

NOVEMBER 2023

DELIVERED MONTHLY TO 7,555 HOUSEHOLDS

# your **SAGE** **NOLAN** HILL HILL

THE OFFICIAL SAGE HILL COMMUNITY NEWSLETTER



**COCO**  
LASER & SKIN

Dr. Michael Massie



## COCO SKIN CLINIC

- Acne Clinic
- Warts
- Eczema
- Psoriasis
- Skin Tags
- Moles
- Hair Loss
- Rashes
- UV Phototherapy
- Botox

**NO REFERRAL NEEDED**

**403-266-2626**

- Fillers
- Laser Hair Removal
- Skin Rejuvenation
- Hydrafacials

[WWW.COCOLASERANDSKIN.CA](http://WWW.COCOLASERANDSKIN.CA)



THE *Best* OF THE NORTHWEST  
is where  
*families*  
COME FIRST

When your new home can be surrounded by everything your family deserves,  
it just makes sense to make the move to Carrington South.



3  
PLAYGROUNDS



2 PONDS &  
PATHWAYS



1 FUTURE  
SCHOOL SITE



15 MIN TO  
AIRPORT

### Street Towns COMING SOON

FROM THE

**\$500s**



BY

### Single-Family Front-Drive Garage

FROM THE LOW

**\$700s**



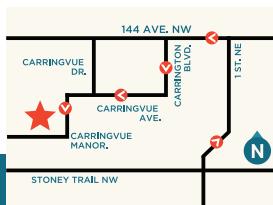
BY

*Introducing* a Brand New  
Northwest Neighbourhood  
For Families Who Want More

THE NW'S BEST SELECTION  
OF AMENITY LOTS

PARKS, PATHWAYS,  
PONDS & PLAY SPACES

EASY ACCESS TO SHOPPING,  
RECREATION & MORE



Prices & terms are subject to change without notice.

### SHOW HOME HOURS

Monday - Thursday from 2-8 pm  
Weekends & Holidays from 12-5 pm

CARRINGTON  
SOUTH



CARRINGTONSOUTH.COM



**TAX  
FREE!**

**\$12\***

**MEDIUM TAKE'N'BAKE  
PIZZAS. USE CODE TNB12**

**PAPA MURPHY'S SAGE HILL**  
120 – 255 SAGE VALLEY COMMONS NW  
587-620-3373

**USE THE QR CODE TO  
ORDER ONLINE**



\*ONLY AVAILABLE AT PAPA MURPHY'S SAGE HILL

**PAPA MURPHY'S**  
PIZZA

**\$15  
LARGE  
PIZZAS  
EVERY MONTH**

DEC: PAPA'S FAVOURITE  
USE CODE: PAPA15

NOV: MURPHY'S COMBO  
USE CODE: MURPHY15



**Sage Hill Dental**

FAMILY DENTIST IN NW CALGARY

Dental Cleaning and Checkups | Composite Fillings  
Dental X-Rays | Dental Crowns | Porcelain Veneers  
Teeth Whitening | Mouth Guards | Dental Bridges  
Root Canal Therapy | Dentures | Tooth Extractions

**Student plan accepted \***

**10% discount  
to seniors \***

**Free electric toothbrush  
or take home whitening**  
with adult new patient exam and hygiene \*



**We Follow Alberta Fee Guides | No Obligation Quotes | Same Day Emergencies**

49 Sage Hill Passage NW | [www.sagehilldental.ca](http://www.sagehilldental.ca) | 587-327-1382 | [info@sagehilldental.ca](mailto:info@sagehilldental.ca)  
Near the Sage Hill Walmart

**\* CONDITIONS APPLY**

# BE A PART OF YOUR COMMUNITY!

SUPPORT YOUR COMMUNITY ASSOCIATION!



Visit [sagehillyyc.com](https://sagehillyyc.com) to purchase an annual Sage Hill community association membership for only **\$25** so we can fund events in the community, as well as tackle community improvement projects.

