

FEBRUARY 2024

DELIVERED MONTHLY TO 5,225 HOUSEHOLDS

THE HUNTINGTON HILLS HONKER

THE OFFICIAL VOICE OF THE HUNTINGTON HILLS COMMUNITY ASSOCIATION

FREE FAMILY DAY SKATE!



Huntington Hills
COMMUNITY ASSOCIATION

Kate McInnis

REAL ESTATE AGENT
p. 403.921.5798
e. km.kate.mcinnis@gmail.com
w. mcinnisrealestate.ca



McInnis

REAL ESTATE



TO FIND OUT WHAT IS HAPPENING AT YOUR LOCAL COMMUNITY, READ THE HONKER!

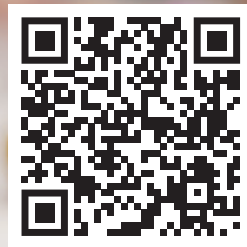
Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca

GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.

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



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

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



AVENUE Financial
Real Estate Solutions

Hate Your
Renewal
Rate?
Call Me!

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

YYC West Runway Rehabilitation community information sessions

February 20, 6:30 - 8:30 p.m. - Brentwood
Community Centre (1520B Northmount Drive NW)

February 22, 6:30 - 8:30 p.m. - Vivo for Healthier
Generations (11950 Country Village Link NE)

February 27, 6:30 - 8:30 p.m. - Genesis Centre
(7555 Falconridge Blvd NE)

February 28, 6:30 - 8:30 p.m. - Beddington
Theatre Arts Centre (375 Bermuda Dr NW)



More information:
Plus d'informations :



yyc.com/WestRunway

Session d'information publique : Réhabilitation de la piste ouest de YYC

20 février de 18:30 à 20:30 p.m. - Brentwood
Community Centre (1520B Northmount Drive NW)

22 février de 18:30 à 20:30 p.m. - Vivo for Healthier
Generations (11950 Country Village Link NE)

27 février de 18:30 à 20:30 p.m. - Genesis Centre
(7555 Falconridge Blvd NE)

28 février de 18:30 à 20:30 p.m. - Beddington
Theatre Arts Centre (375 Bermuda Dr NW)



Word of the Month

Besotted: adjective (be-sot-ted)

To be blindly or completely infatuated.

After 50 years of marriage, he is still as besotted with his wife as the first day he met her.



COMMUNITY ASSOCIATION

520 – 78 Avenue NW, Calgary

EXECUTIVE BOARD MEMBERS

President	Maren Tryon
Vice President	Sarah Murdoch
Treasurer	Tim Hungate
Secretary	Michael Helfrich

BOARD OF DIRECTORS

Director at Large	Kurt Layton
Director at Large	John Hunter

HUNTINGTON HILLS COMMUNITY ASSOCIATION STAFF

Executive Director	Rick Lundy
Facility Rental and Programs Manager	Carrie Williams
Marketing and Community Engagement Manager	Ruby Mahmoodi
Operations Manager	Scott Wasdal
Curling Manager	Rob Myers
Accounting	Suely Dinelli
OOSC Director of Children Services	Cassandra Nelson
OOSC Director of Children Services	Sarah Kidd



Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Where Community Becomes Family

403-275-6666

Register or drop-in for programs!



Curling & Lounge Rentals



@huntingtonhills curlingcalgary



Out of School Care & Camps



@huntingtonhillsoosc



Arena, Gym, & Facility Rentals



@huntingtonhillscsa

@hbcayyc

Sign up for E-news updates!



www.huntingtonhillscommunity.ca

CONTENTS

- 7 WHAT'S HAPPENING AT HHCA
- 9 TAKE ON WELLNESS: SHOW YOUR CARDIOVASCULAR SYSTEM SOME LOVE THIS VALENTINE'S DAY
- 12 MENTAL HEALTH MOMENT: SEVEN KEY THINGS TO MAKE YOUR RELATIONSHIP WORK
- 14 NEWS FROM THE FRIENDS OF NOSE HILL
- 15 BUSINESS CLASSIFIEDS



SCAN HERE TO VIEW ADDITIONAL HUNTINGTON HILLS CONTENT

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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.



