, 5, and 6. Grade 4 students are learning French for the first time and are working on letters and their sounds, days of the week, common greetings, and

personal introductions gaining confidence as they continue to practice. Room 11 is continuing to master the daily calendar and weather by practicing every morning while counting up to the 100th day of school. Grade 5 and 6 students meet together each week and have learned about the classes within the school, the holidays, and winter activities, while practicing asking each other which activities they enjoy.



They are also learning how to read and write in French. What has supported this the most is pairing letters with the proper sounds within written paragraphs. The grade 4-6 students learned about the Carnaval de Quebec and had a visit from the Sugar Shack. They were able to try *tire d'érable* (maple taffy). Therefore, grades 4-6 students will continue to improve their French language skills as they complete their remaining years at North Haven School.



Field Trips

At North Haven we go on lots of field trips. Recently our grade $\frac{1}{2}$ classes have had the opportunity to go to heritage park. These classes went to learn about communities in the past.

Also the grade $\frac{3}{4}$ classes have gone to the hangar flight museum. These classes learned about how planes work and the different parts of planes, rocket ships, and helicopters. The grade sixes got to build stomp rockets and test them outside. While the grade sixes were doing that the grade fives got to walk around and learn about the main components that go into flying and building aircrafts. At the end we got to play hanger bingo and look for symbols and different parts of an aircraft.

School Clubs

This year, we have a variety of clubs including Games Club, Choir, Snap Circuits Club, and Chess Club. In the Leadership Club, students love learning about leadership by working on fun posters, announcements, and preparing for exciting upcoming events at our school. We are cutting out little seeds and putting them up to build a Kindness Tree. February is Kindness month, where we will wear pink shirts on February 26th, for Bullying Awareness.

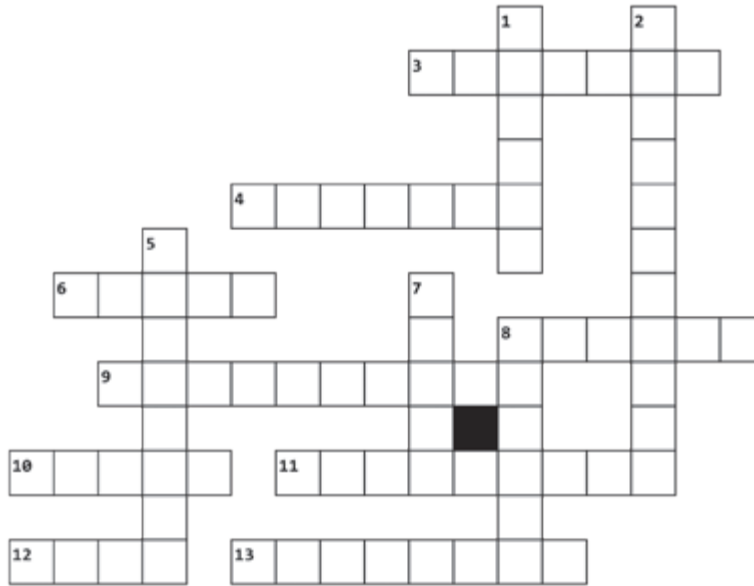
Many students really enjoyed Spirit Days like Pajama Day, Jersey Day, and Character Day. We've also had so many great events this year, including assemblies, the Book Fair, and Sugar Shack. The Grade 5/6 classes worked together to write poems and presented them while enjoying hot chocolate, in our Poetry Slam. Thank you for your time, North Haven community. We hope you got a great idea of all the amazing things our students are doing!

A+ for Energy Grant

We are very fortunate to have received the A+ for Energy Grant, Inside Education. The funds are being used to expand the students understanding of energy, resources and their management in relationship to diverse factors such as job opportunities, environment's health and Indigenous world views. In addition to hands-on activities, enabled through the Renewable Energy Snap Circuits, we have the opportunity to go on various field trips.