## Improvement Plans Are:

- Sage Hill skating rink
- Community garden project
- Trash can vinyl decals wrap project
- Future playground lifecycle replacement



# CONTENTS

---

- 6 RESIDENT PERSPECTIVES: THE FRUIT THAT MADE IT INTO THE NEWS
- 9 MENTAL HEALTH MOMENT: SEVEN WAYS TO BREAK FREE OF A TRAUMA BOND
- 11 SYMONS VALLEY PARK UPDATE
- 13 GIRL GUIDES: AURORA SKY DISTRICT
- 15 BUSINESS CLASSIFIEDS

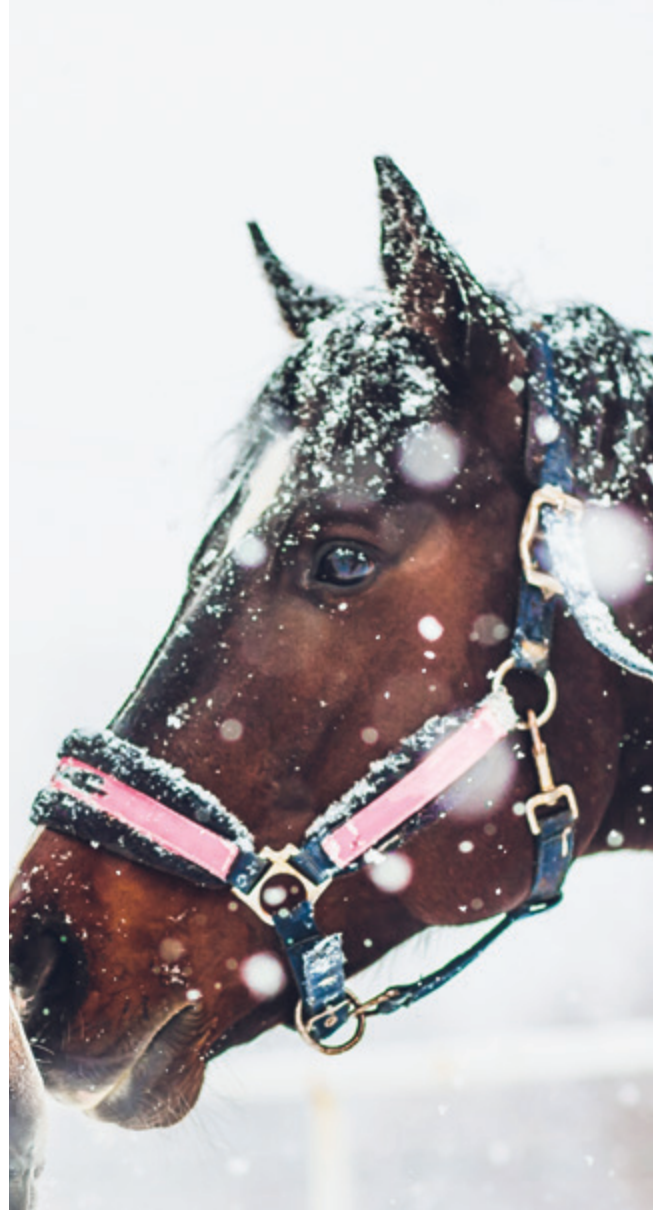


**SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

**NOLAN HILL**



**SAGE HILL**



**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.

# The Fruit That Made It into the News

by Kosha Vaidya, MBBS, CH

Chinese gooseberries are also known as kiwi fruit. Since they have made it into the news, kiwi fruits are becoming more popular.

Kiwi fruit is a good source of vitamin C; it's been said that they have the same amount of vitamin C as an orange, if not more. Kiwis have a good amount of fibre and are beneficial for people suffering from constipation. They are also a good source of potassium, which has been known to prevent strokes and to provide other health benefits as well. This fruit also has many antioxidants such as lutein and has been shown to be good for the prevention of age-related macular degeneration.

According to research, kiwi fruit has beneficial effects in relation to lowering blood pressure in people suffering

from high blood pressure. In these studies, people who ate three kiwis a day for eight weeks had a drop of upper/systolic blood pressure by 3.6mm. Therefore, including them in a healthy diet plan of getting five to seven servings of fruits and vegetables per day would be beneficial. However, I would be careful eating three kiwis a day as that would add up to 21 kiwis per week.

