

JANUARY 2026

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North Haven

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER

FAMILY SKATING PARTY
JANUARY 25

BREW HAVEN
FEBRUARY 21



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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
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/

Happy New Year! We have some great events to kick off 2026.

Family Skating Party

Sunday, January 25, 3:00 to 5:00 pm

Bring your family and your skates and join us for some pleasure skating time with friends and neighbours at the North Haven outdoor rink! Hot chocolate, cookies, and music will be provided.

Brew Haven

Saturday, February 21, 6:30 to 11:00 pm

Food, beer flights, and some table games all night!

*Please note this is an adult-only event.

Tickets will be on sale mid-January.

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



Snow Shovelling Program

The North Haven Snow Shovelling program matches youths who want to shovel with residents who would like their sidewalks cleared. This program runs from November 1 to March 31 and is available to North Haven residents who hold community association memberships. The program is off to a quiet start in terms of weather, but winter is coming! We have 36 shovellers servicing over 50 houses this season! If you are still in need of shovelling services, please email snow@northhavenyyc.ca for a quote. We can do short-term contracts to cover your vacation or start a contract for December 1 to March 31 to cover the rest of winter. Thank you to all the residents who are supporting our program and to the shovellers for all their upcoming hard work.



Chinook Blast: Calgary's Signature Winter Celebration Is Back

by The City of Calgary

Chinook Blast is Calgary's ultimate winter festival that showcases the very best of our city. For six years, this celebration has brought winter magic to life—and we're just getting started.

From January 30 to February 16, Chinook Blast returns, promising the most spectacular experience yet. We're turning up the heat at Eau Claire Plaza, transforming it into a dazzling winter wonderland filled with vibrant art installations, live music, and unforgettable adventures.

Built by Calgarians, for everyone, Chinook Blast is proudly local. It's a family-friendly, inclusive festival that celebrates creativity and community while drawing visitors from across Calgary and around the world.

Join us as we make winter extraordinary. Learn more at chinookblast.ca.

Help Keep Our Community Rink Skating Strong!

We're looking for volunteers to join our outdoor rink team this season. Whether you can lend a hand with flooding, daily maintenance, or helping set up and take down the boards, every bit of support makes a big difference. It's a great way to stay active, meet neighbours, and help keep this beloved winter space open for everyone. If you're able to spare a little time, we'd love to have you on the crew!

Please contact Jeff at jeff.bergeson@shaw.ca if you can help out!



Protect Your Household Water Lines and Meter from Freezing

by *The City of Calgary*



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

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



NHCA Community Food Initiative Update

Good Food Box

NHCA Good Food Box (GFB) is now well under way and is consistently increasing its customer base. It's great so many residents are taking advantage of fresh vegetables and fruit for a minimal cost. Know that the cost of the GFB has gone up slightly. Please check the website for these costs. It is still a great savings! northhavenyyc.ca/commfood-goodfoodbox.

Next order and pick up dates for January and February 2026:

January order dates: December 27 to 29 with pick up on January 15, 3:00 to 6:00 pm.

February order dates: January 22 to 25 with pick up February 5, 3:00 to 6:00 pm.

Would you consider volunteering on a pick up day of the Good Food Box? It's an opportunity to meet our neighbours and support such a great cause. Email us at communityfood@northhavenyyc.ca or leave a message at 403-284-2716.

Community Garden

Garden plots open for registration on March 15, 2026. Existing gardeners will be given the opportunity to keep or change their plot for the 2026 season. All other plots are first come first served. communitygarden@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.

Calgary Food Bank Donations

Your donation speaks highly of your sense of community and your commitment to giving back to the community in such a generous way. We welcome donations at all events. Would you consider volunteering at one of the NHCA events to collect donations for the Calgary Food Bank? It's not a huge commitment as food we collect is taken to the Safeway food donation box and money donations are e-transferred to the Calgary Food Bank by the NHCA Treasurer. NHCA 2026 Event dates:

- January 25 - Skating Party, 3:00 to 5:00 pm
- February 21 - Brew Haven, 6:30 to 10:30 pm
- April 5 - Easter Egg Hunt, 9:30 to 10:30 am
- April 26 - Community Cleanup, 9:00 to 11:00 am
- March 28 or 29 - Lego Competition, 11:00 am to 4:00 pm
- May 16 - Parade of Garage Sales, 9:00 am to 3:00 pm
- May 24 - Spring Bike Haven, 10:00 am to 12:00 pm
- June 20 - Pancake Breakfast, 10:00 am to 12:00 pm

Email us at communityfood@northhavenyyc.ca or leave a message at 403-284-2716.

