

JUNE 2023

DELIVERED MONTHLY TO 4,655 HOUSEHOLDS

YOUR DALHOUSIE



Colin Ongyerth

B Comm. (Finance)

403.690.9677

colin.ongyerth@shaw.ca

Top Selling Agent in the Community for 2021
#1 Agent in 2022 for detached home sales
25 inner city NW sales YTD in 2022

U/D SUMMER EVENTS

Join us for some fun,
family activities!

UNIVERSITY
DISTRICT
— CALGARY —



The U/D Night Market is back with more vendors
on the last Wednesday of each month.
Join us for an evening filled with live music,
entertainment and a diverse collection of
local artisans. In partnership with Marketspot.

MAY - SEPT, 5-9 PM
(last Wednesday of each month)

Tails & TREASURES

Our popular pooch-friendly event is back.
Bring out Fido and your friends for an afternoon of
fun in the park. With music, entertainment
and activities the whole family can enjoy.

JUNE 18, 1-5 PM

Visit the events page at myuniversitydistrict.ca for more details.

NEW CHURCH IN YOUR AREA!

**WE'RE SAVING
A SEAT FOR YOU!**

4039 BRENTWOOD RD NW



**MOUNTAIN SPRINGS
CALVARY CHAPEL**

MOUNTAINSPPRINGS.CC.COM

**9 AM &
11 AM**

CONTENTS

- 5 TAKE ON WELLNESS: STEPPING INTO SUMMER
- 6 RECIPE: LEMON CHICKEN SALAD
- 10 DOLLARS AND SENSE: TEACHING FINANCIAL LITERACY TO THE NEXT GENERATION
- 13 HERITAGE STORIES: BLACKFOOT CROSSING: WHERE OUR REGION MEETS
- 15 BUSINESS CLASSIFIEDS



**SCAN HERE TO VIEW ADDITIONAL
DALHOUSIE 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.

Father's Day Trivia

by Shelly Smith

Here's to all the fathers, and father figures, in our lives. Enjoy the quiz!

- Who is the woman credited for the creating the first Father's Day?
 - Jeanette Rankin
 - Sonora Smart Dodd
 - Elizabeth Kenny
- Is Father's Day celebrated on the first, second, or third Sunday of June?
 - The first Sunday
 - The second Sunday
 - The third Sunday
- When was Father's Day first celebrated?
 - 1910
 - 1900
 - 1880
- What is the official flower of Father's Day?
 - Daisy
 - Carnation
 - Rose
- Who is Luke Skywalker's father in the *Star Wars* trilogy?
 - Bon Jovi
 - Darth Vader
 - Charlie Chaplin
- What was the name of the father in the TV show *The Brady Bunch*?
 - Tom Brady
 - Mike Brady
 - Joe Brady
- According to Hallmark, where does Father's Day rank, in comparison to other holidays, for the most cards sent?
 - Fourth
 - Fifth
 - Sixth
- According to Stats Canada, how many fathers (including biological, foster, and stepdads) were there in Canada in 2011?
 - 7.9 million
 - 8.2 million
 - 8.6 million
- What was the average age of dads in 2011 according to Stats Canada?
 - 27.5
 - 28.3
 - 31.2
- What cartoon bear was invented by a father for his son?
 - Winnie the Pooh
 - Yogi Bear
 - The Boss



Courtesy of Springbank Hill Community Association

SCAN THE QR CODE FOR THE ANSWERS!



Stepping into Summer

from Alberta Health Services



Routine plays a significant role in developing life skills and establishing healthy habits. With the school year ending, moving into the summer months with structure can help reduce stress and anxiety. It equally can contribute to a more comfortable transition for back to school.

For a flexible routine, which supports good mental health, we can think of the “The Big 5 to Thrive”. We want to be mindful of exercise, sleep, supportive relationships, healthy nutrition, and helping others.

Here Are Some Tips on How to Support Each of These Pillars:

- **Exercise:** It is important to move our body in ways we enjoy! The general recommendation is ensuring we get 150 minutes of vigorous exercise each week, which can include activities like riding your bike, playing team sports, or going for a brisk walk.
- **Sleep:** A healthy sleeping pattern includes getting adequate hours of rest and establishing a good nighttime routine. General recommendations for children under 12 years old is 9 to 12 hours of sleep, while those ages 13 to 18 should be aiming for 8 to 10. During this time, the brain is developing and

becoming specialized. A good nighttime routine can include monitoring technology and stimulating activities before bed. Instead, shift the focus to calming activities such as, meditation, stretching, or reading a book.