Cats, Canines, & Critters of Calgary



Holly, Elboya



Luna, Canyon Meadows



Otto, Crescent Heights



Spook and TenSoon, Crescent Heights

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

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



chinook school of music music kids

NOW OPEN IN NORTH HAVEN!
MUSIC LESSONS & GROUP CLASSES



ALL AGES & LEVELS

MUSIC KIDS

AGES 6 MONTHS - 5 YEARS

INSTRUMENT PLAY,
SINGING + MOVEMENT

PIANO VOICE VIOLIN GUITAR
 UKULELE DRUMS FLUTE THEORY
 MENTION THIS AD FOR 10% OFF
 YOUR FIRST REGISTRATION!

VISIT US AT 1101 48 AVE NW
 CALL 403-246-8446

WWW.CHINOOKSCHOOLOFMUSIC.COM

WHAT'S HAPPENING AT HHCA

Check out what's happening at HHCA this month!

We are so excited to invite everyone for our annual free Family Day Skate! Grab those skates and helmets and get ready for a fun time on the ice this winter. All ages and skill levels are welcome to join us. We will also be providing snacks and refreshments to help keep you fuelled for a fun day on the ice with your loved ones. Don't forget to bring the whole family along. Taking place on Thursday, February 15 from 1:30 to 3:00 pm. Mark your calendars and we can't wait to see you there!



The monthly sessions of Parent and Child Groups are in full swing this New Year. Sign up for one of two groups for a chance to spend some time with your littles ones while engaging with other parents over fun activities and great conversation. This month, Parent and Child Groups will be taking place on Saturday, February 24. Choose between the Just for Mom's group or the Me and My Dad group. Don't miss out on this fun opportunity! To sign up or get more information, contact cassandra@huntingtonhillscalgary.com.

Our drop-in programs have been a hit this fall and winter season. Our ice drop-in will be continuing into March, so you still have plenty of time to come down for a fun and relaxing time on the ice. Our ice drop-in includes Public Skating, 50+ Skating, and Stick and Puck. Or you

can also drop in for Yoga on Friday morning, or drop-in for some pickleball, various times available Monday to Friday!

Prioritize yourself this New Year and sign up for our evening Yoga programs. Choose between Slow and Strong on Tuesdays or Flow Yoga on Thursdays. Whether you're experienced or a beginner, our Yoga classes are a safe space for you to enjoy some me time! Each session is five weeks in length, the sessions will be starting on February 13! Registration is now open, secure your spot today!

Get those sliders and brooms ready! The Huntington Hills Curling Club is offering free drop-in open doubles this February. The free drop-in will take place on Saturdays from 3:00 to 5:00 pm. We hope to see you there! Open now!