Kiwi fruit, like other fruits, should be eaten in moderation. This Chinese gooseberry contains oxalates, so people with oxalate kidney stones or gallbladder stones should limit kiwi intake. Some people may be allergic to them, and oddly, others who are allergic to latex are more prone to being allergic to kiwi fruit as well.

Whenever possible, try to buy organic kiwis. The best ones are not too firm or too soft.

I used to love to decorate cakes and fruit salads with kiwis as they add a nice colour contrast, which appealed to me. I guess after hearing the latest news about them, I will be adding them for all their known health benefits too!





**The Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



New fees ensure that the cost of running the service is covered by those who benefit from it.



You only need a permit if your street has parking restriction signs and you want to park on the street.

22-0024302 ADV-23056

[calgary.ca/rpp](https://calgary.ca/rpp)

## BOARD OF DIRECTORS



President	Ross Utigard
1st VP	Sarah Jamieson
2nd VP	Lori Couture
Treasurer	Roxy Howey
Secretary	Michelle Emekalam
Director 1	Ron Howey
Director 2	Vacant
Director 3	Vacant
Director 4	Vacant
Director 5	Vacant
Director 6	Vacant
Director 7	Vacant

## 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



## GAMES & PUZZLES

### Guess That Food!

1. This sweet treat was invented by dentist William Morrison and confectioner John C. Wharton in 1897 in Nashville, Tennessee.
2. Greek immigrant Sam Panopoulos created this controversial type of pizza in Chatham, Ontario.
3. The first food planted in space.
4. This chocolatey cereal dessert is thought to have been invented by Alfred James Russell in Red Deer, Alberta.
5. US president, Thomas Jefferson, and his chef, James Hemings, brought this classic dish to America from Paris.
6. A Québec staple, this dish was invented in 1957 and is Québécois slang for a "mess."



SCAN THE QR  
CODE FOR THE  
ANSWERS!

## K-9 Creations

**All breed dog & cat grooming  
with over 25 years of experience.**

A relaxed home-based atmosphere located in Hidden Valley. Catering to each individual pet so you can get the groom you want and the special attention your pet needs.

**20% discount**  
on your first full groom.



Dawn

☎ 403-837-4703



## Sage Hill / Nolan Hill Real Estate Update

Last 12 Months Sage Hill

MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
September 2023	\$ 355,000	\$ 365,000
August 2023	\$ 367,450	\$ 371,250
July 2023	\$ 349,900	\$ 368,000
June 2023	\$ 464,450	\$ 470,393
May 2023	\$ 384,999	\$ 382,000
April 2023	\$ 425,000	\$ 424,900
March 2023	\$ 335,000	\$ 350,200
February 2023	\$ 349,999	\$ 355,000
January 2023	\$ 549,900	\$ 495,000
December 2022	\$ 298,800	\$ 280,000
November 2022	\$ 344,900	\$ 338,500
October 2022	\$ 399,000	\$ 394,000

Last 12 Months Nolan Hill

MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
September 2023	\$ 665,000	\$ 682,000
August 2023	\$ 625,000	\$ 658,000
July 2023	\$ 673,950	\$ 685,000
June 2023	\$ 515,000	\$ 520,000
May 2023	\$ 675,000	\$ 645,000
April 2023	\$ 627,000	\$ 629,250
March 2023	\$ 585,000	\$ 620,000
February 2023	\$ 419,900	\$ 423,950
January 2023	\$ 534,900	\$ 521,350
December 2022	\$ 674,900	\$ 650,000
November 2022	\$ 559,900	\$ 550,000
October 2022	\$ 432,000	\$ 427,500

To view more detailed information that comprise the above  
MLS averages please visit [sgh.mycalgary.com](https://sgh.mycalgary.com) or  
[nol.mycalgary.com](https://nol.mycalgary.com)

# BARKER'S

• FINE DRY CLEANING •

## PICK UP & DELIVERY SERVICES

**403-282-2226**

# OFFICIAL

PLUMBING & HEATING

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

**\$50**

**Service Call Fee**

**403-837-4023**

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](https://official-plumbing-heating.ca)





# Seven Ways to Break Free of a Trauma Bond

Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

### What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

### Here are seven ways to break free from a trauma bond:

**Educate Yourself** – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

**Zero Contact** – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

**Examine the Evidence** – focus on what the abuser was/ is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

**Practice Self-Compassion** – don't blame yourself. This was not your fault. You are not stupid.

**Personal Affirmations** – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

**Mindfulness** – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

**Professional Help** – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.

# NORTHLAND VILLAGE DENTAL CENTRE

## We Match The Current ADA Fee Guide

\*For more details, please contact the office

We are still open to serve you at the current location!  
Our new clinic will be located by McDonalds  
opening on Feb 2024!