- **Supportive Relationships:** Be mindful of who is around you. Work towards ensuring you have positive connections with family, friends, and others in our community. Together, you can support and comfort one another in times of joy, and during hardship.
- **Nutrition:** You want to enjoy what you eat, but it is equally important to make sure you are getting all the necessary nutrients. Healthy eating is associated with a healthy heart, strong bones, better energy levels, improved mood, and brain health. Experiment with recipes and find the joy of fueling your body!
- **Helping Others:** Helping when we volunteer, donate, or share our time with others boosts our mood and our well-being. This summer, strive to get involved in your community!

These pillars of health can seem basic, but we can always find something to work on. Improving one can often have positive effects on the others, so this summer, strive to thrive with the Big 5!

Lemon Chicken Salad

by Jennifer Puri

Nothing says fresh like lemons.

Believed to have originated about eight million years ago, lemons are a hybrid between a bitter orange and a citron. The lemon's ancestors are the mandarin orange, pomelo, and citron, but the lemon is the most used of the citrus fruits.

Lemons start small and green but turn yellow as they grow and ripen. A lemon tree, properly cared for, can live up to a hundred years and can produce six hundred pounds of lemons per year. Lemons play an important economic and cultural role in our world. They are used to make medicines, beauty products, candles, cleansers, preservatives, and even invisible ink.

Regarded as one of the world's healthiest foods, lemons are rich in Vitamin C and fiber and are an important ingredient in the preparation of food such as tarts, meringues, liqueurs, the flavouring and seasoning of poultry, fish, and of course lemonade.

The acidity of lemons is perfect for salad dressings as shown in this lemon chicken salad recipe.

Prep Time: 25 minutes

Cook Time: 35 minutes

Marinade Time: 6 to 24 hours

Servings: 3 to 4

Ingredients:

- 3 boneless, skinless chicken breasts
- 1/3 cup fresh lemon juice
- 2 garlic cloves, finely chopped
- 1 tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- ¾ tsp. salt
- ½ tsp. coarse black pepper
- ¾ cup extra virgin olive oil
- 2 tbsp. honey
- 1 large head of organic romaine lettuce
- ½ pint of cherry tomatoes
- 1 cup seedless black olives
- 2 cups seasoned croutons
- 1 cup grated parmesan cheese

Directions:

- Prepare lemon dressing by combining lemon juice, garlic, Dijon mustard, Worcestershire sauce, salt, pepper, honey, and olive oil in a small bowl. Stir well or pour dressing into a small blender and blend for about one minute. Transfer dressing into a Mason jar for easy storage.
- Place chicken breasts on a cutting board and pat dry with a paper towel. Use a mallet to flatten any parts of the breasts that are more than ¾ inch thick. Transfer chicken breasts to a bowl and add 3 to 4 tablespoons of lemon dressing. Cover and refrigerate for a minimum of six hours or a maximum of 24 hours. Refrigerate remaining lemon dressing.
- Pre-heat oven to 400 degrees Fahrenheit.
- Remove chicken from marinade and place in a large non-stick frying pan. Allow the breasts to brown or caramelize, approximately two minutes on each side.
- Place browned chicken breasts on a baking sheet lined with foil. Bake uncovered until cooked, about 25 minutes or until a meat thermometer placed in the thickest part of the breast reads 165 to 170 degrees Fahrenheit. Remove from oven, cover, and let sit for about 10 minutes.
- In a large bowl, prepare salad by tearing romaine lettuce into bite size pieces. Add cherry tomatoes, olives, croutons, and lemon dressing to taste. Portion salad on four plates and add sliced chicken breasts topped with a little lemon dressing to each one. Sprinkle with parmesan cheese, garnish with lemon slices, and serve.

Bon Appétit!



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



News from the Friends of Nose Hill

by Anne Burke

Spring brought renewal and awakening of Mother Earth in April. There was a three-hour interpretive walk to connect with cultural landscapes through the ages in Nose Hill Park where attendees could be closer to the stars.