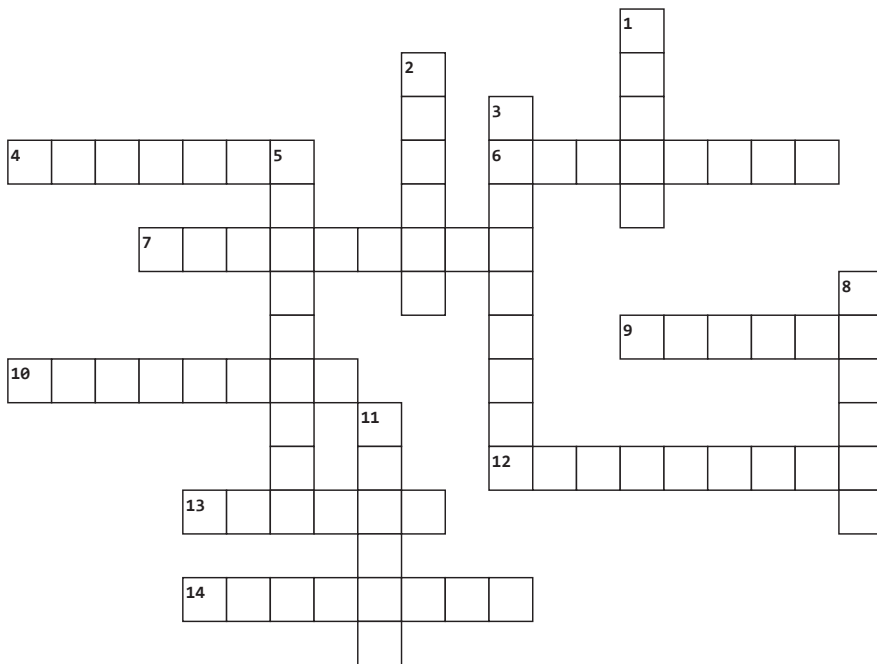


SUPERHERO OF TIME

We all know Leap Day occurs on February 29 every four years. But did you know without leap day swooping in every four years, our calendar would be like that friend who's always fashionably late—except 24 days late every century! We'd be celebrating Christmas in January and New Year's in February. Thank goodness for leap day, the superhero of timekeeping, saving us from the chaos of a wonky calendar!

29

February Crossword



Across

4. This historical fiction novel was released on February 10, 2009, and made into a major motion picture starring Viola Davis, Octavia Spencer, and Emma Stone.
6. A ring made with this birthstone had a carved image of Cupid and is said to be worn by St. Valentine.
7. This American painter, well-known for his artwork "American Gothic" was born on February 13, 1891.
9. On February 15, 1965, this country officially received its flag, 100 years after becoming a country.
10. Tessa Virtue and Scott Moir won gold in this category in February 2010 at the Vancouver Winter Olympics.
12. This well-known annual league championship takes place every year on the second Sunday in February. It will be played on February 11 at Allegiant Stadium in Las Vegas this year.
13. The official flower that represents birthdays in February.
14. The popular heart-shaped candies with cute messages were originally used as _____.

Down

1. This dwarf planet was discovered on February 18, 1930, and was named by 11-year-old, Venetia Burney.
2. February 10, 2024, marks the beginning of the Year of the _____.
3. This festival, which takes place on the same day as Shrove Tuesday, celebrates the end of the pre-Lenten season with colourful masks and parades.
5. Released in February 1940, this Disney motion picture featuring the beloved character Figaro, was the first animated feature to win a competitive Academy Award.
8. In 1990, the Lieutenant Governor of Alberta, Helen Hunley, introduced this day to celebrate and honour loved ones.
11. Abel Makkonen Tesfaye, better known as The _____, was born on February 16, 1990, in Scarborough.

From the Heart: Show Your Cardiovascular System Some Love This Valentine's Day

From The Primary Care Network

Love is in the air and with February being Heart Month, there's no better time to show your cardiovascular system some love.

Heart disease is the second leading cause of death in Canada – luckily the Canadian Heart and Stroke Foundation says up to 80% of premature heart disease and stroke can be prevented through lifestyle choices.

Here Are Some Tips for Improving Heart Health:

- **Prioritize a Healthy Diet** – Maintaining a heart healthy diet is an important factor in heart health. Navigating all options and information can be challenging. Calgary Foothills PCN has a team of register dietitians and nurses and offers workshops.
- **Set Health Goals** – Set achievable health goals with the support of health management nurses. Incorporate exercise into your daily routine, manage stress, quit smoking or vaping, and get assistance with access to services for high cholesterol.
- **Focus on Mental Health** – Stress can cause the heart to work harder and increase your risk of heart disease and stroke. The Calgary Foothills PCN mental health team offers one-on-one counselling and workshops.

