

AUGUST 2023

DELIVERED MONTHLY TO 7,025 HOUSEHOLDS

your TUSCANY

BRINGING TUSCANY RESIDENTS TOGETHER



Cover Photo by Syed Adeel Hussain



THE **McKELVIE** **real**
GROUP.com Real Broker

Kelly McKelvie
403-247-9988
kelly@themckelviengroup.com





FOR ALL YOUR FITNESS EQUIPMENT NEEDS

FITNESS EQUIPMENT SALES AND SERVICE RESIDENTIAL AND COMMERCIAL

WHAT WE OFFER:

- Fitness Equipment Repairs & Preventive Maintenance
- Secure Equipment for Moves and/or Relocation
- High-Quality Gym Flooring Options

OUR SERVICES ARE FITFIX FIX'D OR IT'S FREE! CUSTOMER SATISFACTION GUARANTEED

GRAND OPENING

FITNESS EQUIPMENT STORE

TREADMILLS - BIKES - ELLIPTICALS -
STRENGTH EQUIPMENT - AND MORE!

AUGUST 19-20, 2023

SAT-SUN 10:00 AM - 8:00 PM

BAY #7, 4115-61 AVE SE, CALGARY

Summer Special
Limited Time ONLY!

Use this AD for \$50 OFF
before October 1/2023

GET A CHANCE TO WIN A BIKE
AT OUR GRAND OPENING!

FOR MORE
INFORMATION

VISIT US:



@FITFIXINC

WWW.FITFIX.CA

Go online to
book an appt now!



Or email us:
service@fitfix.ca

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



Have you considered renting a spare bedroom in your home to a UCalgary student?

Calgary is experiencing a housing shortage, and university students are actively seeking rooms to rent for September. Your guest room could be the perfect solution!

By renting a room to a student, you can provide them with a comfortable living environment while earning some extra income for yourself.

We recommend posting your spare room for rent on either spaceshared.ca or places4students.com if you're interested. SpacesShared connects older adults interested in homesharing with students, and UCalgary's Students' Union works in partnership with Places4Students.



Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554

109 - 10836 24th Street SE



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

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

NORTHLAND VILLAGE DENTAL CENTRE

We Match The Current ADA Fee Guide

*For more details, please contact the office



Accepting New
Patients & Providing
Emergency Services

Direct Billing
Available

Multi-Language
Service

Use Your Dental
Insurance
Before They
Expire

**Esthetic Dentistry • Teeth Whitening
Space Maintenance • Fillings
Dentures • Crown & Bridge
Dental Implants**

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

403-255-6688

**Parking on the 2nd parkade
for access to the clinic**

**Monday to Friday 9:30 am - 6:00 pm
Saturday 8:30 am - 5:00 pm**



YOUR TUSCANY

**Box 27030, RPO Tuscany NW
Calgary, AB – T3L 2Y1
president@tuscanyca.ca
www.tuscanyca.wordpress.com**

ELECTED OFFICIALS



**MP Kelly, Pat
Calgary Rocky Ridge**
202 – 400 Crowfoot Crescent NW
Calgary, Alberta T3G 5H6
Tel: 403-282-7980 Fax: 403-282-3587
Email: pat.kelly@parl.gc.ca



**MLA Sawhney, Rajan
Calgary-North West**
Email: rajan@rajansawhney.ca



**Councillor Sharp, Sonya
Ward 1 Office**
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2532
Fax: 403-268-8091
Email: ward1@calgary.ca
Web: www.calgary.ca/ward1

Have Your Own Reasons for Healthier Eating

from Alberta Health Services

Your reasons for healthy eating are really important. Don't do it just because your spouse, friend, or someone else wants you to eat healthier. What makes you want to change how you eat? Do you:

- Want to feel better and have more energy?
- Want to improve your health?
- Want to prevent or treat health problems, such as high blood pressure, high cholesterol, or diabetes?
- Have another reason for wanting to do it?