Accepting New  
Patients & Providing  
Emergency Services

Direct Billing  
Available

Multi-Language  
Service

Use Your Dental  
Insurance  
Before It  
Expires

**Aesthetic Dentistry • Teeth Whitening  
Space Maintenance • Fillings  
Dentures • Crowns & Bridges  
Dental Implants**

**#2003, 5111 Northland Dr. NW  
(2nd floor of Northland Village Mall)**

# 403-255-6688

**Park in the 2nd parkade  
for access to the clinic**

**Monday to Friday 8:30 am - 7:00 pm  
Saturday 8:30 am - 5:00 pm**



Fresh Jock

## 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**



## Embrace the Spirit of Giving: Join Us for Giving Tuesday!

Dear Symons Valley Communities,

As we approach the holiday season, it's time to set aside a day not just for shopping and indulgence, but for something far more meaningful. Giving Tuesday is a day dedicated to the spirit of generosity and giving back to our communities. We invite you to join us in making a difference in the lives of those who need it most.

### What is Giving Tuesday?

Giving Tuesday, often stylized as #GivingTuesday, began in 2012. It follows the consumer-focused days of Black Friday and Cyber Monday and reminds us of the true essence of the holiday season. It's a day to give rather than receive, to support causes close to our hearts, and to make a positive impact on the world.

### Why Giving Matters

Giving back to your community is an essential way to strengthen it. Whether it's helping a local charity, food bank, or non-profit organization, your contributions can directly benefit those in need.

Every donation, no matter how big or small, has the power to create positive change.

### How You Can Get Involved

Joining the Giving Tuesday movement is easy, and there are countless ways to participate:

- Consider making a financial contribution to our park project through our partner Parks Foundation Calgary. Every dollar counts and can make a significant impact. You'll also receive a tax deduction for your contribution.
- If you have time to spare, volunteering your skills or time to us would be helpful. We are in constant need of dedicated volunteers.
- Use social media, email, or word of mouth to raise awareness about Giving Tuesday and our park project. Encourage friends and family to get involved too.

### Our Giving Tuesday Initiative

Symons Valley Leisure and Amenities Society is excited to announce our Giving Tuesday initiative for this year.

On November 28, we hope you'll help us with our goal to raise \$5,000 in one day. This money will be used to continue working towards our engineering and design estimates.

We invite all of you to be a part of this meaningful event and help us make a positive impact in our community.

### Save the Date!

Mark your calendars for Giving Tuesday, which falls on November 28. It's a day when we can come together to show the world the incredible power of generosity.

With gratitude,

*Kris McPherson, President - Symons Valley Leisure and Amenities Society*





**ANITA MORTGAGE**  
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*



**Councillor, Ward 2**  
**Jennifer Wyness**

☎ 403-268-2430

✉ Ward2@calgary.ca

🌐 Calgary.ca/ward2 📘 Ward2Wyness

📷 @WynessJennifer 🐦 @JenniferWyness



**MLA Calgary-Foothills**  
**Court Ellingson**

Critic for Technology & Innovation  
202 – 1829 Ranchlands Blvd NW, Calgary

☎ 403-216-5444

✉ Calgary.Foothills@assembly.ab.ca

📘 facebook.com/CourtEllingsonYYC

📷 @courtellingson 🐦 @CourtEllingson

Winter is coming, and with it comes a set of challenges for commuters. For those relying on Calgary Transit, knowing how to get in touch with the city for complaints and service requests can make all the difference. Fortunately, Calgary Transit has streamlined this process, ensuring that passengers can report concerns promptly and efficiently through their online platform.

Passengers can address bus schedule issues, route problems, and more at [www.calgarytransit.com](http://www.calgarytransit.com). Visit the "Contact Us" page, and then click "Learn more" at the bottom right. Here, you can submit a service request or complaint online, which helps The City track common issues and make adjustments for a seamless winter commute.

