

NOVEMBER 2025

DELIVERED MONTHLY TO 1,680 HOUSEHOLDS



North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER

FLU SHOTS
NOVEMBER 15

WINTER MARKET
NOVEMBER 29



PROMOTE YOUR BUSINESS HERE

Call 403-720-0762

or email sales@greatnewsmedia.ca

GET A QUOTE NOW



www.northhavenyyc.ca • newsletter@northhavenyyc.ca

Great News Media

| Call 403-720-0762 for advertising opportunities

| www.greatnewsmedia.ca



Magic Carpet Ride

Family Literacy Program



A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.



Reading



At-Home Activities



Singing

FREE! Contact us to learn more:

famlit@canlearnsociety.ca
(403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride

OFFICIAL

PLUMBING & HEATING

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

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.
We bring you more customers.
We grow your sales.**

Call 403-720-0762 | grow@greatnewsmedia.ca



SCAN ME

Your One Stop for Real Estate & Legal Expertise!

Buying or selling a home?

We've got you covered—every step of the way! With us, you don't just get REALTORS®—you get a team that handles both your real estate transaction and the legal side, all in one place. From listing to closing, we guide you through every detail, ensuring a seamless, stress-free experience. No need to juggle multiple professionals—we simplify the process so you can focus on what matters most: your next move.

One team. One process. One smooth transaction. Let's get started!



Your Real Estate Experts!

Jason Ford

Residential & Commercial REALTOR® & Lawyer

403.827.6464

homes@landandlaw.ca | landandlaw.ca



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
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/

NHCA Community Food Initiative Update

Good Food Box

NHCA is increasing its customer base, and we are growing as a depot for the Good Food Box. It's great so many residents are taking advantage of fresh produce and fruit for a minimal cost. <https://northhavenyyc.ca/commfood-goodfoodbox>. Next order dates: November 13 to 16 with pick up on November 27, 3:00 to 6:00 pm. A big shout out to Renate for getting those orders in!

Fresh Produce Thursdays

We always manage to give all the produce away and we have a great team of five gardeners to take care of the veggie beds. The gardening team has some ideas about how to better utilize the community garden and maybe bring in some new gardeners. We have a volunteer team of four people to do a community food initiative flyer, focusing on the community garden. Flyers to be delivered to multiple housing units with no gardening space.

Calgary Food Bank Donations

Thank you Jolly for setting up the Calgary Food Bank donation box and our display at Bike Haven. We got four small flats of canned goods to donate. Thank you all who brought donations to the event! The Calgary Food Bank is always so grateful for the donations. Take a look at what donating and volunteering does for the Calgary Food Bank on their website.

Get Involved

We're always looking for passionate community members to help out. If you'd like to volunteer with any of our food programs, please reach out:

- Email: communityfood@northhavenyyc.ca
- Phone: 403-284-2716 (leave a message)

"Good food choices are good investments." - Bethenny Frankel



ENTERTAINMENT

Hello Neighbours!

Flu Shots - November 15 from 9:00 to 11:00 am to get your flu shot. Please register for a slot on our website through the signup genius link.

Winter Haven Craft Market - November 29 from 10:00 am to 4:00 pm at the hall.

Yoga - Every Wednesday at the hall from 6:00 to 7:00 pm. Payments are accepted at the door.

Parents and Tots - Tuesday mornings at the hall from 10:00 to 11:00 am.

Details on all these events can be found on our website, www.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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

SCAN HERE TO VIEW ADDITIONAL NORTH HAVEN CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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

Seating Capacity: 100

Includes access to non-commercial kitchen. Times booked must include time for set up and take down.

Monday to Friday – 8:00 am to 6:00 pm	\$40 per hour, minimum 3-hour rental
Monday to Friday – 6:00 to 11:00 pm	\$45 per hour, minimum 3-hour rental
Saturday and Sunday – 8:00 am to 6:00 pm	Not Available
Saturday and Sunday – 6:00 pm to 1:00 am	\$55 per hour, minimum 3-hour rental
Holiday Mondays – 8:00 am to 1:00 am	\$55 per hour, minimum 3-hour rental
December 25, 26, and 31	Not Available

BOARDROOM

Seating Capacity: 35

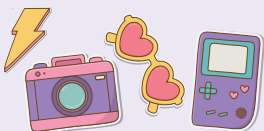
The Boardroom is for meetings and small trainings. It has a projector screen but does not include a projector. Times booked must include time for set up and take down.

