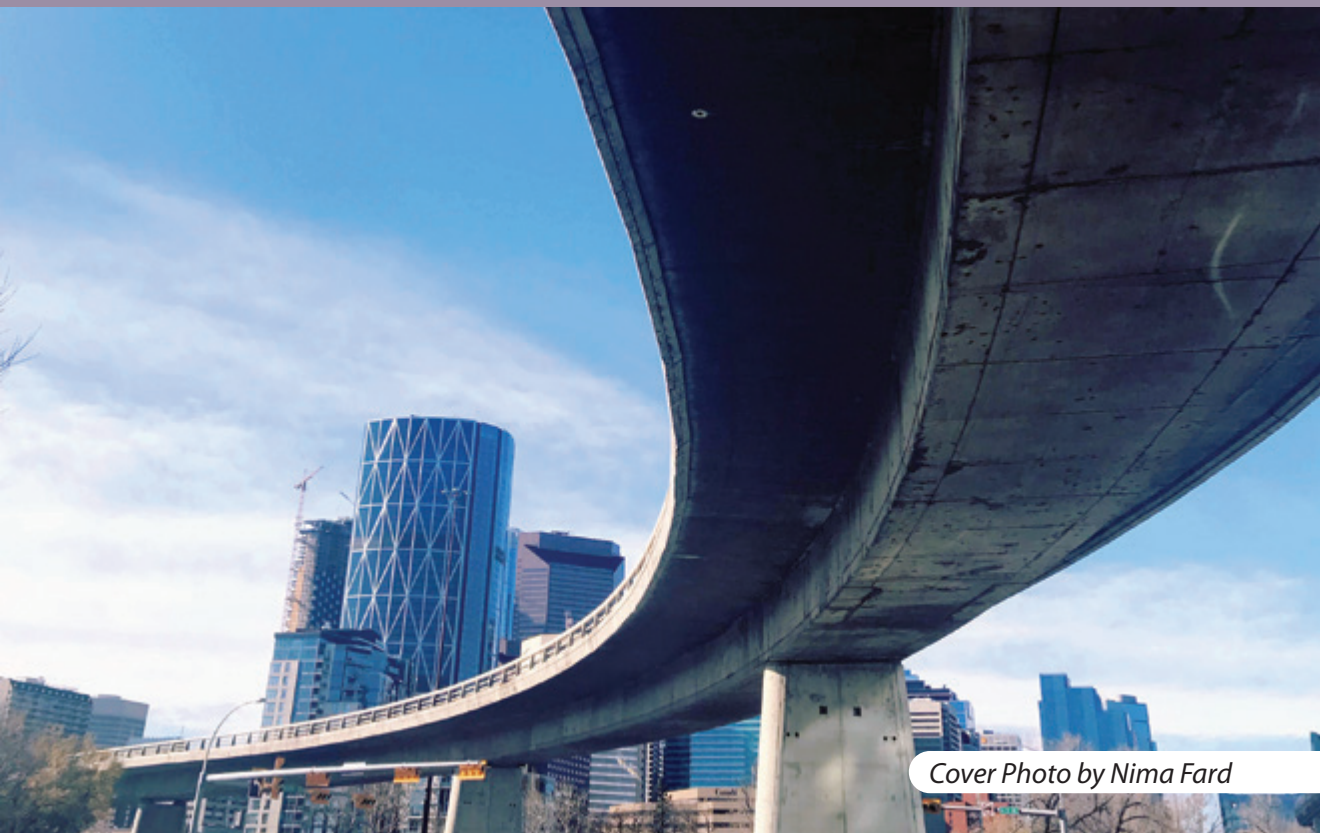


MARCH 2023

DELIVERED MONTHLY TO 4,660 HOUSEHOLDS

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CONTENTS

- 5 GAMES AND PUZZLES: ST. PATRICK'S DAY TRIVIA
- 6 DOLLARS AND SENSE: CHOOSING A MEAL DELIVERY SERVICE
- 8 RECIPE: TWO SIDES
- 10 RESIDENT PERSPECTIVES: HOUSEPLANT DESIGN
- 12 CCSD BOARD OF TRUSTEES
- 15 BUSINESS CLASSIFIEDS



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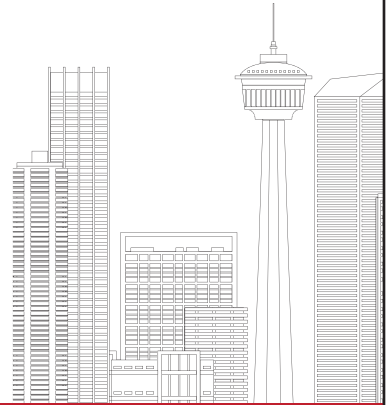


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St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!



