

JANUARY 2024

DELIVERED MONTHLY TO 8,100 HOUSEHOLDS

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

THE OFFICIAL SAGE HILL COMMUNITY NEWSLETTER



**PROMOTE YOUR BUSINESS HERE**

Call 403-720-0762

or email [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

GET A QUOTE NOW



# New Year Specials

2024

- ✦ **Purchase 1 ombré brow service and receive a dermaplaning free!**
- ✦ **Buy 1 Morpheus8 treatment and receive an express Hydrafacial free!**
- ✦ **Purchase 1 full legs laser and receive 1 underarm laser free**
- ✦ **Buy a package of 3 deluxe or platinum hydrafacials and receive a microneedling treatment free**
- ✦ **Botox \$8/unit**
- ✦ **Buy 1 syringe of lip filler and receive a free forma RF skin tightening facial free**
- ✦ **20% off all custom facials**

**CALL US NOW  
for a FREE consultation**

**#140-50 Nolanridge Court NW, Calgary, AB, Canada**

**(403) 910-1741**

**tarorarejuvenation.com**

**MONDAY - FRIDAY 10 AM - 6 PM**

**SATURDAY 11 AM - 5 PM**

**\*Certain conditions apply, please call or email for more details.\***





Located in  
the beautiful  
neighbourhood  
of Sage Hills

## Badshah Curry House Authentic East Indian Cuisine

ORDER NOW AT [BADSHAH.CA](http://BADSHAH.CA)

OR CALL

# 403-455-0032

330 Sage Valley Common NW, Unit #102

**GET 10% OFF\***  
**on your full order**  
**PLUS GET ONE FREE NAAN**  
**WITH EACH CURRY DISH**

WHEN ORDERING, PLEASE USE  
COUPON CODE: **BCH102**

\*OFFER VALID UNTIL FEBRUARY 29, 2024.  
DISCOUNT IS ONLY FOR DINE-IN OR  
PICK-UP ORDERS PLACED BY PHONE  
OR ONLINE AT [WWW.BADSHAH.CA](http://WWW.BADSHAH.CA). NOT  
APPLICABLE ON SKIP THE DISHES, UBER  
EATS OR DOORDASH.

**CHECK OUT OUR  
MENU OR ORDER  
ONLINE TODAY!**



### 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, T3P 1N7

(587) 315-7118

[www.sagemeadowsdental.com](http://www.sagemeadowsdental.com)

**SCAN  
ME!**



To book an  
appointment

# hello!

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

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



# 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

---

- 7 ICE RINK VOLUNTEERS
- 8 TAKE ON WELLNESS:  
UNDERSTANDING MENTAL HEALTH
- 9 GAMES AND PUZZLES:  
JANUARY CROSSWORD
- 11 SYMONS VALLEY PARK UPDATE
- 13 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.

## 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

**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](http://official-plumbing-heating.ca)



**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](http://calgaryfreshjock.com)**



## Looking for Ice Rink Volunteers!

We're recruiting volunteers to help flood the ice rink, if interested email [info@sagehilllyc.com](mailto:info@sagehilllyc.com).

# HAPPY NEW YEAR

# 2024

FROM THE  
Sage Hill Community Association!


**VALENTINE'S DAY SPECIAL!**  
**FREE** Teeth whitening for your partner when you get yours whitened  
*Valid until Feb 14th*

Family Owned & Operated | ADA Fee Guide Compliant | Direct Billing  
**New Patients & Emergencies Are Welcome!!**


**FREE** Electric Toothbrush or Take Home Whitening Kit with new adult patient exam and hygiene

- Dental Check-ups and Cleanings
- Cosmetic Bonding
- Invisalign
- Root Canal Therapy
- Veneers
- Dental Crowns and Bridges
- Dentures
- Teeth Whitening
- Tooth Extractions
- Mouth Guards
- Sportsguards


A new way of cleaning your teeth with Guided Biofilm Therapy. It is minimally invasive, virtually painless, uses no polishing paste, and uses less hand and power instruments!