Whatever your reason, you may already know what areas you want to work on. Maybe you want to cut back on high-fat snacks or eat more high-fibre foods.

If you aren't sure where to start, keeping a food diary can help. For a week or two, write down everything you eat, then compare what you are eating to Canada's Food Guide. It will help you see which foods you need to eat more of and which foods you eat too often.

Set goals you can reach. Ask yourself if you feel ready to begin taking steps toward big goals. If you're not ready yet, try to pick a date when you will start making small changes. Any healthy change—no matter how small—is a good start.

When You Are Clear About Your Reasons for Wanting to Make a Change, It's Time to Set Your Goals

- **Long-term goals:** These are goals that you want to reach in six to 12 months. A long-term goal might be to eat plenty of vegetables and fruits every day.
- **Short-term goals:** You may not be ready to eat more vegetables and fruits every day. What are the short-term goals that will help you get there? Your first small goal might be to eat fruit at breakfast each day. As soon as you've reached that goal, you can set a new one by adding vegetables or fruits to your lunch or dinner. Or you could try eating a piece of fruit as a snack every day.
- **Update your goals:** It will help you stay motivated if you track your progress and update your goals as you move forward.



Tips for Setting Goals:

- **Focus on small goals.** This will help you reach larger goals over time. With smaller goals, you'll have success more often, which will help you stay with it.
- **Write down your goals.** This will help you remember, and you'll have a clearer idea of what you want to achieve. Make a personal action plan where you can record your goals. Hang up your plan where you will see it often. It will remind you of what you're trying to do.
- **Make your goals specific.** Specific goals help you measure your progress and adjust your plan. For example, setting a goal to eat vegetables two times each day is better than a general goal to "eat more vegetables."
- **Focus on one goal at a time.** By doing this, you're less likely to feel overwhelmed and then give up.
- **As soon as you reach a goal, set a new one.**

Wildfire Smoke and Your Health

from Alberta Health Services

When wildfire smoke enters a community, it can cause problems for the people who live there. Smoke contains small particles, which are a big health risk. These particles can get in your eyes, breathing (respiratory) system, and bloodstream. They can cause:

- burning eyes
- a runny nose
- coughing
- trouble breathing or illnesses such as bronchitis.

If smoke is a problem where I live, what can I do to lower my health risk?

Stay inside as much as possible and keep all windows and doors closed. Here's what else you can do to keep your indoor air clean:

- Close fresh air intakes from furnaces, fireplaces, or stoves.
- If you have air conditioning, turn it on and set it to recirculate. Keep it running to help filter the air and keep your family cool. Just remember that some air conditioning systems don't filter the air or improve indoor air quality.
- If you have room air cleaners with high-efficiency particulate air (HEPA) filters, turn them on. Don't use air cleaners that may produce ozone. For portable air cleaners, follow all the manufacturer's instructions for changing the filter, where to place the device, and the size of room it's meant to be used in.
- Use humidifiers, which may remove some of the smoke. The humid air can also help keep your nose and mouth moist.
- Don't use wood stoves, gas stoves, or candles, because they can make the indoor air quality worse. If you can, prepare foods that you don't have to cook. Cooking (especially frying and broiling) can affect the air quality in your home.
- Don't use spray air fresheners or electric fragrance dispensers because they can affect air quality.
- Don't vacuum because it stirs up particles that are already inside your home.
- Don't let anyone smoke, vape, or use e-cigarettes in your home.

What can I do if it's too warm inside my home?

When you keep doors and windows closed to keep smoke out and you don't have air conditioning, your house may get very warm. If you need to cool down, you should visit a place that is more air-tight with cooler filtered air. Examples include a shopping mall, library, community centre, or movie theatre.

If you can't leave your home, watch for signs of heat-related illness, such as heat exhaustion or heatstroke. Turn on the furnace fan or standalone fans to move air around in your home. If the air quality gets better, you can air out your home by opening doors and windows.