Monday to Friday – 8:00 am to 6:00 pm	\$30 per hour, minimum 2-hour rental
Monday to Thursday – 6:00 to 10:00 pm	\$30 per hour, minimum 2-hour rental
Friday Night, Saturday, Sunday, and Holidays	Not Available

GAMES & PUZZLES

Guess the 2000s Movie!

1. This parody pokes fun at films like *Scream*, *I Know What You Did Last Summer*, and *The Sixth Sense*.
2. In this crime thriller, Guy Pearce plays Leonard who suffers from an untreatable form of memory loss that makes finding his wife's killer nearly impossible.
3. This legal drama involves Julia Roberts, a car accident, and a devastating legal cover-up.
4. Two cheerleading squads duel it out and uncover some shady practices going on during the national championship.
5. Bruce Willis and Samuel L. Jackson star in this sci-fi thriller that takes "survival of the fittest" to a whole new mysterious realm.
6. A handsome, young professional living in America lives two separate lives: one an urban businessman, the other a knife wielding killer.



SCAN THE
QR CODE
FOR THE
ANSWERS!



BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



Snow Shovelling Program

The NHCA Snow Shovelling Program is getting ready for another season!

The program matches North Haven youths with North Haven customers who would like to have a snow shovelling service at reasonable rates. It also provides many youths with their first employment opportunity.

The program runs from November 1 to March 31, with individual contracts priced according to shovelling area (this is assessed on an individual basis).

If you are interested in participating as a customer or shoveller in the program, please contact us at snow@northhavenyyc.ca. If you do not use email, please call Terra at 403-461-6683. Customers are matched with shovellers based on availability and location, and parents of shovellers are required to express an interest in their children participating in the program.

Please note that customers and shovellers' families must have a current community association membership, and the program is for residents of North Haven only.



Community Garden Wrap-Up: A Season to Celebrate

As another short but vibrant growing season comes to a close, we want to take a moment to thank all our gardeners for making this year such a success! Despite the hail early in the season — our plots were bursting with life and colour all summer long.

From hearty root vegetables and leafy greens to cheerful flowers and herbs, every bed told a story of care and creativity. It was wonderful to see gardeners swapping tips on the little critters as well as coming together to work on the community plots. Our community truly thrives on collaboration and enthusiasm.

As we prepare for winter, please remember to clear out your plots, add a layer of mulch or leaves to protect your soil and harvest any produce left. Removing spent plants helps prevent pests and diseases from overwintering, and a little effort now will make spring planting so much smoother.

A huge thank you to everyone who helped maintain our shared areas, filled water barrels and tended the community plots that provided fresh produce for our neighbours. Your efforts made a real difference! Lastly, a big thank you as well to those who attended our season end garden cleanup. It was a great way for us to celebrate another rewarding season together.

We are excited for next year's growing season and hope to see everyone returning in 2026!

Warmly,

The Community Garden Committee

Word of the Month

Magnanimous: Adjective (mag-nan-uh-muhs)
Generous and high-minded. Not petty or resentful.

She paid for both her and her friend in a magnanimous gesture.





_____ 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 (prices include GST):

- ☐ \$ 21.00 North Haven Resident Household - 1 Year
- ☐ \$ 21.00 Non-North Haven Resident Household - 1 Year
- ☐ \$ 10.50 Senior Household (65 and older) - 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 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

Raising Non-Anxious Kids

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

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- **Pause Before Helping:** If your child asks for help, wait a few minutes. Encourage them to try first.
- **Make Things Just a Bit Harder:** Give challenges that require effort—like board games, chores, or puzzles.
- **Encourage Real-World Play:** Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- **Embrace Boredom:** Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- **Create Screen-Free Zones:** Mealtimes, bedtime routines, and family outings can be tech-free moments.
- **Model Healthy Habits:** Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- **Build Community:** Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

Cats, Canines, & Critters of Calgary



Prairie Chickens, Calgary



Buster and Knuckles, Huntington Hills



Shai and Star, Copperfield



Tobo and Cherokee, Douglasdale

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

YOUR CITY OF CALGARY

Green Cart Collection Update

by the City of Calgary

Starting in November, green cart collection will shift to an every-other-week schedule. This seasonal change helps match service to the lower volumes of yard waste we typically see once colder weather arrives.

Weekly green cart collection will return in April 2026, just in time for spring clean-up season when yard waste begins to pick up again.

We understand Calgary's weather can be unpredictable, and to keep the Green Cart program reliable and cost-effective, we set the schedule using long-term trends. This means collection times are based on when green cart volumes usually decline and when snowier conditions are more likely. By planning well in advance, the City ensures the right number of trucks, drivers, and resources are in place to keep the program running smoothly.

