

OCTOBER 2025

DELIVERED MONTHLY TO 1,680 HOUSEHOLDS



North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER



HALLOWEEN DANCE
NOVEMBER 1
WINTER MARKET
NOVEMBER 29

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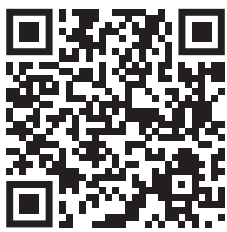
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Feel free to reach out to me at any time for a free, no obligation home evaluation.



Rhubarb Rhythm

Did you know that along with the health benefits and delicious taste rhubarb provides, it also has some sweet musical sensibilities? Well, not exactly musical, but growers do say that when it is in the dark the plant grows so fast you can HEAR the squeaks, snaps, crackles, and pops of its rapid growth. How cool is that?!



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NORTH HAVEN COMMUNITY ASSOCIATION

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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
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Hall Manager	Sandra Whitty	hallmanager@northhavenyyc.ca
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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/



NHCA Community Food Initiative Update

Good Food Box

We have become an established Good Food Box depot and are on the map! The Good Food Box program is a hand-up program that is affordable. Through Budget 2025, Alberta's Government would invest \$5 million to help put food on tables across the province. Community Kitchen Program of Calgary, which is the lead on the Good Food Box program is a great example of how to do exactly that. They help individuals and families eat healthier at a lower cost.

We are well under way with many residents taking advantage of fresh produce and fruit at a reduced cost. We've had 37 orders to date. Next order dates: October 9 to 12 with pick up on October 23, 3:00 to 6:00 pm. northhavenyyc.ca/commfood-goodfoodbox.

Fresh Produce Thursdays

Donations continue to come on Thursdays with great variety. A big shout out to those donating food from their gardens and another shout out to the volunteers of the Community Garden making sure produce is also available on Thursdays. The list of fresh vegetables and herbs expands. Keep the donations coming and please take advantage of the produce on Thursdays from 3:00 to 3:30 pm. Vegetables available have been beans, beets, lettuce, Swiss chard, carrots, and herbs.

Calgary Food Bank Donations

With activities underway, please remember to bring a non-perishable food item to the event and we will ensure it is donated to the Calgary Food Bank. Thank you for supporting such a worthy cause.

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)

Thank you for choosing healthy food choices in our community!

October is here and that means Halloween is just around the corner.

Our annual Nether Haven Halloween Dance will be on November 1 from 6:30 to 8:30 pm. Keep an eye out for ticket sales as it will sell out fast!

Yoga is back! Weekly on Wednesdays at the hall from 6:00 to 7:00 pm. Payments are accepted at the door.

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

Save the date for our Winter Market on November 29 from 10:00 am to 4:00 pm at the hall. We will open registration in October.

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.

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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

GRANDPARENT SCAM ALERT

WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



“Court appointed” couriers don’t exist. If someone asks to come to your home to pick up payment, it’s a scam.



If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

CALGARY
POLICE
SERVICE

If you have lost money or the scam is in progress, contact the Calgary Police Service at **403-266-1234**

To report a scam in general, contact the Canadian Anti-Fraud Centre at **1-888-495-8501**

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@northhavenyc.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.



WORD OF THE MONTH

Phantasmagoria: Noun
(phan-tas-ma-go-ria)

A rapidly shifting scene or sequence of pictures, like those in a dream.

What happens next was a phantasmagoria of mystery.



News from the Friends of Nose Hill

by Anne Burke

The first recorded land occupancy of Nose Hill was an 88,000-acre lease in 1882. Large range leases were bought by well-financed ranchers, such as Senator Patrick Burns, who purchased most of two sections of Nose Hill. Cattle grazing occurred until Nose Hill was established as a park. Crops, such as wheat, oats, and rapeseed, were first grown on the plateau in 1907. Privately held farmland was horse pasture until 1912. The negative impact of horse and cattle grazing was widespread on slopes and ravines. However, it helped to control taller nuisance weeds, such as thistle and common nettle.

By 1910, Calgary's boundaries extended north to 48 Avenue. Residential development between 1945 and 1959 pushed as far north as Capri Avenue and east of 14 Street as far north as 56 Avenue. Aerial photographs reveal traffic to and from fields on the Hill to sites in the ravines and gullies along the escarpment. There were many old vehicle trails. Pickups and 4x4 trucks on the Hill used the sloping benches south of 56 Avenue and east of 24 Street. Trail development and use by walkers increased with the Winter Club.

Gravel mining began in 1961. Many Owls Valley was part of the route for commercial trucks on the main road and along the ridge on the south slope of the valley. Severe damage was caused to slope crests and the top of hummocky areas. Construction of John Laurie Boulevard in 1968-69 caused overuse in areas without fencing. More people trespassed on private lands north of the Boulevard or drove to riding club stables south of the gravel pit. There were many horse trails and dirt bikes, walkers, and joggers from 1975 to 1980. Agriculture on the Hill was suspended in 1979.