The group at the John Laurie Blvd parking lot began the 2.2 km route on pathway and gravel trail. The leaders were Crystal Many Fingers, a Blackfoot member of the Kainai First Nation of Treaty 7, and Lauren Bryant, a professional archaeologist who focused on human occupation.

Legends and sharing stories are an integral part of an oral culture. The importance of Nose Hill to pre-contact indigenous people is highlighted by sites such as the buffalo rubbing stone for ceremonies, vision questing, and fasting.

A natural area is a City-owned park with a natural/native plant community. Our primary role is to preserve the natural significance. Conservation protects these (relatively) undisturbed parcels of land. Damage can be repaired while loss can be restored.

Public engagement and feedback from tourists will contribute to Calgary's 20-year Park Plan. After a draft proposal, there comes a final version by spring 2024, before presentation to City Council. For more information, visit <https://engage.calgary.ca/parkspan>.

Proudly owned in *Calgary* serving Calgary businesses

CALL 403.279.5554

109 - 10836 24th Street SE

Calgary
Mat & Linen Services



MATS

Commercial mat rentals and purchases



HOSPITALITY SERVICES

Linens for tables, chairs, and napkins. Laundry and pressing services



WORKWEAR

Workwear and cleaning of uniforms and coveralls



CLEANING

One-stop service for cleaning supplies and paper products

calgarymatandlinen.com

Cats, Canines, & Critters of Calgary



Squeeks, Mount Pleasant



Ravioli, Lower Mount Royal



Tegan, Bowness



Umer, Calgary

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



Need Momentum in your life?

With our programs, you can...

Train for a Good Job



Manage and Save Money



Start a Business



Are you ready to **Get Started?**

Visit momentum.org or call 403-272-9323

Your Patio Furniture Superstore!



YETI

Wicker Land Patio

weber

TRAEGER

RATANA

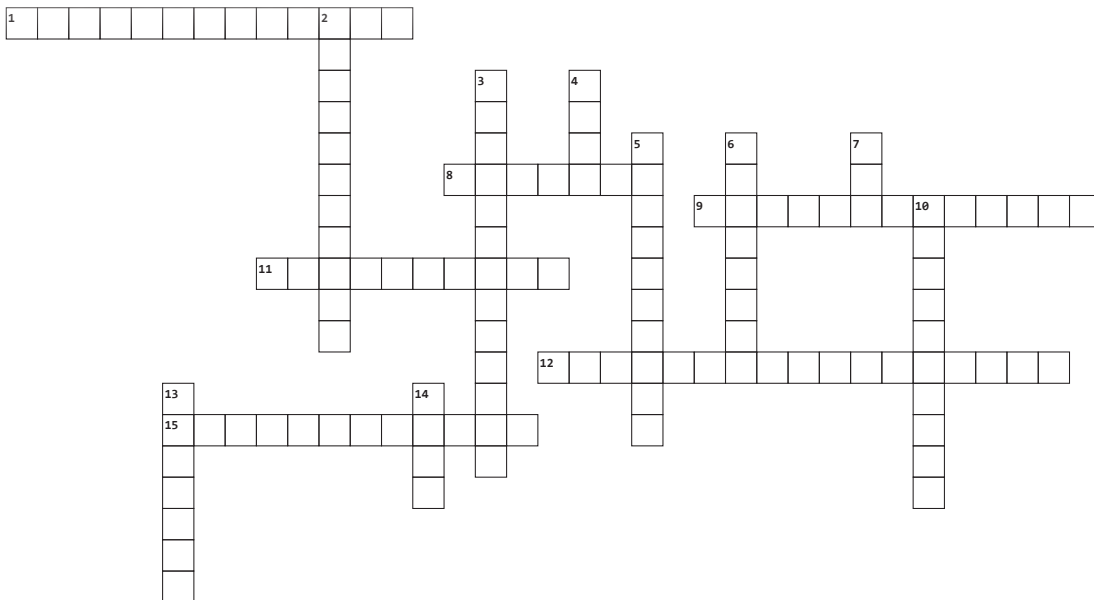
BBQ LAND

Modern Patio

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca



June Crossword Puzzle



Across

1. Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most well-known songs in the English language.
8. In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
9. Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
11. Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
12. Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
15. This Calgary landmark was opened to the public on June 30, 1968.