Register for free support online at cfpcn.ca. If you're not sure where to start, talk to your family doctor who can help with your care plan.



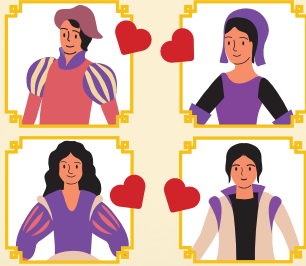
Don't Get Stung by the Bee!

The shortest month of the year is one of the most misspelled words in the English language. February is like that mischievous word that trips up even the most seasoned spellers! It's the spelling bee's sneaky little riddle, playing hide-and-seek with that elusive "r" and making a twisty-turny challenge out of a seemingly simple month!



Medieval Tinder

Wearing your heart on your sleeve is more than just a phrase. Did you know that in the Middle Ages, love was a fashion statement? Back then, singles played a name-lag game, pinning their Valentine's name on their sleeves for a week! Talk about wearing your heart on your sleeve - literally!



BARKER'S

· FINE DRY CLEANING ·

PICK UP & DELIVERY SERVICES



403-282-2226

Deerfoot
DENTAL CENTRE
Deerfoot City



Dr. Dale Rapske B.Sc. D.D.S.*
Deerfoot Dental Centre

In General Family Practice for Over 35 Years

New patients always welcome!

All office fees compliant with or lower than current Alberta Dental Fee Guide

- Oral Surgery
- Crowns & Bridgework
- Teeth Whitening

Insurance Direct Billing

403-275-9255

deerfootdental@gmail.com

Monday	9 am - 4 pm	
Tuesday to Thursday	9 am - 7 pm	By
Friday	9 am - 3 pm	Appointment
Saturday	9 am - 4:30 pm	

www.deerfootdentalcentre.ca

Second Floor, 971 - 64 Ave NE Down the hallway from Original Joe's Restaurant

*Denotes Prof. Corp.

Eggplant and Sundried Tomato Pasta

by Jennifer Puri

Simple, healthy, delicious eggplants, also referred to as aubergines or brinjals are used in the cuisines of many countries around the world, especially in China (Sichuan Eggplant) and India (baingan bharta).

Glossy, purple, green, or white in colour, the eggplant is a member of the nightshade family and has white flesh and small edible seeds. Due to its “meaty” texture it is sometimes used as a meat substitute in vegan and vegetarian dishes.

Eggplants are a high fibre, low-calorie food rich in nutrients and vitamins, which can help control blood sugar and aid in weight loss. Antioxidants such as lutein, which may help prevent age-related macular degeneration and zeaxanthin, along with natural plant chemicals called polyphenols are also present.

There are many tasty ways to eat eggplant as it can be steamed, stir fried, roasted, stewed, curried, pickled, or added to pasta noodles with whipped ricotta cheese and sundried tomatoes as shown in the recipe below.

Prep Time: 20 minutes

Cook Time: 30 minutes

Servings: 3 to 4

Ingredients:

- 1 large eggplant
- 2 small shallots, finely chopped
- 3 garlic cloves, finely chopped
- 1 small jar oil packed sundried tomatoes
- 1 cup extra virgin olive oil
- 500 g cooked spaghetti (al dente)
- 1 cup whipped ricotta cheese
- ½ cup fresh basil leaves
- 2 medium sized tomatoes chopped
- Salt to taste
- Black pepper to taste
- 1 tsp red chilli flakes
- 1 cup shaved parmesan cheese



Directions:

- Heat oven to 425 degrees Fahrenheit.
- Arrange eggplant slices on a foil lined baking tray. Brush each slice with a little olive oil and then flip over and repeat. Place the tray on the middle rack of the oven and bake for about 20 minutes or until eggplant slices turn a light brown. Remove tray from oven and set aside.
- Add 2 tbsp of olive oil, chopped shallots, and garlic to a large frying pan and sauté on medium heat for two minutes. Separate the sundried tomatoes from their oil, slice each piece in half and add to the pan along with the fresh chopped tomatoes and a few basil leaves. Stir fry for about two minutes then add the ricotta cheese, red chilli flakes, and salt and pepper to taste.
- Finally, add the cooked spaghetti to the pan and gently blend with the sauce. Remove from heat and garnish with shaved parmesan cheese, a few basil leaves, and serve.