1. What country is St. Patrick the patron saint of?
 - a. Canada
 - b. Ireland
 - c. Scotland
2. According to Irish lore, what did St. Patrick drive out of Ireland?
 - a. Snakes
 - b. Rats
 - c. Witches
3. What colour is worn on St. Patrick's Day?

- a. Blue
- b. Red
- c. Green

4. What date in March is St. Patrick's Day?

- a. March 1
- b. March 16
- c. March 17

5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?

- a. 13,000,000
- b. 1,300,000
- c. 1,000,000

6. What is St. Patrick's nickname?

- a. St. Paddy
- b. St. Patty
- c. St. Irish

7. When and where was the first St. Patrick's Day parade held in Canada?

- a. Quebec City in 1765
- b. Ottawa in 1870
- c. Halifax in 1790

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



Business Map: Online Map Shows Calgary Businesses and Business Licence Information

from the City of Calgary



Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

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Calling All PARENTS

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

Choosing a Meal Delivery Service

from the Better Business Bureau

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

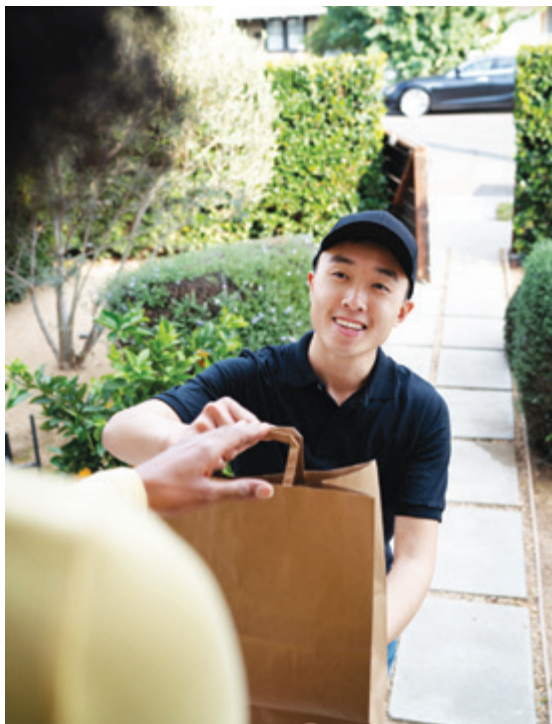
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

The following tips will help select an ideal meal delivery service for your household:

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.



Burns and Scalds

from Alberta Health Services



Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.

- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.

Two Sides

by Jennifer Puri

They say there are two sides to everything, and this is particularly true of side dishes.

A side dish refers to a smaller portion and can add vitamins, minerals, nutrients, and flavours that you may not get from the main dish.

Garden or fruit salads, sautéed or roasted veggies, mashed potatoes or couscous, corn on the cob or garlic bread; all of these are side dishes that excite our taste buds and can in some cases serve to soak up sauces and gravies.

French beans and rainbow carrots are available to be enjoyed year-round. They pair well with grilled, baked, or roasted chicken, meat, or fish entrees.



Glazed Rainbow Carrots

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

- 1 lb organic rainbow carrots
- 2 tbsps olive oil
- 2 tsps sugar
- 2 tbsps fresh thyme
- ¼ tsp salt
- 1 cup water

Directions:

- Peel and wash carrots and place in a large pan.
- Add water, olive oil, sugar, thyme, and salt and then cover and cook over medium heat until carrots are tender, about 10 to 12 minutes.
- Allow carrots to continue cooking another five minutes or until they are glazed and lightly browned.
- Serve immediately.