March Crossword



Across

3. Known as the “Fight of the Century”, on March 8, 1971, Muhammad Ali’s 31-fight winning streak was ended by Joe _____ in Madison Square Garden.
4. Nathan _____ was born on March 27, 1971, in Edmonton, Alberta, and is best known for his role as Captain Malcolm on *Firefly*.
6. Pink _____’s album *The Dark Side of the Moon* was released on March 1, 1973, and stayed on the Billboard Top 200 album charts for 741 weeks!
8. A _____ *Life*, an emotional novel following the lives of four friends and written by Hanya Yanagihara, was first published on March 10, 2015.
9. This pale-blue gemstone is one of March’s birthstones.
10. On March 26, 1953, Dr. Jonas Salk successfully tested a vaccine for this disease that has affected notable individuals such as Frida Kahlo, Franklin D. Roosevelt, Joni Mitchell, and Neil Young in the past.
11. Known for her roles in *Schitt’s Creek*, *Home Alone*, and *Beetlejuice*, _____ O’Hara was born on March 4, 1954, in Toronto, Ontario.
12. The month of March is named after this Roman god of war.

13. This iconic film about a giant ape causing chaos in New York City first premiered on March 2, 1933, at Radio City Music Hall.

Down

1. Daylight _____ Time will start on Sunday, March 9 this year.
2. This national park with geothermal features spanning across Wyoming, Montana, and Idaho became the first national park in the world on March 1, 1872.
5. Daffodils and _____ are the official birth flowers of March.
7. March is officially _____ Heritage Month in Canada and celebrates the history and impact of individuals, past and present, from the country nicknamed the “Emerald Isle”.
8. On March 2, 2024, _____ James made NBA history by becoming the first player to score 40,000 career points.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Conquering Your Fears!

by Morgan Reynaud, Prairie Winds 4-H Club Reporter

This month was full of fun things! To start off we had our annual communication day. There were a lot of fun and very interesting speeches and presentations. Congratulations to all who got on stage. Being able to talk in front of a big group is hard but a good skill to learn. We ended the month off with a Willy Wonka chocolate workshop. We got to learn the craft of chocolate-making, and how cocoa beans influence the chocolate flavour. We also got to taste a variety of different chocolates while exploring this amazing local business.



YOUR CITY OF CALGARY

What Goes Where?



by The City of Calgary

Sorting can be tricky, but every decision counts, and we're here to help you become a sorting pro.

Green bins are for food scraps and yard waste, and your blue bin is for acceptable household paper, cardboard, and container packaging.



Some old and broken household items don't always have to end up in the black bin, there are a range of programs and services to help divert waste from our landfills and give items a second life.

Together, we can make a big impact and become recycling and composting champions.

If you're unsure where an item belongs, visit calgary.ca/whatgoeswhere to find the 'Right Bin for the Win!'



North Haven Real Estate Update

Last 12 Months North Haven
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2025	\$737,499.50	\$742,500
December 2024	\$0	\$0
November 2024	\$679,900	\$670,000
October 2024	\$749,000	\$738,000
September 2024	\$652,449.50	\$665,500
August 2024	\$1,100,000	\$950,000
July 2024	\$712,500	\$710,000
June 2024	\$762,499.50	\$780,660.50
May 2024	\$749,900	\$725,000
April 2024	\$659,450	\$694,300
March 2024	\$699,900	\$780,000
February 2024	\$799,900	\$790,000

Last 12 Months North Haven
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2025	3	2
December 2024	0	0
November 2024	0	3
October 2024	3	3
September 2024	6	2
August 2024	1	1
July 2024	1	2
June 2024	4	2
May 2024	2	3
April 2024	5	2
March 2024	0	1
February 2024	2	1

To view more detailed information that comprise the above
MLS averages please visit nhav.mycalgary.com

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

#postyourpurple



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

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

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.

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.

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.

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email tlc.cleaning@shaw.ca.





Need Mortgage Solutions? We've Got You Covered!

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