Smoke can also be harmful to pets. Try to keep your pets inside as much as possible and make sure that they have lots of water. If your pet has trouble breathing, contact your vet.

How can I stay aware of what's going on in my community?

When wildfire smoke is in your community, regularly check for air quality updates on local media (TV, radio, or online). If you have neighbours, friends, or relatives who live alone, check on them to make sure they're okay.

What if I need to leave my home?

- If you are in your vehicle, and the air quality is poor, keep the windows closed. Put the air system on recirculate so smoky air doesn't get inside.
- When driving through an area with low or no smoke, switch the circulation system to let outside air into your vehicle.
- If you're in a wildfire area, be ready to evacuate. Follow all public service announcements.
- Create an emergency kit and have it ready by the door.

Can I still be active when there's wildfire smoke in the air?

- Pay attention to the local air quality health index (AQHI). Adjust your activities according to the AQHI messages.
- Move outdoor activities indoors and keep your indoor air as clean as possible. Reschedule or cancel outdoor events (such as sports) if smoke levels are too high. Don't do any heavy activity or exercise outside. Heavy activity and exercise can make you breathe 10 to 20

GAMES & PUZZLES

Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



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

Get support for your emotional health today!

I work with clients from a strength based approach to set goals & achieve them.

Now accepting new clients age 12 & up.

www.lisathoresoncounselling.ca

lisathoresoncounselling@telus.net



LISA THORESON
COUNSELLING

SCAN HERE TO VIEW ADDITIONAL TUSCANY CONTENT

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



times more than you do while you're resting. Stop or slow down if what you're doing makes you cough or feel overly tired.

- Drink lots of water to stay hydrated. This will keep your nose and mouth moist, which makes it easier to breathe. This is important when you're inside and outside.
- When there is a lot of haze in the air, don't let your children play outside for a long time.
- If you have heart or lung problems, the smoke can make it worse. If you have chest tightness, chest pain, shortness of breath, or another health emergency, call 911 or go to the nearest emergency department right away.
- For 24/7 nurse advice and general health information, call Health Link at 811.

Hawaiian Rice Bowl

by Jennifer Puri



Rice is a grain that grows to 4ft. in height, produces small edible seeds, and thrives in warm, wet climates.

It is the world's largest food crop and evidence of rice farming, dating back ten thousand years, has been found in the Yangtze River valley of China.

There are two types of rice – Asian Rice and African Rice and the length and width of the rice (once it is cooked) determines if it is short, medium, or long.

White rice is more commonly consumed than brown, black, or red due to its ease of cooking and long shelf life. Rice should always be washed before cooking as it will rid the rice of any starch that may be attached to the grain. It also prevents the grains from sticking to each other during the cooking process.

China is the world's largest producer and contributes to the daily rice intake of 3.5 billion people in Asia, Africa, and South America.

Steamed, boiled, fried, or ground, rice shows up as an ingredient in Spain (paella), Italy (risotto), Japan (sushi), India (pillau), Malaysia (nasi lemak), Korea (bibimbap), Africa (jolloff), Brazil (galinhada), or in its simplest form poke or Hawaiian Rice Bowl.

Prep Time: 25 minutes

Cook Time: 5 minutes

Servings: 4



Ingredients:

- 2 medium size carrots
- 2 small beetroots
- 2 mini cucumbers
- 2 avocados
- 1 can pineapple tidbits
- 20 jumbo size shrimp (shelled and de-veined)
- 2 cups shredded lettuce
- 4 cups cooked white, brown, or black rice
- 6 tbsps. mayo
- 2 tbsps. siracha sauce
- 2 tbsps. rice vinegar
- 2 tbsps. olive oil
- 2 tbsps. soya sauce
- 4 tbsps. of coriander leaves or nori nori (dry seaweed)