French Beans with Red Pepper and Onion

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

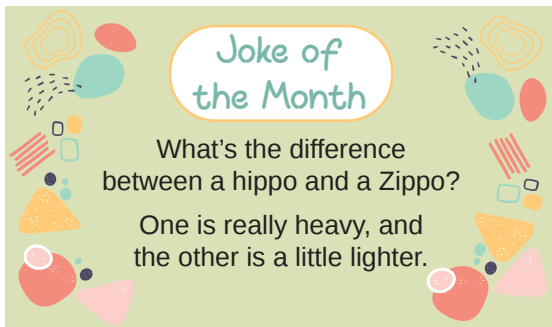
Ingredients:

- 1 lb French beans with ends trimmed
- 1 red bell pepper, thinly sliced
- 1 white onion, thinly sliced
- 2 tbsps olive oil
- 1 tbsp butter
- 2 garlic cloves, finely chopped
- 1 tbsp lemon zest (optional)
- Salt and black pepper to taste

Directions:

- Cook French beans in salted water until tender. Then drain and set aside.
- Melt butter and olive oil in a pan and then add the red pepper, onion slices, and garlic, and sauté until tender.
- Add the beans, salt, and pepper and stir for a couple of minutes until heated through.
- Sprinkle with lemon zest and serve.

Bon Appétit!



Reducing the Salt in Your Diet

from Alberta Health Services



Reducing salt in your diet is one way to improve your heart health. Eating too much salt (sodium) may cause high blood pressure. If you lower your blood pressure, you may lower your risk of heart attack, heart failure, and stroke.

The top sources of sodium in our diets include ready-made bread, crackers, and muffins, as well as takeout pizza and lasagna, and processed meats such as deli meat and sausages. Cheese, soups, and condiments such as soy sauce and ketchup are also very high in salt. If you reduce the amount of processed, fast food, take-out food, and restaurant meals you eat, you may reduce the sodium in your diet.

Another way to lower sodium is to prepare food at home. When cooking at home, you can use little or no salt. Try flavouring your food with garlic, onions, herbs, spices, lemon juice, and vinegar instead of salt.

Do you need some tips on cooking with less sodium? The AHS South Health Campus Wellness Kitchen in Calgary will host “Low Sodium Tasty Tips and Tricks”, a free online cooking demonstration. A registered dietitian will lead the two-part series, which will include information on reading labels, lower sodium substitutions, and preparing healthy lower-sodium foods that still taste great. Anyone in Alberta is welcome to sign up.

To register, visit ahs.ca/shcwellness or email wellness.shc@ahs.ca.

For more information on this topic, search “heart health” at ahs.ca/nutritionhandouts.

Orange Vegetables Are Healthy and Delicious

from Alberta Health Services



Canada’s Food Guide Plate encourages Canadians to make half their plate vegetables or fruit. One recommendation is to have orange vegetables a few times a week.

Orange vegetables contain carotenoids. These are plant compounds that convert into Vitamin A in your body. Vitamin A helps promote healthy vision and helps your eyesight in dark lighting. It also promotes the growth and health of cells in your body, and it helps regulate your immune system.

Orange vegetables that grow in Alberta are carrots, peppers, pumpkins, squash, and even sweet potatoes.

Here are a few ways to add orange vegetables to your meals:

- Choose sweet potato instead of regular potatoes.
- Serve roasted butternut squash.
- Serve sliced carrots or peppers as a snack.
- Roast carrots or peppers as a side dish.
- Add pureed pumpkin to regular mashed potatoes, soups, and sauces. Or add it into muffin or cookie batter when baking. For a fall treat, try it in a smoothie with cinnamon and nutmeg.

For a satisfying fall dish and other health recipes, you may want to try the sweet potato and carrot crisp recipe at ahs.ca/recipes.



Houseplant Design

by Carolyn Brown. Credits to the Calgary Horticultural Society

Whether you start with your home office, the family room, or the bathroom, create living harmony with the three 'P's of houseplant design: plant, pot, position. For example, plant a bold sansevieria (snake plant) in a solid square pot for impact, utilize a series of similar shaped pots to create flow with say, miniature ferns, or create a planter with varieties of succulents.

Tree-like tropicals like banana and figs bring an element of scale to larger rooms. Have a high ceiling? Climbing philodendron and vines like pothos are a perfect way to create a more intimate space. Do you live in an apartment or basement suite with low light? Try a zebra, snake, or cast iron plant. Choose beautiful pots as these slow growers may be with you for a lifetime!

Typically, the room with highest humidity, such as a bathroom with a window or skylight, is perfect for growing ferns and orchids. Did you know that mirrors will reflect even more light onto your plants? So, go ahead and find cute hanging pots and mini containers to add some 'funk factor' to this small utilitarian space. Have some fun with shape, colour and texture.