**CERTIFIED PRACTICE**




**Dr. Manisha Chauhan DDS**



**Avyan**  
Family Dental

2160 - 4 Royal Vista Way NW  
Calgary, AB  
T3R 0N2

📞 **587.358.2160**  
🌐 [www.avyanfamilydental.com](http://www.avyanfamilydental.com)  
✉ [info@avyanfamilydental.com](mailto:info@avyanfamilydental.com)



All services provided by General Dentists



# Understanding Mental Health

by Alberta Health Services

Mental Health is complicated. There are so many ways to talk about it and it can get confusing. To better understand, Mental Health Literacy developed a tool known as “the pyramid” that consists of four layers. The base of the pyramid is the largest, which is related to the number of individuals in this state. Therefore, as the pyramid gets smaller so does the amount of people who may experience this state. Let’s take a closer look at what the four levels of the pyramid are.

### 1. No Distress, Problem, or Disorder

This is the bottom level and the largest of the pyramid. This is when everything is okay, and you are not experiencing any mental distress, problems, or disorders.

### 2. Mental Distress

The next layer up is mental distress. Distress releases a signal from our brain indicating the need to adapt to our environment and that there is a problem to solve. Triggers of distress are unavoidable, but the process is necessary for life-skills promoting and building resilience. An example is having an argument with your boss. Once you figure out a solution the mental distress goes away.

### 3. Mental Health Problem

The second layer from the top is mental health problems, which can mean that we are having difficulties and may need external help such as counselling or community support. This can arise from a stressor of great amount, such as the death of a loved one.

### 4. Mental Disorder/Illness

Located at the top of the pyramid is mental illness. This occurs when there is disruption in usual brain functioning. This disruption is the result of our genes and our environment from the time of conception and throughout our life. Examples of this can be the diagnosis of ADHD, Clinical Depression, and Anxiety.

Now that we have a better understanding of these terms, here are everyday things you can do for your mental health, also known as the “Big Five to Thrive!”

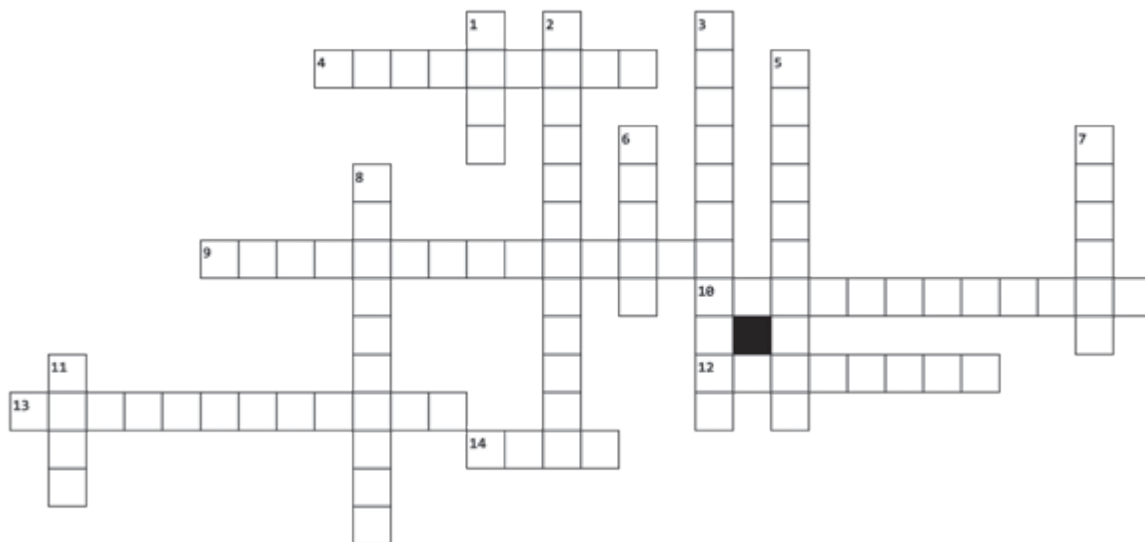
- **Exercise:** This could be a walk in the community or a session at the gym.
- **Sleep:** The optimal amount needed varies for everyone. Put away your phone and snuggle up for a good night’s sleep.
- **Supportive Relationships:** Develop and maintain positive relationships with family, friends, and community. Surround yourself with those who lift you up.
- **Nutrition:** Incorporate healthy foods that are easy to make and taste great!
- **Helping Others:** Get involved in your community coalitions or volunteer with local charities.