There are a few easy ways to stay on top of your collection days and keep things simple:

- Visit calgary.ca/cartschedule to check your cart pickup schedule or sign up for free reminders.
- Download the Calgary Garbage Day app to get automatic notifications about collection days and seasonal changes.

Thank you for helping keep Calgary clean and green, no matter the season!



Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection; be prepared to pull over.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.



by Anne Burke

Norma Frances Bicknell (née Rose) (1926-2025) passed away at the age of 98 years. Norma was an ardent crusader for many causes dear to her heart—women’s rights and equality, saving Nose Hill Park, the South McDougal Area Structure Plan, to name a few. As some remember: “Though it has been a few decades since Norma walked upon the hill, she was always interested to hear about the first reports of crocus blooms in the spring”. Another, “From the first kite fly on Nose Hill (to bring attention to it), the recording of animal life and monitoring of plant species no one influenced me more. The past 50 years on Nose Hill were all because of her influence”. Moreover, “She led such a great life. I lost touch after I left Calgary and am pleased, she has enjoyed another 30 years since. When we had to fight to keep Nose Hill mostly unpaved, she was the heart and soul behind our efforts.” Calgary’s Centennial in 1975 was to celebrate the city’s first 100 years. I first met Norma when we were fundraising for educational signage on Nose Hill. Without her, there would have been no such Park. Whatever we all did to contribute as volunteers was in her name and avidly following her lead. An astonishing woman who accomplished so much for so many, she enjoyed a well-lived life in all respects. Nose Hill was declared one of Canada’s largest urban parks in 1980. There is a lovely colour photo of Norma, with other members of the Nose Hill Steering Committee. She is holding a copy of the Nose Hill Master Plan. In the snow on Nose Hill, Norma appears very happy, even girlish, with a glint in her eye, as well she might. www.calgaryguardian.com/historical-photos-nose-hill-park/.



North Haven Real Estate Update

Last 12 Months North Haven
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2025	\$727,450	\$722,500
August 2025	\$737,450	\$726,000
July 2025	\$0	\$0
June 2025	\$799,900	\$750,000
May 2025	\$499,900	\$477,300
April 2025	\$779,900	\$803,000
March 2025	\$739,000	\$734,000
February 2025	\$0	\$0
January 2025	\$737,499.50	\$742,500
December 2024	\$0	\$0
November 2024	\$679,900	\$670,000
October 2024	\$749,000	\$738,000

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

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

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

Stay Connected to Your Community!

by Recovery Alberta – Community Health Promotion Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong in your school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends.

Connection reduces feelings of loneliness and isolation. Connecting to resources and support can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and create belonging in our larger community. Forming connections in our daily lives is important for good mental, emotional, spiritual, and physical health.

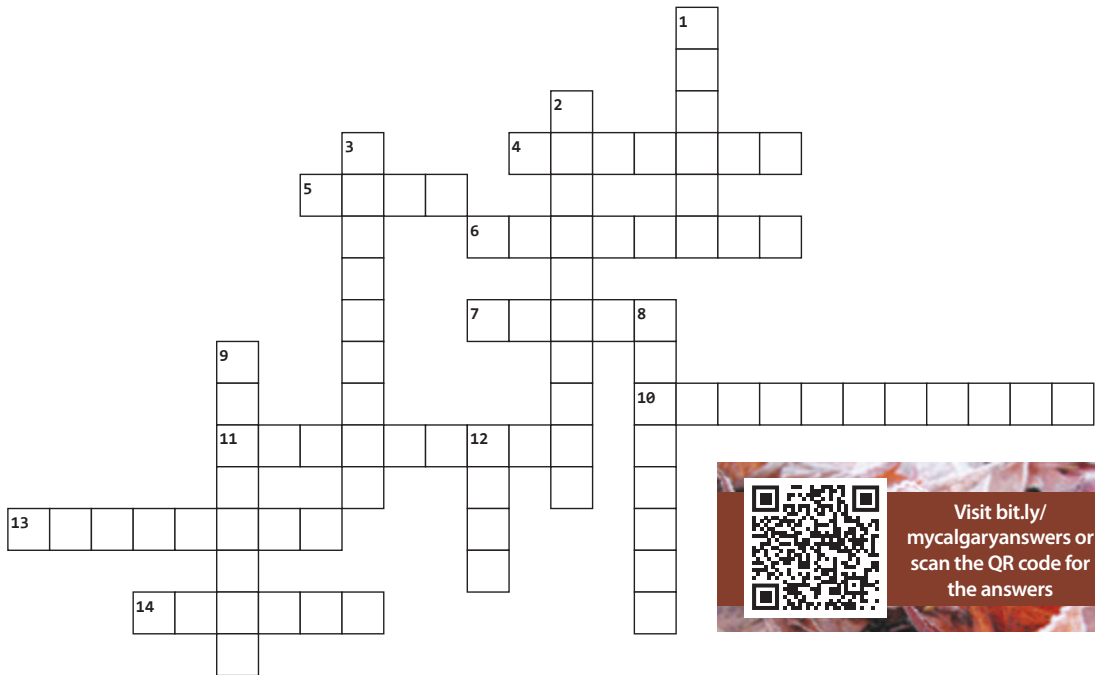
One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid