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 or to join the Community Food Initiative Committee (meetings occur on an ad hoc basis), please reach out. Email us at communityfood@northhavenyyc.ca or leave a message at 403-284-2716.

"We all eat, and it would be a sad waste of opportunity to eat badly." - Anna Thomas

SCAN HERE TO VIEW ADDITIONAL NORTH HAVEN CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics





Date _____

Last Name _____

First Name(s) _____

Address _____

Postal Code _____

Email Address (Please print clearly) _____

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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

Monthly Property Tax Payments Save You Time and Money

by The City of Calgary



Tax Instalment Payment Plan (TIPP) is the most popular way to pay property tax in Calgary. Here's why:

- You pay the same amount as your tax bill, but in smaller, easier to manage monthly payments.
- Automatic monthly payments come out on the first day of each month, helping you avoid late payment penalties.
- No extra fees and no need to re-enroll each year. TIPP continues until you cancel.

It's easier than ever to join TIPP. Our online process streamlines registration and confirms your enrolment, allowing you to join fast and easily from the comfort of your home. All you need is your property's roll number and your banking details.

You can enroll anytime during the year, and we'll adjust your payments to ensure your tax bill is fully paid by year's end. If you join for January 1, your tax payments will be spread over 12 months, if you join for February 1, your payments will be spread over 11 months, and so on.

Your 2026 property tax bill will be mailed out in May. To avoid late payment penalties, you must join TIPP or pay the total amount of your 2026 property tax bill before the payment deadline of June 30, 2026.

Join TIPP today at calgary.ca/TIPP to get started and enjoy easier budgeting for the years ahead!



Community Garden

Happy New Year Garden friends! As we begin to plan for this next year's growing season, we'd like to take a moment to talk about the many benefits our community garden brings to everyone involved. A community garden is far more than a shared outdoor space, it's a hub of wellness, learning, and connection.

One of the greatest benefits is access to fresh, nutritious produce. Growing food locally gives gardeners the chance to enjoy organic vegetables, herbs, and fruits picked at peak ripeness. For many families, a garden plot helps stretch grocery budgets while encouraging healthier eating habits.

Community gardening also strengthens physical and mental well-being. The simple act of tending soil, watering plants, or pulling weeds gets us moving in a gentle, enjoyable way. Being outdoors has been shown to reduce stress levels, improve mood, and foster a sense of calm. Many gardeners tell us the garden is their "happy place" and that "it was a fulfilling experience" to have participated in the last growing season.

Social connection is another key benefit. Community gardens bring together people of all ages, backgrounds, and skill levels. Whether sharing gardening tips, swapping seeds, or sharing successful harvests, we learn from one another and build friendships that extend far beyond our plots. Many have said that the community garden allowed them to meet families who they would not otherwise have met.

Lastly, thank you to all who supported and participated in our community garden in 2025. We are opening registration for the 2026 gardening season very soon, keep an eye out for that! Together, we are cultivating not just plants, but a stronger, greener, more connected neighbourhood. Here's to another year full of growth and shared harvests!

Tobogganing/Sledding Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; try not to toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until rewarmed.

Perspective and How It Relates to Your Finances

by Karen Boudewyn

Perspective is more than how we see something, it's how we interpret and prioritize what we see. It shapes our decisions, our emotions, and ultimately, our results. It's the lens through which we view both our challenges and our ambitions.

Last week, as I was driving south into downtown Calgary across the Centre Street Bridge, I had a clear view of the skyline. The Bow Tower stood tall and commanding, seemingly the only thing that mattered in the landscape ahead. The Calgary Tower, a familiar landmark, appeared tiny in comparison, almost insignificant. But only moments later, as I progressed further down the road, the Bow Tower slipped behind me and the Calgary Tower shifted into focus. Suddenly, it wasn't small at all. It was impressive, centre stage, and impossible to miss.