It has been shown that improving even one of these areas translates to improvement in the other areas. Consider steps that are realistic for you to better your mental health!





# January Crossword



## Across

4. Every year on January 11, Sir John A. \_\_\_\_\_ Day is observed in Canada.

9. Premiering on January 6, 1975, this game show features multiple contestants working with the alphabet to try and solve a puzzle. It has 41 seasons.

10. In 1904, the first New Year's celebration was held in Times Square to celebrate the new headquarters of this popular publishing company.

12. January is known for being the coldest month in this hemisphere.

13. Before being turned into a film, *The Girl on the Train* was written by \_\_\_\_\_ and published on January 6, 2015.

14. Born on January 25, 1981, this talented Alicia sings "No one" and "If I Ain't Got You".

## Down

1. People born between December 22 and January 22 are considered Capricorns. Interestingly, this word comes from 'Capricornus' which means \_\_\_\_\_ in Latin.

2. A true Canadian icon, this former hockey player was born on January 26, 1961, and holds the nickname "The Great One".

3. This gruelling survival film came out on January 8, 2016, finally winning Leonardo DiCaprio his long-awaited Oscar.

5. This British singer songwriter was born on January 10, 1945, and is known for his raspy voice and his album *Every Picture Tells a Story*.

6. This two-faced God is the symbol of January in ancient Roman myth.

7. This stone is the official birthstone for January and is meant to keep you safe when travelling.

8. On January 25, 1961, Disney put out the spotted masterpiece, *101* \_\_\_\_\_.

11. This iconic single from Canada's own Justin Bieber features Ludacris and was released and available for digital download on January 18, 2010.



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers



## Sage Hill / Nolan Hill Real Estate Update

### Last 12 Months Sage Hill MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
November 2023	\$349,900.00	\$347,500.00
October 2023	\$356,950.00	\$349,750.00
September 2023	\$355,000.00	\$365,000.00
August 2023	\$367,450.00	\$371,250.00
July 2023	\$349,900.00	\$368,000.00
June 2023	\$464,450.00	\$470,393.00
May 2023	\$384,999.00	\$382,000.00
April 2023	\$425,000.00	\$424,900.00
March 2023	\$335,000.00	\$350,200.00
February 2023	\$349,999.00	\$355,000.00
January 2023	\$549,900.00	\$495,000.00
December 2022	\$298,800.00	\$280,000.00

### Last 12 Months Nolan Hill MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
November 2023	\$510,000.00	\$507,875.00
October 2023	\$554,950.00	\$559,319.00
September 2023	\$664,999.50	\$682,000.00
August 2023	\$625,000.00	\$658,000.00
July 2023	\$673,950.00	\$685,000.00
June 2023	\$515,000.00	\$520,000.00
May 2023	\$675,000.00	\$645,000.00
April 2023	\$627,000.00	\$629,250.00
March 2023	\$585,000.00	\$620,000.00
February 2023	\$419,900.00	\$423,950.00
January 2023	\$534,900.00	\$521,350.00
December 2022	\$674,900.00	\$650,000.00

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)

## CRIME STATISTICS

### Nolan Hill Crime Activity was Unchanged in November 2023



The Nolan Hill community experienced 1 crime in November 2023, in comparison to 1 crime the previous month, and 2 crimes in November one year ago. Nolan Hill experiences an average of 3.0 crimes per month. On an annual basis, Nolan Hill experienced a total of 36 crimes as of November 2023, which is down 44% in comparison to 64 crimes as of November 2022. To review the full Nolan Hill Crime report visit [nola.mycalgary.com](https://nola.mycalgary.com).

### Sage Hill Crime Activity was Up in November 2023

The Sage Hill community experienced 4 crimes in November 2023, in comparison to 2 crimes the previous month, and 6 crimes in November one year ago. Sage Hill experiences an average of 7.0 crimes per month. On an annual basis, Sage Hill experienced a total of 84 crimes as of November 2023, which is down 26% in comparison to 113 crimes as of November 2022. To review the full Sage Hill Crime report visit [sage.mycalgary.com](https://sage.mycalgary.com).