How about a string of pearls? Dolphins? Turtles, anyone? These diminutive trailing plants are often referred to as 'plant babies,' adding a touch of whimsy to the kitchen. How about an artillery or candystick plant to spark conversation in the den? Foliage colour can enhance a room or provide contrast within it. Gold, variegated, and deep purple leaves will make a statement or blend in seamlessly.

From big bold leaves to fluffy ferns, incorporating texture adds drama and interest throughout the house. Repeat patterns and plant varieties for a sense of calm and touch of class. Keep these design principles in mind to bring any room to life beautifully.

Fun Fact

The benefits of green leafy plants are proven to boost mood and the wellbeing of humans and animals alike. A natural air freshener, plants help to remove toxins and improve the quality of the air that we all breathe. With proper selection and care, plants bring pleasing aesthetics to any space when given the right environment.

Spring Cleaning Your Way to Better Health

by Nina Wilder



March is here and we all know what that means: time for spring cleaning! This time of year is all about hitting that 'refresh' button and tackling the chores

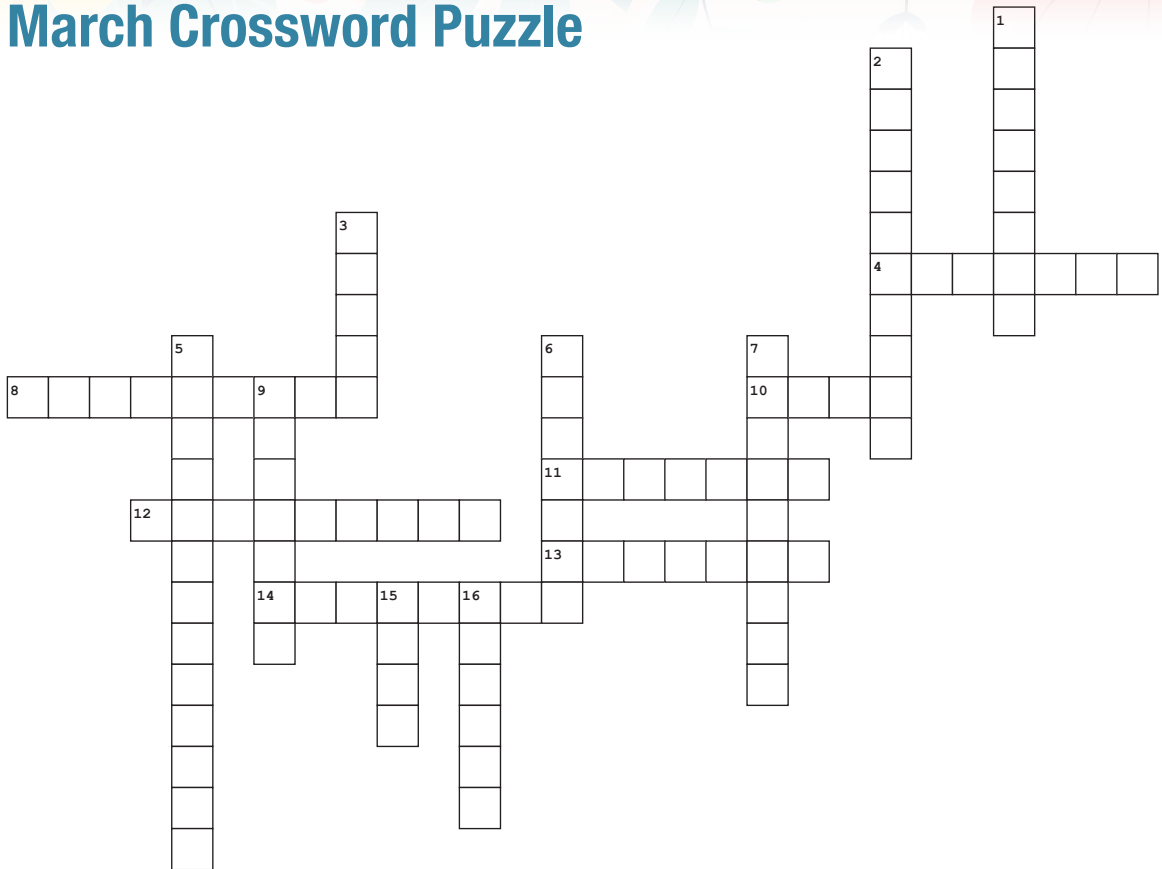
that we have been putting off. But this tradition doesn't have to just be about dusting the blinds and decluttering our garages, it can also be a great opportunity to set our environment up to support healthy habits.