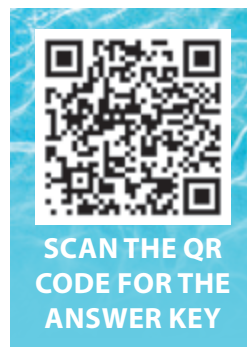
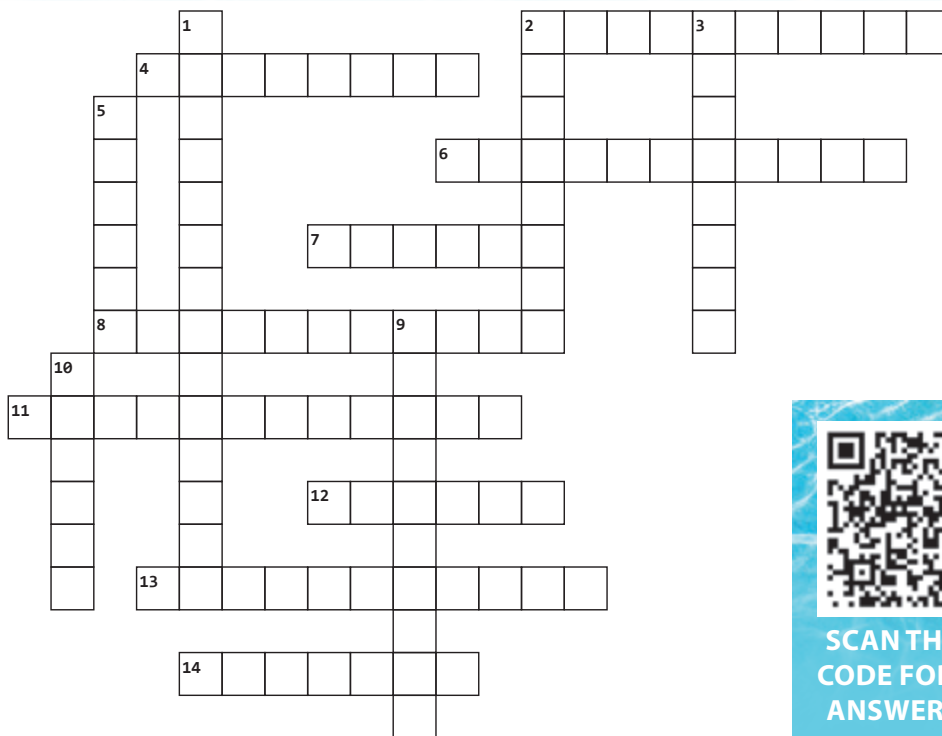
Directions:

- Wash and peel carrots and beetroots and then cut, along with the cucumbers into small even sized pieces.
- Drain pineapple tidbits and set aside. Cut each avocado into half and then slice each half into four pieces.
- In a small bowl prepare dressing by combining the mayo, siracha, and rice vinegar.
- Heat two tbsps. of olive oil in a skillet or wok and then add the shrimp and stirfry for three to four minutes or until the shrimp turn pink and are cooked. Add two tbsps. of soya sauce and toss the shrimp in it and then remove from heat.
- Assemble four bowls by placing a cup of warm rice in each one and arranging the pineapple bits, carrots, cucumbers, beetroots, and lettuce around the edges of each bowl. Add the shrimp and avocado slices and top with siracha mayo dressing. Garnish with coriander leaves or nori nori if desired.

*You can substitute the shrimp for tofu and edamame or corn if you would prefer a vegetarian option.

Bon Appétit!

August Crossword



Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and _____ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National _____ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National _____ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the _____ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.