Bon Appétit!



Seven Key Things to Make Your Relationship Work

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



What can you do to create a lasting relationship? Get a copy of John Gottman's *Seven Principles for Making Marriage Work*. Below is a sneak peek:

Enhance your love maps. Happy couples are very familiar with their partner's world. According to Gottman, these couples have "a richly detailed love map — my term for that part of your brain where you store all the relevant information about your partner's life." You know everything from your partner's favourite movies to what's currently stressing them out, you know some of their life dreams, and they know yours.

Nurture fondness and admiration. Happy couples respect each other and have a general positive view of each other. Fondness and admiration are two of the most important elements in a satisfying and long-term relationship. If these elements are completely missing, the marriage can't be saved. A helpful activity to remind couples of the partner they fell in love with is called "I appreciate." List three or more of their partner's positive characteristics along with an incident that illustrates each quality. Then read your lists to each other.

Turn toward each other. Romance isn't a Caribbean cruise, an expensive meal, or a lavish gift. Rather, romance lives and thrives in the everyday, little things. "Real-life romance is kept alive each time you let your partner know they are valued during the grind of everyday life." For instance, romance is leaving an encouraging text for your partner when you know they are having a bad day. Or romance is when you are running late but take a few minutes to listen to your partner's bad dream and saying that you'll discuss it later (instead of saying "I don't have time"). This might seem boring but turning toward each other in these ways is the basis for connection and passion. Couples that turn toward each other have more in their "emotional bank account." This account distinguishes happy marriages from miserable ones. Happy couples have more goodwill and positivity stored in their bank accounts, so when rough times hit, their emotional savings cushions conflicts and stressors.

Let your partner influence you. Happy couples are a team that considers each other's perspective and feelings. They make decisions together and search out common ground. Letting your partner influence you isn't about



having one person hold the reins, it's about honouring and respecting both people in the relationship.

Solve your solvable problems. There are two types of marital problems: conflicts that can be resolved and perpetual problems that can't. It's important for couples to determine which ones are which. According to Gottman, "One way to identify solvable problems is that they seem less painful, gut-wrenching, or intense than perpetual, gridlocked ones." Solvable problems are situational, and there's no underlying conflict. Gottman devised a five-step model for resolving these conflicts that can be found in his book.

Overcome gridlock. The goal with perpetual problems is for couples to "move from gridlock to dialogue." What usually underlies gridlock is unfulfilled dreams. "Gridlock is a sign that you have dreams for your life that aren't being addressed or respected by each other." Happy couples believe in the importance of helping each other realize their dreams. The first step in overcoming gridlock is to determine the dream or dreams that are causing your conflict. The next steps include talking to each other about your dreams, taking a break (since some of these talks can get stressful), and making peace with the problem. "The goal is to 'declaim' the issue, to try to remove the hurt so the problem stops being a source of great pain."

Create shared meaning. "Marriage isn't just about raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together. A culture rich with rituals, and an appreciation for your roles and goals that link you, that lead you to understand what it means to be a part of the family you have become." And that's what it means to develop shared meaning. Happy couples create a family culture that includes both of their dreams. Being open to each other's perspectives and opinions, happy couples naturally come together.

Bonus: Intentional date nights. If you struggle with ideas for date nights, grab a copy of Gottman's *Eight Dates*. Being intentional about having regular date nights is an important factor to continued connection.

If you need some help along the way, look for a level three trained Gottman therapist to keep you accountable and help your relationship thrive.