_____ 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

Closing Up Your Garden for Winter

As the days grow shorter and the first hard frosts creep in, gardeners know it's time to start preparing for winter. While it can feel bittersweet to put the garden to rest, the work you do in the fall is one of the best ways to set yourself up for success in the spring. Proper cleanup and preparation protect your soil, prevent pests and disease, and ensure your garden comes back strong when the snow finally melts. Here are some of the top tips to help you close up your vegetable garden for the season.

1. Harvest What You Can

Before the deep cold sets in, collect the last of your vegetables. Crops like beans, tomatoes, and greens should be picked before they're damaged by frost. Some root vegetables—such as carrots, beets, and parsnips—can tolerate a bit of cold and even sweeten up after a light frost. However, once the ground begins to freeze, it's safer to pull them, otherwise you may lose your harvest.

2. Remove Plant Debris

Clear out annual vegetable plants and vines once they've finished producing. Healthy material can go straight into the compost pile, where it will break down over the winter. If plants show signs of blight, mildew, or insect damage, it's best to dispose of them away from your compost to prevent problems from carrying over into next year.

3. Protect Perennials

If you grow perennial herbs such as chives, thyme, or oregano, give them a little protection before the snow arrives. A blanket of mulch—such as straw, shredded leaves, or wood chips—will insulate their roots against the long cold months. Garlic, which is planted in the fall, also benefits from a thick mulch layer to help it survive the freeze-thaw cycles.

4. Add Organic Matter

Autumn is the perfect time to improve your soil. Spreading compost, well-rotted manure, or shredded leaves across your beds before winter allows nutrients to break down and enrich the soil. By spring, you'll have a healthier foundation for your new plantings.

5. Consider Cover Crops or Mulch

If there's still enough time before the ground freezes solid, planting a quick-growing cover crop like winter

rye or clover can protect your soil and add fertility. If it's too late in the season, a thick layer of mulch, straw, or even cardboard will help prevent erosion and keep soil life active.

6. Protect Your Tools and Garden Structures

Don't forget about your equipment. Drain and coil hoses to prevent cracking, empty rain barrels so they don't split in the freeze and give your garden tools a good clean before storing them. A light coat of oil on metal tools helps prevent rust.

7. Store Produce Properly

Certain vegetables keep well if stored under the right conditions. Root crops like carrots, beets, and turnips can last for months in a cool, dark basement if packed in sand or sawdust. Winter squash prefers a dry, slightly warmer space, while cabbages and other hardy crops can sometimes be kept in outdoor cold frames or root pits.

8. Protect Against Winter Critters

Finally, remember that wildlife gets hungry in winter too. Rabbits and voles can cause damage to trees and shrubs when food is scarce. Protect young fruit trees by wrapping their trunks in hardware cloth or plastic guards to prevent nibbling.

With these steps, you'll not only protect your garden through the cold winter but also give yourself a head start for the coming season. When spring arrives, you'll be rewarded with healthier soil, fewer pests, and a garden ready to thrive once again. Excited to see everyone next growing season!



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North Haven Real Estate Update

Last 12 Months North Haven
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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	\$742,500
December 2024	\$0	\$0
November 2024	\$679,900	\$670,000
October 2024	\$749,000	\$738,000
September 2024	\$652,449	\$665,500

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

	No. New Properties	No. Properties Sold
August 2025	3	2
July 2025	4	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
September 2024	6	2

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



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THE ROCKET

On October 19, 1957, hockey history was made. Montreal Canadiens star Maurice "Rocket" Richard became the first player in NHL history to score 500 goals. He reached the milestone on home turf at the Montreal Forum, cementing his legacy as one of hockey's greatest legends.



Halloween Safety

by Alberta Health Services



As a member of Calgary's Child Magazine Partners for Safety initiative, AHS EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return

home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

The State of Public Education in Alberta

by Brit Hart, Public School Board Trustee Candidate

Students in public schools across Alberta, including the CBE, face a potential teacher strike and here's what you need to know:

The vast majority of teachers in Alberta (95%) have set forward a motion to strike in the fall. The Alberta Teachers Association has requested wage increases and support to address overcrowded classrooms.

If a strike happens the Alberta Teacher's Association must provide 72 hours notice before initiating job action.

The government's education budget released this year saw an overall spending increase of 4.5% while within this, private school funding increased by 13%.

Alberta spends nearly \$1 billion of public funds on private education each year, the highest in Canada.

Alberta public schools have the highest enrollment rate in the country, expecting to see 33,000 new students this year. 66.3% of these students are in public school, 23.1% separate, 5.3% private, 1.4% charter.

Alberta public school students receive the lowest funding in Canada, \$11,464 compared to the national average of \$13,692 according to Stats Canada.

Despite providing the lowest per student funding in the country, Alberta students rank second globally for science and literacy and seventh in math according to the Programme for International Student Assessment (PISA).