For a broader range of concerns, including transit issues, public safety, and even potholes, Calgary 311 is your go-to resource. You can call 311 directly, or visit [www.calgary.ca/311](http://www.calgary.ca/311) to submit complaints online or download the 311 app. This multifaceted platform empowers residents to actively engage with The City, ensuring that all issues, big or small, are tracked and resolved efficiently.

Using these online tools is not just convenient; it's a crucial way for the city to gather data and identify concerns swiftly. By reporting these issues, passengers contribute to a safer, more efficient transit system. Timely data empowers the city to respond to complaints, adjust routes, and enhance services in real-time, ensuring everyone's winter commute is as smooth as possible.

As winter approaches, your active involvement ensures a transit system that caters to your needs. By using both Calgary Transit's online complaint system and Calgary 311, you actively contribute to a city that responds promptly, making winter travels safe, convenient, and efficient for everyone. Together, let's navigate winter seamlessly, making Calgary Transit a service that truly works for the people it serves.

Hello residents of Calgary-Foothills! Happy Gurpurab and Happy Diwali to all those celebrating this November. Thank you to all those who attended our Constituency Office Grand Opening. It was great to see everyone; we are truly building a community and I look forward to hosting more events to bring people together.

As your elected representative, I have been connecting with local constituents, schools, places of worship, and other organizations to learn how I can best advocate for our neighbourhoods. Last month, my office hosted a Schools Town Hall where we heard from parents about how we can better support students in our area. My commitment is to continue working with our local School Board Trustees to advocate for more elementary and middle schools in our area and improve our school bus transportation system. There is much work to be done.

In addition to schools, other issues I have heard from constituents about include pensions, affordable housing, cost of living, and clear-cut logging in Kananaskis. Constituents tell me they believe the CPP is a safe, reliable program, and they do not want the UCP Government withdrawing from this retirement savings plan, so I will fight to protect your CPP. I am also concerned that the renewables moratorium signals to investors that Alberta is not open for business. I will continue to meet with technology entrepreneurs to advocate for innovative new technologies in order to grow our economy.

I take your concerns very seriously and look forward to raising these issues in the legislature. If you have a story or concern you want me to share, please let me know.

Finally, I want to remind you that my office is available to assist you with accessing provincial resources and also offers services such as notarizing documents, letters of support, and more.





**MP Calgary Rocky Ridge**  
**Pat Kelly**  
 202 – 400 Crowfoot Crescent NW  
 Calgary, AB T3G 5H6  
 ☎ 403-282-7980 📠 403-282-3587  
 ✉ pat.kelly@parl.gc.ca

I enjoyed attending various fall celebrations in Calgary. Thank you to all the volunteers who worked tirelessly to plan and carry out successful events to help build our communities.

Since Parliament has returned this fall, I have worked diligently to represent you and ensure the government is being held to account. The federal government is responsible for the cost-of-living crisis, which continues to deepen. The federal carbon tax continues to make gas, home heating, and food more expensive. As winter approaches, it will force many Calgarians to make tough financial decisions.

Housing affordability has also become a crisis for many Calgarians. Home ownership is increasingly out of reach, mortgage payments are going up, and rent is increasingly unaffordable. In response to this crisis, Conservative leader Pierre Poilievre recently tabled The Building Homes Not Bureaucracy Act that will require cities to increase the number of houses built by 15% each year, and then 15% on top of the previous target every single year. Federal transit funding provided to certain cities will not arrive until those stations are surrounded by high-density residential buildings. This bill would also require the Minister of Housing, Infrastructure, and Communities to report on the inventory of federal buildings and land. He would need to identify land suitable for housing construction and to propose a plan to sell at least 15% of any federal buildings and all land that would be appropriate for housing. These properties would need be placed on the market within eighteen months.

I look forward to tackling these issues with common sense solutions during the fall sitting of the House of Commons.

Please reach out to me or my staff with questions, concerns, or requests for assistance at pat.kelly@parl.gc.ca or 403-282-7980.

Thanks!