To form new habits, we must make them attractive, easy, and satisfying. We can do this by cleaning and organizing our homes in such a way as to encourage us to do certain behaviours. For example, if we want to increase our activity and aren't interested in going to a gym, we can create a designated activity space in our home. We can clear out a corner or – if you have the luxury – an unused room and make it appealing for activity: set out a music player, hang up motivating images or quotes, and lay out equipment in an organized and accessible way. The more appealing the room is, the more you'll want to use it!

Conversely, to kick a bad habit, we must make it harder to do, unattractive, and unsatisfying. If our goal is to eat less junk food, we can start by reorganizing the kitchen. We can declutter our pantries and fridges of things that tempt us and put them somewhere harder to reach such as that cupboard in the garage, or the freezer downstairs. We can also organize the contents in our fridge so that healthier snacks are more towards the front so they're easier to grab and give us a strong visual reminder to go for those instead. If you find yourself throwing out uneaten vegetables and fruits that have gone bad, stop putting them in the fridge drawer, out of sight!

With a little elbow grease, we can not only make our homes cleaner and more organized, but also conducive to having better health. How's that for a new tradition?

March Crossword Puzzle



Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR
THE ANSWER KEY**



Learn more about your Calgary Catholic School District Board of Trustees!

District Budget Process

by Cathie Williams, Chair, CCSD Board of Trustees

Formed in 1885, the Calgary Catholic School District (CCSD) is the only metro board that serves a large urban centre as well as surrounding smaller cities, communities, and counties. The district's budget process incorporates Calgary Catholic's goals and objectives as expressed in the Board of Trustees' priorities; its mission and vision; as well as the Annual Education Results Report and Three-Year Education Plan.

Budget Timeline:

January - The district's yearly budget process begins in January. Initial steps include establishing enrolment estimates for the coming school year.

February - Stakeholders are invited to participate in a broad consultation created with the purpose of seeking input on the resource allocation priorities that the district should focus on. A base budget is then prepared based on the information compiled, as well as the direction arising from board strategic planning, and most importantly, on stipulations outlined in the provincial budget.

March - School-based staff recruitment is initiated. There are only a few budget decisions that do not directly impact staffing. Approximately 80 percent of district budget expenditures are spent on salary and benefit expenses.

April - A draft budget is presented to senior administration and feedback is included in a revised draft.

May - The revised draft is presented to the Board of Trustees for feedback and the final version is submitted for approval. Once it has been approved by the board, the budget is then submitted to Alberta Education.

Public, separate, and francophone school districts in Alberta are publicly funded. As more than 95 percent of the district's revenue is tied to student enrolment and is dependent upon government funding, the district has little control over how much is received each year. CCSD strives to maintain an accumulated operating surplus sufficient to provide an adequate amount of savings to cover any potential funding shortfalls. At the same time, the district ensures that funds are prudently spent in classrooms to deliver successful student outcomes.

Throughout the process, regular updates are provided to the Board of Trustees. The valuable feedback gathered through stakeholder consultation engagement substantially helps inform the budget priorities for the upcoming school year. As always, the district continues to prioritize student learning through ensuring the availability of quality resources and supports in the classroom.



CRIME STATISTICS

Thornccliffe Crime Activity was Up in January 2023

The Thornccliffe community experienced 17 crimes in January 2023, in comparison to 13 crimes the previous month, and 17 crimes in January one year ago. Thornccliffe experiences an average of 19.4 crimes per month. On an annual basis, Thornccliffe experienced a total of 233 crimes as of January 2023, which is up 3% in comparison to 226 crimes as of January 2022. To review the full Thornccliffe Crime report visit thor.mycalgary.com.

Greenview Crime Activity was Down in January 2023

The Greenview community experienced 4 crimes in January 2023, in comparison to 7 crimes the previous month, and 10 crimes in January one year ago. Greenview experiences an average of 5.7 crimes per month. On an annual basis, Greenview experienced a total of 68 crimes as of January 2023, which is up 10% in comparison to 62 crimes as of January 2022. To review the full Greenview Crime report visit gree.mycalgary.com.

How To Report Crime In Thornccliffe | Greenview: 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, or text tttTIPS to 274637.