Our teachers continue to do more with less each year. In 2012 Alberta was ranked third for student funding in Canada and in the last 12 years we have dropped to the bottom. While we continue to see the overall rate in which we invest in education decrease, our public school teachers continue to deliver students that rank among the highest globally in academics.

What our educators are asking for is a fair wage increase, more classroom supports, and a plan to reduce classroom sizes. The initial offer from the province included a 12 percent general wage increase and improved benefits



and \$405 million in classroom improvements. Note that there are 1,576 public schools currently in Alberta and this number does not account for projected builds. Classroom improvements can include items like salaries for custodians, building repairs and maintenance, and capital infrastructure costs.

While Alberta teachers are recognized to have some of the highest salaries in the country, their compensation (based on number of students per classroom) is ranked tenth, \$1,600 per student below the national average.

Below is a table outlining recommended classroom sizes vs actual classroom sizes in Alberta, provided by the Alberta Commission on Learning.

	Recommended	Actual 2023/24	Max Size 2023/34
K-3	17	22.5	37
4-6	23	23.4	42
7-9	25	26.3	46
High School	27	28.3	56

If you want more information, the CBE has a Labour Action page to help parents navigate the 2025/26 school year. If you have questions or want to support public education in Alberta it is encouraged that you write to your local MLA as well as the Minister of Education, Demitrios Nicolaides and the Shadow Minister for Education, Amanda Chapman.

How You Can Support an Emotionally Avoidant Partner

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



Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that.

It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.

4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.

Salmon and Broccoli Rice Bowl

by Jennifer Puri

Raw or cooked, broccoli is a nutrient-rich vegetable packed with vitamins, minerals, and fibre.

Steaming or roasting tends to preserve the most nutrients and flavour, but raw broccoli is also a great option when paired with dips or in salads.

Cooking broccoli can soften the tough fibres making it easier to chew and digest. Nutrient-rich and low in fat, broccoli can be a healthy, low-calorie snack.

When purchasing broccoli, choose bright green broccoli with crisp, dark green leaves and tightly closed buds. Store in the refrigerator and wash only when you plan to use it.

Create your own stir-fry sauce or use a store-bought one as shown in this simple and easy to prepare salmon and broccoli rice bowl recipe below.

Prep Time: 15 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

- 2 fillets of Salmon (4 oz. each)
- ¼ tsp. pepper
- ½ tsp. salt
- 1 tbsp. olive oil
- 2 tsp. black sesame seeds
- 1 crown of broccoli sliced
- ½ cup store-bought stir-fry sauce
- ½ tsp. crushed garlic
- ½ tsp. crushed ginger
- 1 tbsp. sesame seed oil
- 2 cups cooked white, brown, or black rice
- ½ avocado sliced

Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Place salmon fillets on a foil lined baking sheet. Drizzle the olive oil on the fillets, sprinkle the salt and pepper, and then bake on the middle rack of the oven for 18 minutes or until salmon is cooked through. Remove salmon from oven, sprinkle with black sesame seeds,



and cut into small chunks.

3. Heat 1 tbsp. of sesame seed oil in a skillet, add the broccoli florets, and sauté on medium heat for 3 to 4 minutes.
4. Next add the garlic, ginger, and stir-fry sauce and continue to sauté until broccoli is tender.
5. To serve, divide the rice into two bowls and top with salmon pieces, broccoli, sliced avocado, and lemon wedges. Spoon additional stir-fry sauce on the broccoli if desired.

Bon Appétit!



**MLA Calgary - Klein
Lizette Tejada**

#232-A - 3630 Brentwood Rd NW

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✉️ Calgary.Klein@assembly.ab.ca

✂️ @lizzettendp | 📷 lizzettendp

Hello October!

As the leaves start to turn and we settle into fall, I want to thank everyone who's taken the time to connect over the past few weeks—whether at community events, town halls, or just out in the neighbourhood. It's been great to hear directly from you about what matters most.

Session is set to begin at the end of the month, and I'm heading in with your voices in mind. The issues coming up again and again are healthcare and education—two areas that impact every family and deserve serious attention. I'll be working hard to make sure your concerns are heard loud and clear.

It's also been great to see so many of you at town halls recently. These conversations are invaluable, and I appreciate your honesty, your questions, and your ideas. If there's a gathering in your area, let me know—I'd love to join.

And of course, October wouldn't be complete without Halloween. Whether you're carving pumpkins, dressing up, or just enjoying the candy, I hope you get a chance to have some fun and connect with your community.

As always, my constituency office is here to support you—whether it's navigating provincial programs, answering questions, or connecting you with the right resources. You can reach us by email at calgary.klein@assembly.ab.ca or by phone at 403-216-5430.

To stay up to date, follow me on Facebook, Instagram, Twitter, Threads, and Bluesky under the handle @lizzettendp.

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



Your Real Estate Experts!

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