*How To Report Crime In Nolan Hill | Sage Hill: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](https://crimestoppers.ab.ca), or text ttTIPS to 274637.*

## BE YOUR OWN BOSS



### 30 Minute Hit Franchise for sale in your area!

30 Minute Hit is the premier women's only  
boxing/kickboxing circuit-based fitness program.

For more information: [calgarynw@30minutehit.com](mailto:calgarynw@30minutehit.com)





# Word of the Month

**Fortuitous: Adjective (For-too-uh-tus)**

**Happening by chance or showing  
good luck**

**It was rather fortuitous that the two  
sisters arrived at the same time.**



Dear Symons Valley Communities,

Happy New Year! As I bid farewell to the year behind us, I find myself filled with gratitude and excitement for the adventures that await us in the coming year, and I am genuinely grateful to be a part of such a vibrant and caring community.

Our community is a canvas painted with unique stories, experiences, and individuals. Let's cherish this diversity that makes our community truly special. Let's continue to uplift each other, celebrate our achievements, and navigate challenges hand in hand, building up our communities together.

Last month I reflected on the challenges we faced in the past, and I recognize that our journey is far from over. In the spirit of unity and generosity, we are reaching out to you, our cherished community, seeking your support through donations and volunteerism.

Your contributions can be the catalyst for transformative initiatives, providing vital amenities that will create a lasting impact. Whether it's supporting our project financially, or by volunteering, every donation, big or small, plays a crucial role in building a stronger and more resilient community.

To make a donation or learn more about how you can get involved, please visit [www.symonsvalleypark.ca/give](http://www.symonsvalleypark.ca/give) or contact us at [hello@symonsvalleypark.ca](mailto:hello@symonsvalleypark.ca).

Your kindness and support can be the driving forces behind our shared success.

Wishing you a New Year filled with joy, prosperity, and the satisfaction of knowing you've made a difference!

Warm regards,

*Kris McPherson*

President



## 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](mailto:sales@greatnewsmedia.ca)



SCAN ME

**GREAT NEWS MEDIA**

LEADERS IN COMMUNITY FOCUSED MARKETING

## RESIDENT PERSPECTIVES

### Stargazing with Pat J: Hubble vs The James Webb Space Telescope

by Patricia Jeffery © 2024, Calgary Centre of the Royal Astronomical Society of Canada

Named for celebrated astronomer Edwin Hubble, the Hubble Space Telescope (HST) went into orbit on April 24, 1990. Still operational 33 years later, it continues to produce breathtaking images of planets and galaxies.



The James Webb Space Telescope (JWST), named after the NASA Administrator of the Apollo program, rocketed into space on December 25, 2021. Designed to complement the aging Hubble which observes objects in the shorter wavelengths of ultraviolet and visual light, JWST's primary focus is on the other end of the spectrum, the longer wavelengths of the infrared. This makes Hubble and JWST a formidable pair of observatories that together cover a broad wavelength range.

Because the universe is expanding, as a galaxy moves away from Earth, its light wave is stretched; causing it to appear red (infrared). Conversely, a galaxy moving toward us has its light wave compressed; causing it to appear blue (ultraviolet).



#### How HST and JWST Compare

**Location:** HST: In low Earth orbit at an altitude of 547 kms. JWST: 1.5 million kms from Earth at a point in space known as Lagrange 2.

**Size:** HST: School bus. JWST: Tennis court.

**Light observed:** HST: Ultraviolet, visible, and near-infrared light. JWST: Near and mid infrared light.

**Mirror surface:** HST: 4.5 sq. metres. JWST: 25 sq. metres. As its larger mirror can gather more light, it can view objects 100 times fainter than the Hubble can see.

**Maintenance:** HST: Was repaired and upgraded by the now obsolete Space Shuttle. JWST: Is too far from Earth to repair.

**Mission Lifetime:** HST: Will remain operational as long as its instruments are functioning. JWST: Minimum expected lifespan is five years but may go beyond ten years. This will depend on how long its propellant, which is needed to keep it stable in orbit, will last.