of distractions allows us to be fully with others and increases our appreciation of social connections in the community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities—food, events, hobbies!
- Get to know your community! Who are your neighbours? Are they locally owned? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself—make “you” a priority. Filling your own cup gives you the energy to connect with others!

November Crossword



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

Across

4. In November 1896, the hydroelectric powerplant at _____ Falls started operating.
5. "Novem" is the Latin word for what number?
6. The sci-fi novel, _____ *Park*, by Michael Crichton was published in November 1990.
7. World _____ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharaoh.
11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
13. On November 30, 1982, Michael Jackson released his hit album "_____".
14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
2. Jacques Plante became the first NHL goalie to wear a _____ protective face mask on November 1, 1959.
3. Canadian Music Hall of Fame inductee Gordon _____ was born on November 17, 1938, in Orillia, Ontario.
8. Stars of the romantic film *The _____*, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
9. On November 15, 2020, Lewis _____ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
12. One of the most complete early human ancestor skeletons (*Australopithecus afarensis*), nicknamed _____, was discovered in Ethiopia on November 24, 1974.



MLA Calgary - Klein
Lizette Tejada

#232-A - 3630 Brentwood Rd NW

📞 403-216-5430

✉️ Calgary.Klein@assembly.ab.ca

✂️ @lizettendp | 📷 lizettendp

Happy November, Calgary-Klein!

While the last month has seen cooler temperatures, connecting with all of you in community is what warms my heart. I have thoroughly enjoyed visiting seniors, schools, attending community AGMs, and chatting with many of you on the doorsteps! Over Thanksgiving I reflected on what I am grateful for as a second generation Canadian, and public education stands out!

Calgary-Klein is home to 37 schools and I'm lucky to have attended Collingwood and Colonel Irvine schools back in the 1900s! The eighties to be exact. Our teachers then and now are committed when it comes to educating, welcoming, and building up our kids.

At the time of writing, our teachers are on strike. Over 700,000 students are affected and not attending classes. Over the last few weeks, I have had heart-to-heart chats with teachers, principals, parents, and students (one in the fourth grade)! I have also received thousands of emails – we know education is top of mind for everyone and that there is widespread support for teachers to get a fair deal.

Sadly, Alberta has the lowest per-student funding for public education in the country. I have heard stories of overcrowded classrooms, buildings in disrepair, inadequate resources, and insufficient supports for both students and staff. Investing in public education is how we build a successful province; I hope that by the time you read this our teachers have a deal that respects their contributions and provides better learning conditions for our students.

As always, I want to hear from you! Our office is here to serve, and we will do our best to answer your questions and provide resources where possible. You can follow me on social media platforms @lizettendp. We'll see you out there!

Please email us at Calgary.klein@assembly.ab.ca or call 403-216-5430.

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 Russell 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.





Time to Renew Your Mortgage?

Don't Settle –
Discover Better Rates
and Options! Get
Ready to Save Big!



**ANITA
RUSSELL**

403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



CALGARY FINE DENTISTRY

*Dr. Lauren
Vredenburg*
Practice owner

**Proudly family owned
and caring for our
community since
2006**

**WELCOMING NEW
PATIENTS**



206, 1910 20 Avenue NW, Calgary ☎
www.calgaryfinedentistry.com 🌐
403-284-3061 📞



AVAILABLE!

4440 Brentwood Green NW

Pride of ownership throughout this
3 bed, 2 bath bungalow in beautiful
Brentwood. Finished basement,
updated windows, air conditioning.
Don't miss this one!

MLS A2245296



**If you've considered selling, now might be a great time as
we have very little inventory in Northwest Calgary**

CENTURY 21.
Masters

*Each office is independently owned and operated

dale@dalegreen.com
403-608-1410

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