Tuscany Real Estate Update

Last 12 Months Tuscany

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2023	\$ 629,900	\$ 650,000
May 2023	\$ 641,950	\$ 634,200
April 2023	\$ 622,400	\$ 623,750
March 2023	\$ 590,000	\$ 592,500
February 2023	\$ 609,900	\$ 595,000
January 2023	\$ 689,900	\$ 692,550
December 2022	\$ 639,900	\$ 600,000
November 2022	\$ 499,450	\$ 512,500
October 2022	\$ 589,900	\$ 589,900
September 2022	\$ 539,000	\$ 530,000
August 2022	\$ 625,000	\$ 611,000
July 2022	\$ 487,400	\$ 489,500

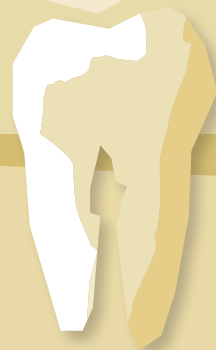
Last 12 Months Tuscany

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2023	30	37
May 2023	48	34
April 2023	27	34
March 2023	34	28
February 2023	18	17
January 2023	15	8
December 2022	5	13
November 2022	14	16
October 2022	23	25
September 2022	18	21
August 2022	26	25
July 2022	21	18

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

TOOTH ENAMEL IS THE HARDEST PART OF YOUR BODY



THERE'S MORE TO
**DENTAL
HEALTH**
THAN MEETS
THE EYE

FAMILY DENTISTRY | HYGIENE | KOIS | INVISALIGN | SEDATION

Your Community Dentist in Northwest Calgary

New Patients Welcome

Meet Your
Dental Team



Dr. Cam Brauer



Dr. Crick Ko

tuscany 
dental centre
403-239-0010

Schedule an appointment on our website

www.tuscanydental.com

2078 – 11300 Tuscany Blvd NW | Calgary, AB

HOURS OF OPERATION

Monday	7am - 5pm
Tuesday	7am - 7pm
Wednesday	7am - 7pm
Thursday	7am - 7pm
Friday	7am - 5pm



101 Ways to Reduce Stress

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

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory, write it down
- Practice preventative maintenance
- Make duplicate keys
- Say 'no' more often
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important papers
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly cat or dog
- Remember you don't have to know all the answers
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to yourself
- Visualize yourself winning
- Develop your sense of humour
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- Dance a jig
- Say 'hello' to a stranger
- Ask a friend for a hug
- Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- Watch a ballet
- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others
- Ask someone to be your sounding board
- Do it today
- Work at being optimistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Strive for excellence, not perfection
- Stretch your limits a little each day
- Look at a work of art
- Hum a tune
- Maintain your weight
- Plant a tree
- Feed the birds
- Practice grace under pressure
- Stand up and stretch
- Always have a plan B
- Learn to draw
- Memorize a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Tell someone to have a good day
- Throw a paper airplane
- Exercise everyday
- Learn the words to a new song
- Get to work early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early
- Put an air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a faraway friend
- Go to a sports event and cheer loudly
- Cook a meal and eat by candlelight
- Recognize unconditional love
- Remember that stress is an attitude
- Keep a journal
- Have a support network of people, places, and things
- Quit trying to fix other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people
- Relax, take each day as it comes



**No one
has to
face
cancer
alone.**



Wellspring Alberta is a registered charity that provides free professionally-led programs and support for anyone living with cancer, including caregivers, and family members. Our programs are available online, in-person, or over the phone.

At Wellspring Alberta, you'll find a place to connect with others, be yourself, and find the support you need to face cancer.

wellspringalberta.ca | 1.866.682.3135 | Charitable Reg. #809013675RR0001



Councillor, Ward 1
Sonya Sharp

☎ 403-268-2430

✉ ward1@calgary.ca

📧 @sonyasharpyyc



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

Hello, Ward 1!

It feels like summer is just getting started, but September is just around the corner. This month, I want to highlight some city service changes and safety reminders as kids get ready to head back to school.

Calgary Transit Service Updates

Four times a year, Calgary Transit reviews service levels, schedules, and routes. This includes some changes in Ward 1 starting September 4.