Build CONFIDENCE  
Gain STRENGTH  
Forge SELF-DISCIPLINE  
BE THE BEST YOU CAN BE



CALGARY'S PREMIER PRIVATE  
MARTIAL ARTS SCHOOL NOW  
ACCEPTING NEW MEMBERS

Email Us Today at [calgary@kees.ca](mailto:calgary@kees.ca)

[www.kees.ca](http://www.kees.ca)

Unit #11, 7819 - 112th Avenue NW

**BARKER'S**  
• FINE DRY CLEANING •

**PICK UP & DELIVERY  
SERVICES**

**403-282-2226**



# 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.

**RIORGANIZE SOLUTIONS:** RiOrganize Solutions: Transforming spaces, simplifying lives. Your personal guide to achieving organized living spaces. For expert home organizing services, please visit [riorganizesolutions.ca](http://riorganizesolutions.ca) / Follow on Instagram: [@riorganize.solutions](https://www.instagram.com/riorganize.solutions) / Like on Facebook: RiOrganize Solutions / Email [info@riorganizesolutions.ca](mailto:info@riorganizesolutions.ca). Start the new year fresh with a clutter-free and harmonious home! Book your free consultation today!

**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.



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

SCAN THE QR CODE  
FOR THE SOLUTION



## 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*

## Court Ellingson

MLA, Calgary-Foothills

**Critic for Technology & Innovation**

202-1829 Ranchlands Blvd NW, Calgary

☎ 403 216 5444

✉ Calgary.Foothills@assembly.ab.ca

f facebook.com/CourtEllingsonYYC

© courtellingson ✉ @CourtEllingson



Happy New Year Residents of Calgary-Foothills!

I hope you enjoyed a safe and healthy holiday season! I am kicking off the new year in Calgary before heading to the provincial legislature in Edmonton. January/February is a great time to book a meeting with me to share your thoughts about our government or an issue you care about. I will be hosting "Coffees with Court" on most Fridays from January 12 to February 23 from 9:00 to 10:30 am at Good Earth Coffee House (31 Crowfoot Terrace NW). Please drop by and email Calgary.Foothills@assembly.ab.ca to sign up!

My priorities remain the same – to represent and serve you and your neighbours, amplify your voice, and highlight the issues that concern our community. Top of my list continues to be advocating for the construction of local schools and ensuring adequate funding for the schools we have. I am also concerned about upcoming healthcare changes, and the fact that the government has not provided enough investment into attracting more doctors, healthcare, and frontline workers to reduce our wait times and surgery backlog. I'm continuing to promote Calgary's tech ecosystem to grow our economy and am calling on the government to repeal the renewable energy ban that put \$33 billion of projects at risk. We must prioritize ways to attract investment while also protecting our environment.

Finally, I continue to hear from folks concerned about the removal of their CPP. Please join me on January 23 from 6:30 to 8:00 pm for a Pension Town Hall at Dalhousie Community Association (5432 Dalhart Road NW) to share your thoughts. RSVP at [tinyurl.com/pensiontownhall](http://tinyurl.com/pensiontownhall).

A reminder that you can keep up with my work by following me on social media @CourtEllingson. Don't hesitate to contact Calgary.foothills@assembly.ab.ca to volunteer or to learn how your MLA can support you!

# 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**





# New Year, New Home!

**Kirby Cox**  
& ASSOCIATES

**Kirby Cox | Barb Daroux**

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



**106 Hamptons Heights NW**  
4 Bdrms, Walkout on Golf Course  
\$1,149,900



**33 Arbour Cliff Close NW**  
3 Bdrms / 3 Bath Villa  
\$599,900



**111 Edgeridge Terrace NW**  
2 Bdrms Hillsboro Townhome  
\$419,900



**310, 500 Rocky Vista Gardens NW**  
Updated 2 Bdrms / 2 Bath, 3rd Flr  
\$339,900



**511 Rodeo Ridge, Springbank**  
4 Bdrms Bungalow on Golf Course  
\$1,097,500



**2004, 215 - 13 Avenue SW**  
Union Square, 2 Bdrms Corner Unit  
\$459,900

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**