No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT
403-726-9301
calgaryfreshjock.com



Huntington Hills Real Estate Update

Last 12 Months Huntington Hills
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2023	\$ 409,000	\$ 462,000
November 2023	\$ 480,000	\$ 510,000
October 2023	\$ 543,950	\$ 539,200
September 2023	\$ 514,900	\$ 515,000
August 2023	\$ 504,950	\$ 510,000
July 2023	\$ 527,000	\$ 540,000
June 2023	\$ 450,000	\$ 473,000
May 2023	\$ 529,900	\$ 542,500
April 2023	\$ 443,000	\$ 430,000
March 2023	\$ 475,000	\$ 477,000
February 2023	\$ 497,450	\$ 495,250
January 2023	\$ 455,000	\$ 464,250

Last 12 Months Huntington Hills
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2023	6	11
November 2023	11	7
October 2023	15	18
September 2023	16	18
August 2023	25	24
July 2023	20	20
June 2023	26	25
May 2023	28	29
April 2023	18	15
March 2023	21	17
February 2023	7	12
January 2023	12	10

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



News from the Friends of Nose Hill

by Anne Burke

Some features produce a positive response in visitors, as a focus for passive recreation, education, and interpretation; they remain opportunities for interpretation of bedrock themes in the park. Among the landscape features are large sandstone boulders several metres across. Those in north slope coulees may contain fossil clam shells, as remnants of a wave cut terrace which tumbled onto valley glaciers.

The Nose Hill pre-glacial gravels in the eastern portion of the Hill extend throughout the hilltop. In the Burnco gravel pit - and the slopes leading to this area from 19 Street and from Charleswood Drive - several trails and junctions in the south-facing areas are where exposed gravel from the Hill use in the 1960s and 70s would have been visible unless remediation was done with nurse and native grasses, after re-rooting foot traffic while the repair was undertaken.

A review of land uses of Nose Hill revealed that areas more severely damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating. Although rutted trails remained, some already had grass growing in them due to less traffic. Ravine trails were heavily overgrown by tall grasses, thistles, and nettles, so that people used them less.

Firefighting, weeding, and controlled burns with vehicles damaged the plateau and slopes above the Porcupine Valley bike path. Widened and two-track trails are from social use; trail braiding on steeper hillsides due to wet, icy, or poor conditions. An on-hill project was raking to prevent new desire lines. Work was needed on the old motorcross routes up the bluff south of Porcupine Valley and along the Many Owls Valley Road where the trails had been washed out or deeply grooved. Pedestrian use of old vehicle roads slowed regeneration and remediation was warranted.

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.

HUNTINGTON HILLS 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.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

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.

FALCONER HANDYMAN SERVICES LTD: Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

WIDOW TO WIDOW: February 13, 7:00 to 8:30 pm. Women who have lost their husbands due to death are invited to connect. W2W is a safe, social, supportive, and spiritual community. Join us at Urban Grace Church - Westbourne Place, 823 64th Ave NW. Questions: info@connectingstreams.com.

ACCOUNTANT DELIVERS RESULTS: Chartered Professional Accountant has 15 years' experience. Services include individual tax filings, tax review/audit assistance, corporate and estate taxes filings, tax planning, bookkeeping, GST and payroll reporting. Visit #218 in Beddington Towne Centre, call Jack at 403-719-0627, or visit commonsenseaccounting.ca for the fees schedule.



An Abundance of Sudoku

What is the significance of the number 6,670,903,752,021,072,936,960? And how do you even say it? This is the total number of solvable Sudoku puzzle layouts. It is six sextillion, 670 quintillion, 903 quadrillion, 752 trillion, 21 billion, 72 million, 936 thousand, 960. Try saying that five times fast! Super easy right?



CALGARY MAT & LINEN *SERVICES*

403.279.5554

calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies

VISIT OUR WEBSITE



CONTACT US