Down

2. The song "I Will Always Love You," first recorded on June 12, 1973, by _____ gained renewed popularity with a re-release by Whitney Houston.
3. 43 years ago, this NHL hockey team relocated to Calgary.
4. The month of June is named after this Roman goddess.
5. In North America, National _____ Day is celebrated on June 8.
6. 29 years ago, this popular Disney movie, based on Shakespeare's play, *Hamlet*, was released.
7. The first Friday after Father's Day is National Take Your _____ to Work Day.
10. On June 2, 1967, this band released their iconic album, "Sgt. Pepper's Lonely Hearts Club Band," in the US.
13. This European country experiences the longest summer solstice due to its geographical location.
14. The official Father's Day flower.

SCAN THE QR CODE FOR
THE ANSWER KEY



Teaching Financial Literacy to the Next Generation

by Jon Lambe



In the coming years and decades, it's estimated that approximately \$400 billion will be passed down to inheritors in Canada. It's a powerful statistic that carries with it many underlying questions and considerations for both the giving and the receiving generations, a common one of which being whether inheritors are prepared. With this historical wealth transfer on the horizon, and considering its significant impact on individuals and families, taking proactive steps to strengthen and ensure younger generations have the resources and tools needed to be confident and capable in becoming financially independent is all-important.

When it comes to financial education, it's never too late or too early to start. Below are a few key considerations for your child's financial understanding, based on their age.

Ages 6 to 13

Instilling a sense of money with your child begins with:

- Establishing chores to encourage responsibility and a strong work ethic.
- How to make the most of their allowance based on the save vs spend concept.
- Budgeting and saving strategies for the something special purchases (bike or video game).

Ages 14 to 17

During the early teenage years, it's important to:

- Continue with allowance and increase based on growing responsibility.
- Build on budgeting and savings strategies.
- Starting to invest savings and different savings options.
- Begin to discuss the use of credit and using credit responsibly.
- Introduce the concept of compound interest.
- Educate your child on the role interest plays on their savings plans as well as credit.

Ages 18 to 23

Your young adult's, intermediate financial education should include knowledge of:

- Savings/Investment options such as stocks, mutual funds, GICs.
- Importance and risks of credit.
- Importance of compounding interest and benefit of time.

To continue your young adult's financial knowledge, you can educate them by:

- Opening them an investment account to teach about safety, income, and growth of different investment options.
- Suggesting setting up an automated monthly savings contribution (to reinforce the compound interest concept).
- Comparing monthly spending vs budget to help understand wants vs needs.

Carpal Whiskers

Did you know that cats have whiskers on the back of their front legs? These sensory organs, called "carpal vibrissae," are useful when it comes to capturing prey or holding a toy in their paws. Their carpal whiskers detect movement and the position of their toy/prey which then tells them whether they should readjust their grip or not.



How to Spot an Out-of-Stock Scam Before It's Too Late

from the Better Business Bureau



Scammers claim a product you purchased is out of stock, but they never process your promised refund.

How the Scam Works

You see a product online that you want to purchase. Many shoppers report encountering this scam through social media ads. You click on the link to the company's website, find the product, and check out. Shortly after your card is charged, you receive an email saying the product is out of stock and they will refund your money. You wait several days for the refund to post to your account, but it never does. Then, when you try to contact the online shop, no one responds.

One shopper told BBB Scam Tracker, "I placed an order and received a confirmation and was charged \$15.98. A few days later, I received an email saying that due to low stock, I was being refunded. I never received a refund, so I emailed, but the email continuously failed to deliver. I have disputed the charge with my bank."

The truth is that the product never existed in the first place, and scammers hope you'll never notice you didn't get your refund. However, if you used a credit card, you should be able to contest the charge and get your money back.

How to Avoid Online Shopping Scams

Research before you buy. Always research businesses before you purchase, especially if you aren't familiar

with the company. Read consumer reviews on other websites and do a quick online search for the business name along with the word "scam" to rule out any suspicious activity spotted by other consumers.

Watch out for social media scams. Con artists love using social media to promote their scams. Some red flags include deals that seem too good to be true, phony personalized products, fake coupons, and product links that lead to questionable websites.

Make sure the website is secure. Don't make purchases from a website that isn't secure. How can you tell if a website is secure? It should have a tiny lock symbol in the browser bar and start with HTTPS, not just HTTP.