**Girl Guides**  
 Everything she wants to be.  
**AURORA SKY DISTRICT**

by Abby, Spark Leader

The 165th Sparks have an exciting year ahead of them! They've started the year off with some fun activities learning about what it means to be a Spark, the Spark Song, and their promise, "I promise to share and be a friend." The Sparks are now learning about Girl Guide Cookies and got to do their first cookie stand this year on September 23, at Nolan Hill Sobeys!

They especially liked the part where they got to sample their product as a reward for their hard work. The girls also brainstormed what activities they want to do this year like going to the Calgary Zoo, playing tag, and doing crafts! Moving forward, they are going to learn about the Spark story, enrollment ceremonies, and campfire songs! The 165th Sparks are excited for bridging activities with the 91st Pathfinders and 60th Rangers, doing a litter chase before it gets too cold, and a winter pajama party before winter break! The upcoming year will be packed with fun and new friends!

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**

# NEW PATIENTS WELCOME

For your convenience, we accept **direct billing** and follow the ADA Fee Guide.

- Family Dentistry
- Dental Cleanings & Checkups
- Crowns, Bridges, & Implants
- Root Canal Treatments
- Invisalign®
- Cosmetic & Restorative Smile Makeovers
- Same-Day Emergencies



## Our Clinic Hours of Operation

M, T, W: 10:00am - 6:00pm  
Th, F: 8:00am - 4:00pm  
Saturday (2/mo): 8:00am - 3:00pm



## Dr. Christina Coakwell

2971 136 Avenue NW, #210, Calgary, AB T3P1N7  
(587) 315-7118 | [www.sagemeadowsdental.com](http://www.sagemeadowsdental.com)



ONLINE BOOKING AVAILABLE



# I ALWAYS HAVE MY FRIENDS BY MY SIDE



## SAGE HILL

An OPTIMA LIVING Community

## BE FREE, BE YOU

New friends are waiting to be made! Find the freedom to live a social life just like you did when you were younger—furry friends included.

Scan or call to book a tour.



403-536-6378 | [sagehillseniors.ca](http://sagehillseniors.ca)  
6 Sage Hill Gardens NW, Calgary

Independent Living | Assisted Living | Supportive Living | Memory Care

# BUSINESS CLASSIFIEDS

For business classified ad rates, contact Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto: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](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**NOLAN HILL | SAGE HILL 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](mailto: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](http://www.communitymediation.ca), 403-269-2707.

**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](http://www.cejelectric.com) or call Clayton at 403-970-5441.

**LISA THORESON COUNSELLING:** Conveniently located in Royal Oak. Now accepting new clients ages 12 and up. Get support for anxiety, depression, managing stress, post-partum anxiety/depression, parenting, trauma/PTSD, life transitions, coping skills, parent-child relations, substance use, grief and loss. Call 403.768.5389 or visit [www.lisathoresoncounselling.ca](http://www.lisathoresoncounselling.ca) for more information.



**mybabysitterlist**

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.


**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.



## Joke of the Month

**What did the yoga instructor say when his landlord tried to evict him?**

**Namaste.**



**#1 Real Estate Team in Calgary 2022\***



**KirbyCox**  
& ASSOCIATES

**iGUIDE** - the Ultimate  
Listing Toolkit

\*Royal LePage

**Kirby Cox | Barb Daroux**

*Sell your home quickly for asking price,  
possibly above!!*



**3309, 450 Kincora Glen Road NW**

2 Bdrm / 2 Bath, Corner Unit  
\$369,900

**SOLD!**



**51 Hawkcliff Way NW**

4 Bdrm, Finished Walkout  
\$649,900

**SOLD!**



**42 Hidden Valley Gate NW**

Updated 4 Bdrm, Finished Walkout  
\$625,000

**SOLD!**



**211, 500 Rocky Vista Gardens NW**

2 Bdrm / 2 Bath, 2nd Floor Unit  
\$334,900

**SOLD!**



**55 Hawkmount Heights NW**

Renovated 5 Bdrm + Den  
\$799,900



**478 Nolan Hill Drive NW**

2 Bdrm Townhome, Sonoma  
\$425,000

**3D tours, detailed floor plans, plus much more with our proven marketing and  
state-of-the-art technology. Call for your free home evaluation today!**



**kirbycox.com**  
Royal LePage Benchmark

**403.247.5555**