News from the Friends of Nose Hill

by Anne Burke

Since the 1960s, various groups have lobbied to have Nose Hill preserved as a natural park. In 1972, a group representing eight communities pursued the matter. The result was the Nose Hill Design Brief, a City plan to set aside 1,600 hectares.

In 1976, however, the City rezoned part of the land for housing. In response to public discontent, the City reviewed the zoning issue, and in 1980, approved the Nose Hill Park Master Plan, which aimed to preserve 1,096 hectares as a park.

In 1981, the Nose Hill Park Communities Board was formed to provide public input into implementation of this plan. Twelve community associations were represented on the board, and it kept the issue in the public eye. The City finally reached a deal with remaining landowners in 1989 and the 1,052 hectare Nose Hill Park became a reality.

The remarkable Glenbow Library and Archive, a collection that documents the history of Western Canada, is now housed at the University of Calgary as the Glenbow Western Research Centre. The Nose Hill Park Communities Board files contain historical information: briefs, plans, proposals, reports, submissions, legal papers, maps, and drawings.

**9 PM
ROUTINE**



CALGARY
POLICE
SERVICE

☒ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



Thorncliffe Real Estate Update

Last 12 Months Thorncliffe
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2023	\$537,450	\$520,000
December 2022	\$399,900	\$390,000
November 2022	\$324,900	\$314,750
October 2022	\$449,900	\$439,000
September 2022	\$429,000	\$410,000
August 2022	\$455,000	\$439,000
July 2022	\$339,750	\$324,500
June 2022	\$399,900	\$389,000
May 2022	\$499,900	\$485,000
April 2022	\$474,900	\$468,500
March 2022	\$419,900	\$450,000
February 2022	\$502,500	\$530,900

Last 12 Months Thorncliffe
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2023	7	6
December 2022	8	9
November 2022	5	4
October 2022	7	15
September 2022	11	11
August 2022	12	17
July 2022	16	8
June 2022	17	17
May 2022	22	11
April 2022	19	17
March 2022	22	19
February 2022	17	14

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

Greenview Real Estate Update

Last 12 Months Greenview
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2023	\$234,350	\$237,900
December 2022	\$155,000	\$149,000
November 2022	\$262,450	\$255,000
October 2022	\$209,900	\$205,000
September 2022	\$164,950	\$159,950
August 2022	\$179,900	\$183,000
July 2022	\$199,900	\$199,800
June 2022	\$205,000	\$240,000
May 2022	\$205,000	\$238,100
April 2022	\$158,800	\$148,500
March 2022	\$198,950	\$196,500
February 2022	\$171,900	\$162,500

Last 12 Months Greenview
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2023	6	4
December 2022	5	2
November 2022	6	4
October 2022	4	3
September 2022	3	4
August 2022	6	5
July 2022	7	3
June 2022	5	7
May 2022	9	7
April 2022	7	7
March 2022	10	8
February 2022	5	5

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



**Councillor, Ward 4
Sean Chu**
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 🌐 www.calgary.ca/ward4
 🌐 www.seanchu.ca

Greetings Ward 4!

Green Line's stations are designed to promote accessible, safe, and secure transit use for all Calgarians.

Stations will feature plenty of signage, info displays, and wayfinding details to help riders navigate the area. A tactile strip will also inform visually impaired riders of the platform's edge.

Station platforms will also be lower, meaning Calgarians will move through less ramps to reach a platform from street level. Our underground stations will feature convenient elevator access from ground level and will likewise take advantage of CCTV cameras and help phones to promote security.

Where possible, our stations will feature weather protection, including transparent and heated passenger shelters; well-lit, open spaces with plenty of CCTV cameras for added security; and help phones that offer immediate assistance.

Our new Urbos 100 Light Rail Vehicle (LRV) also makes use of accessibility- and safety-conscious low-floor technology. Lowered floors remove the need for steps during boarding and integrate more easily with existing city infrastructure and communities. As well, the LRV's eight entrances dock level with station platforms, providing a safe, accessible, and convenient boarding experience for riders.

In addition, the Urbos offers three designated, roomy areas for people with mobility aids. Each of these designated areas is flanked by two entryways that allow immediate boarding and exiting for people with mobility aids. The Urbos also includes an easy to navigate, spacious interior with plenty of hand grips.

For more news and updates, subscribe to our newsletter at www.calgary.ca/green-line/green-line-contacts.html.

Wondering what businesses are open in Calgary? The Business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

Thank you for your attention,

Ward 4 Cllr. Sean Chu

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