Keep records of your purchase. Keep receipts, order confirmations, and any other correspondence you have with a company that has promised to deliver a product. These documents will come in handy later if you need to contest the purchase.

Use your credit card. It's always best to use your credit card instead of a debit card to make online purchases. Credit cards offer more protection if you need to report a fraudulent charge.

Read more at [BBB.org](https://www.bbb.org).

GAMES & PUZZLES

Guess That Book!



1. A nurse accidentally time travels to the 18th century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

**SCAN THE QR CODE
FOR THE ANSWERS!**



BRAIN GAMES

SUDOKU

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

**SCAN THE QR CODE
FOR THE SOLUTION**



Live Life to the Fullest

A Day in the Life at Cambridge Manor



Treat yourself at the Bistro



Enjoy an active social life



Pamper yourself at the salon



Daily dining in the company of new friends

Availability for certain floor plans is becoming limited. Don't miss out! Call now for the best selection of private suites.

Now Over
80% Full

The **Brenda** 
Strafford **Cambridge**
Foundation **Manor**

403-536-8675
cambridge@theBSF.ca
www.CambridgeManor.ca

Blackfoot Crossing: Where Our Region Meets

by Anthony Imbrogno, a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

June 21 is not only the summer solstice, the longest day of the year, it's also National Indigenous Peoples Day. This day was created in 1996 to recognize and celebrate the unique cultures of Indigenous peoples and begins the run up to Canada Day on July 1.

Calgary lies within the traditional territories of the Blackfoot Confederacy. On September 22, 1877, the Crown, represented by the Government of Canada, signed a treaty with five First Nations. The site on which Treaty 7 was signed is called Blackfoot Crossing, a National Historic Site (designated in 1992) and perhaps one of Canada's next World Heritage sites. The original setting for the signing was to be Fort MacLeod, but a site on traditional Siksika territory was preferred.



Blackfoot crossing, Bow River, Alberta, 1882, (CU181390) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary.



Portrait of Crowfoot, Blackfoot Chief, 1885, (CU181616) by G. A. Hanes and Company. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary.

The future king, Charles III, visited the site in 1977 to commemorate the 100th anniversary of Treaty 7. This spurred the development of a historical and cultural destination, which opened in 2007. Blackfoot Crossing is located on Siksika Nation along the Bow River, about a one hour and 15-minute drive east of downtown Calgary. It's a museum and cultural, educational, and entertainment centre, built for the promotion and preservation of the Blackfoot peoples' language, culture, and traditions.

The centre was designed by Ron Goodfellow, who said that design decisions were intended as metaphors of traditional Blackfoot culture and everyday life. For example, the building entrance contains the Eagle Feather Fan, which represents the sacredness of the eagle in Siksika ceremonies.



Blackfoot camp at Blackfoot Crossing, Alberta, 1927-09, (CU184665) by Oliver, W. J.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

Accompanying the centre are monuments to Chiefs Poundmaker and Crowfoot, Tipi Village, hiking trails, and the archaeological remains of earthlodge village. The village is a complex of earthworks: a half-circle moat behind which are eleven circular depressions arranged around a central open area. The site dates to 1740 and is a rare example of a permanent settlement on the prairies.

Blackfoot Crossing is a significant site and part of our region's history that we all share today. Take a day trip and explore the site where Treaty 7 was signed, visit Chief Crowfoot's exhibit, and gain an appreciation of the Blackfoot peoples, their culture and history.



Derek Gavey, Blackfoot Crossing Museum 2012 (This image is licensed under the Creative Commons Attribution 2.0 Generic License)



Dear Residents of Ward 4,

I hope this message finds you well. I want to take a moment to discuss the importance of preserving natural areas in our community. Natural areas are a unique type of park space that play a vital role in supporting the biodiversity of our city. These spaces provide a natural environment for plants, insects, birds, and other wildlife to thrive while also offering a place for the public to access and enjoy.

Unlike manicured parks, natural areas do not require the same level or frequency of management. It may be tempting to mow or trim natural area vegetation near your property line, but doing so can have damaging effects on the natural area. Mowing removes wildlife habitat and alters the local ecological system, diminishing the health and integrity of natural areas and reducing their ability to provide benefits like stormwater storage and filtration, carbon sequestration, and pollinator habitat.