It struck me how similar this is to our own mindset and the goals we create for ourselves.

When we face a challenge whether a financial worry, uncertainty at work, a life transition, that concern tends to dominate the entire frame. It becomes the only thing we see. And while our goals remain in the distance, like the Calgary Tower, they can look small... perhaps even unattainable... simply because they aren't front and centre right now.

But perspective shifts with movement. As we take small, intentional steps forward, what once seemed enormous can fade into the background. And those distant dreams? They grow larger, more detailed, more possible.

As we approach 2026, this is a powerful mindset to carry with us:

Be aware of what is present and stay excited about what is in the distance.

So how does this relate to finances? Financial planning is the art of balancing today with tomorrow. It's acknowledging the demands immediately in front of us like bills, family needs, market noise, all while still nurturing the life we ultimately want to build.

Sometimes the urgent overshadows the important. A short-term concern eclipses a long-term vision. We lose sight of goals that truly matter financial independence, security for loved ones, the ability to support causes

close to our hearts, or even the freedom to work because we want to, not because we have to.

Shifting perspective does not erase challenges—but it allows us to give them appropriate size. It reminds us that our future goals deserve focus and space in the picture too.

As we step into a new year, I encourage you to take a moment to notice what currently feels like the "Bow Tower" in your life. Then look ahead. What dream, what desire, what possibility is waiting to become your main focus?

A small shift in view can change the entire direction of your financial journey.

Here's to seeing clearly, both what is right in front of us and what is brilliantly waiting just ahead.





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Caring for an Aging Parent: Strategies for When the Going Gets Tough

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



Emotional Strategies (Inner Work and Regulation)

1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

Situational Strategies (Practical Boundaries and Care Structures)

1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t

handle daily visits." Say it out loud, write it down, and share with other family members if needed.

2. Establish Firm Communication Boundaries

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: "I'm not willing to be spoken to that way. I'll come back when you're ready to talk respectfully."

3. Use Neutral, Brief Responses

When provoked, respond with calm neutrality ("I hear you," "That's your opinion," "Okay"). Avoid arguing, explaining, or defending—it fuels conflict.

4. Set Structured Routines

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

5. Engage Outside Help When Possible

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

6. Protect Your Physical Space

If your parent lives with you, designate "off-limits" areas or private times. If you live separately, establish boundaries around unannounced visits or excessive calls.

7. Use Written Communication for Sensitive Topics

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

8. Plan for Respite and Breaks

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

9. Involve Professionals for Tough Conversations

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

10. Prepare for Emotional Pushback

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."



News from the Friends of Nose Hill

by Anne Burke

On the Park's northern boundary, Alberta Government Telephone, in 1982, and Canadian Western Natural Gas, in 1990, had access rights. Carma Developments put waste in the MacEwan Glen ravine. Construction sites attracted four-by-fours and dirt bikes. Nose Hill Trail condition and use were studied between July 20 and September 20, 1993. Volunteers working in pairs came from the Nose Hill Park Users Group, Nose Hill Communities Board, and Calgary Field Naturalists Society. Their goal was to measure trail type and surface, width, and depth. An aerial photo mosaic marked the survey areas. Data was collected for the glacial moraine (the Hill plateau and side slopes), ravines (Many Owls and Porcupine Valley), and disturbed land. The time of day was morning (7:00 am to noon), afternoon (noon to 6:00 pm), and evening (6:00 pm to dark). During both the week and weekend, Hill use was greatest in the afternoon and evenings. On the weekend, people spent time in the ravines. However, during the week more were recorded on the plateau and side slopes. Pathway routes were widened by braiding but less rutted than trails. The greatest use was in disturbed sites, rather than on the moraine. All pathways and trails were used by cyclists, who preferred gravel pathways to grass trails. Walkers without dogs used pathways, unlike dog walkers in the ravines. A review revealed that areas damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating, including severely damaged areas. Although some trails were rutted (and may remain so for a time) others had high grass growing in them without horse and vehicle traffic. Ravine trails were overgrown by tall grasses, thistles and nettles, so many people no longer used them.