Furthermore, mowing interferes with everyone's ability to enjoy the natural aesthetic of these areas. Therefore, it is crucial to understand that maintenance methods like mowing and weed control are different for natural areas versus manicured parks. By avoiding mowing into natural areas, you can help protect native plants, animals, and the ecological systems that allow them to thrive in our city.

Remember, park space is available for all Calgarians to enjoy. For more information on natural areas and how they are maintained, please visit <https://www.calgary.ca/parks/natural-areas> or contact 311.

Additionally, I want to bring your attention to the issue of pooled water on streets during heavy rainfalls. If you notice water accumulating around storm drains and it hasn't drained within 90 minutes, take a photo and report it using the 311 app or through an online request at [calgary.ca/stormdrains](https://www.calgary.ca/stormdrains). This will help the City's crews prioritize their response. However, if the water poses an immediate threat to safety or is entering a building, please contact 311 immediately.

Let's work together to preserve our natural areas and keep our community safe during heavy rainfall.

Thank you for your attention.

Best regards,

Sean Chu

Where to Start?

Still in school? Just graduated? Looking for a second career? Just looking for a better job?

Looking for a new career is a daunting process no matter your reasons or your age. The Government of Canada has a number of useful tools that help you chart (or rechart) your future. All of the digital resources below are available at www.lenwebbermp.ca/careers. By making the right decisions early, you can save time, money, and stress when it comes to career choices.

Your best job performance and satisfaction comes when your career matches your personality and skills. Canada.ca offers three personality quizzes that help identify your style of thinking and understanding, your learning style, and your work values. The results of each personality test help you better understand how you may fit with future employers.

By using the career possibilities quizzes, individuals can determine how their unique interests, abilities, and skills fit with possible fields of interest. The second quiz helps you identify what your strong skills are, and the third quiz lets you discover how you like to work. The results help you focus your employment search in areas where you are most likely to be satisfied and successful.

Once you find careers you are interested in, you can use the Job Profiles section to find out more about that specific career and the available opportunities. Just search the job and enter a location (city or province) and you will find out more about the common education requirements, the average pay, available jobs, and what skills are most recommended.

Once you have used the tools above, use the integrated Job Bank to find that next career opportunity. You can search for jobs by type, title, location, full-time, or part-time. You can also find access to government supported job training opportunities. Happy hunting!



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.

DALHOUSIE 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 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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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.

HITOMI SATO - PIANO TEACHER: Experienced, enthusiastic piano teacher based in Dalhousie, with openings for new students from beginner to advanced level. I completed the Royal Conservatory of Music ARCT and Licentiate diplomas. Please visit my website at <http://www.hitomisatopiano.com/> or contact me at hito555@gmail.com.

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.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.



VECOVA'S SUMMER CAMPS

Ages 3-12 Themed Camps, Inclusion & Accessibility, Off-Site Trips

VECOVA.CA



Want to Homeschool?

Phoenix Foundation offers BlendEd, Online, Kindergarten and Home Education programs for grades K-9. Amazing classes, events and field trips.

403-265-7701

www.phoenixfoundation.ca



Colin Ongyerth

B Comm. (Finance)

403.690.9677

colin.ongyerth@shaw.ca

Sold 8 Detached Homes in 2022
#1 Agent in 2022 for Detached Home Sales

Free Home Evaluations

(No Obligation)



5439 Dalrymple Crescent NW
\$609,900



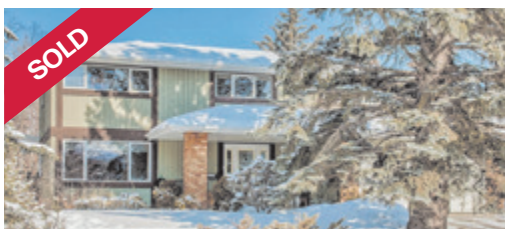
5204 Vandale Place NW
\$699,900



92 Edgewood Drive NW
\$539,900



4015 Vardell Road
\$899,900



4212 Varmoor Road
\$929,900



3815 Vancouver Crescent NW
\$599,900

REMAX Real Estate (Mountain View) Suite 222 - 4625 Varsity Dr NW, Calgary, AB T2T 0E3