Ogden Road SE Realignment

by The City of Calgary



To prepare for the future Lynnwood/Millican and Ogden Green Line LRT stations, North Star Contracting Inc. has started the realignment of Ogden Road SE, between the Canadian National Railway rail bridge and 69 Avenue SE. Ogden Road will shift to the west to make space for the Green Line, which will run between the new road alignment and the Canadian Pacific Kansas City (CPKC) railway.

What Is Happening?

- Road construction, utility work, and tree removals, followed by restoration, will be conducted into next spring.
- New multi-use pathways will be added on both sides of Millican Road and along the west side of Ogden Road to improve mobility near Pop Davies Athletic Park.
- A new parking lot with about 100 spaces will be built at the south end of the park supporting public parking and continued use of the park.
- Construction on the Lynnwood/Millican Road Transit facility and corresponding parking lot will also begin.

Access During Construction

- Parking and access to Pop Davies Athletic Park will remain available.
- Two-way vehicle access along Ogden Road and Millican Road will be maintained.
- Pedestrian and cyclist access connecting Ogden Road and Millican Road will be maintained via a temporary multi-use pathway.
- The informal gravel parking lot on the west side of Ogden Road will be permanently removed for the new alignment.

The community should anticipate partial lane closures, truck traffic, and construction noise, dust, and debris. This project is scheduled for completion by early summer 2026.

For more information, please visit calgary.ca/GreenLine.

Customer Review Period (January 14 to March 23) Is Your Opportunity to Review and Ensure the Accuracy of Your 2026 Property Assessment

by The City of Calgary

Your 2026 property assessment is mailed out January 14. The 2026 Customer Review Period (CRP) runs from January 14 to March 23. CRP is your opportunity to review and ensure the accuracy of your 2026 property assessment and learn more about how your assessment was determined.

What to look for when reviewing your assessment:

- Is your market value assessment a reasonable estimate as of July 1, 2025?
- Are the property details we have on record, correct?
- Is your assessment fair when compared with others in your neighbourhood?

Each year, The City and the Province separately set a budget and decide how much money they need from property tax. Your share of property tax is based on your assessment class and the assessed value of your property. Your 2026 property tax bill will be mailed in May, but you can get an estimation of it now by visiting calgary.ca/taxcalculator.

To help you review your property assessment we offer general resources on calgary.ca/assessment and property specific tools through the secure log in feature of calgary.ca/mytax. By logging onto myTax you can:

- Check your property details and ensure they're correct. *Incorrect property details can result in your assessment not accurately reflecting the value of your property.
- Compare your property's assessed value to similar properties in your area.
- Review real estate market trends and learn how your property was assessed.

Questions? Visit calgary.ca/assessment or call 3-1-1. Customer Review Period ends March 23.



MLA Calgary - Klein
Lizette Tejada

#232-A - 3630 Brentwood Rd NW

📞 403-216-5430

✉️ Calgary.Klein@assembly.ab.ca

✂️ @lizettendp | 📷 lizettendp

Happy New Year, Calgary-Klein!

I hope you had a wonderful holiday season with friends and family. As we start this new year, I'm wishing you, our schools, health care facilities, and local businesses a healthy and prosperous year ahead.

Supporting seniors has been on my mind. Did you know the Calgary Seniors Resource Society is right here in the riding? They do amazing work and can be reached at 403-266-6200. If you know a senior, or are one, give them a call! From friendly chats and rides to appointments to help navigating complex systems, their programs make life easier and more fulfilling. They also build meaningful connections between seniors and volunteers.

Health care remains a top concern for residents of all ages. I've heard from many of you about long ER wait times, difficulty finding family doctors, rising prescription costs, and reduced eyecare coverage for seniors. I'm advocating for hiring more doctors and medical professionals and strongly oppose the UCP's plan for for-profit health care, which would allow doctors to bill privately on top of public billing. I believe in a public health care system where you can see a doctor without paying out of pocket.

Want to see how I'm advocating for Calgary-Klein? Follow me on Instagram @lizettendp and other social platforms. Please keep emailing my office, your concerns help me speak up for you at the legislature.

Looking forward to seeing you at local winter festivals!

Lizette

BUSINESS CLASSIFIEDS

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

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