Route 305 – Bowness will be cancelled due to low ridership. Route 1 will have increased frequency as a result.

Route 408 – Valley Ridge is becoming Route 108 – Paskapoo Slopes and will have higher frequency and shorter travel times.

Learn more about these and other changes at calgarytransit.com.

Road Safety

As kids head back to school next month, the Ward 1 Office reminds you to take care driving around schools and in residential areas. Playground zones are in effect around schools everyday from 7:30 am to 9:00 pm year-round. Passing another vehicle in a playground zone is not permitted.

Concerns about an ongoing traffic safety issue in your neighbourhood? Submit a Traffic Service Request at calgarypolice.ca. A member of the Calgary Police Service's Traffic Section will contact you to discuss the concern.

Housing and Affordability Task Force

Next month, the Housing and Affordability Task Force's recommendations return to the Community Development Committee for consideration. I'm looking forward to addressing the challenges our city is facing in these areas.

I've heard concerns from some Ward 1 residents about some of the recommendations, including blanket rezoning and the removal of parking minimums. I would love to hear your feedback on these and other recommendations ahead of Council's debate. You can find the recommendations and contact me at calgary.ca/ward1.

Boards, Commissions, and Committees

The City is recruiting for public positions on many Boards, Commissions, and Committees this month. It's a great way to give back to your community and to make your voice heard. Learn more at calgary.ca/boards.

Prior to the summer adjournment I raised questions in the House of Commons about the high cost of living and the impact of interest rate increases on homeowners with mortgages, and on those who want to buy their first home.

Many homeowners are concerned about the impact of high interest rates on monthly budgets when their mortgages renew. The cost of government is driving up the cost of living and pushing up interest rates. Persistent deficits, which began well before the COVID crisis, contribute to inflation, which causes interest rates to go up, resulting in higher payments.

Many young Canadians are giving up on the dream of homeownership, and renting is increasingly unaffordable. I urged the government to reign in its spending to get inflation and interest rates under control, and to stop blocking energy infrastructure projects to preserve and create high paying jobs in Alberta.

The government has also made necessities like fuel, food, and home heating more expensive with a significant increase to the carbon tax on April 1, and the introduction of a second carbon tax (clean fuel regulation) which came into effect on July 1. I repeatedly asked the government to stop raising taxes that increase the price of basic necessities and disproportionately impact the vulnerable.

I worked on two Parliamentary reports recently tabled in the House of Commons. The Defence committee tabled "Cyber Defence of Canada", and the Access to Information Privacy and Ethics committee tabled "The State of Access to Information in Canada". Both reports contain important recommendations that I hope the government will act upon.

I have enjoyed spending time with people at community events this summer. If you would like me to participate in an event, please contact my office with the details, and I will be pleased to attend if my schedule allows.



Retirement Ready?

It's time to start organizing your finances, and we can help.



Private Wealth

Stephen Kunn, BA, CFP, CIM
Portfolio Manager & Financial Planner
Tel: 403-260-9304
Stephen.Kunn@nbpcd.com

Stephen Kunn
ADVISORY GROUP

BMO Nesbitt Burns

BMO Private Wealth is a brand name for a business group consisting of Bank of Montreal and certain of its affiliates in providing private wealth management products and services. Not all products and services are offered by all legal entities within BMO Private Wealth. Banking services are offered through Bank of Montreal. Investment management, wealth planning, tax planning, and philanthropy planning services are offered through BMO Nesbitt Burns Inc. and BMO Private Investment Counsel Inc. Estate, trust, and custodial services are offered through BMO Trust Company. BMO Private Wealth legal entities do not offer tax advice. BMO Trust Company and BMO Bank of Montreal are Members of CDIC. If you are already a client of BMO Nesbitt Burns Inc., please contact your Investment Advisor for more information. © Registered trademark of Bank of Montreal, used under license.

PCD20563



Spring Hill
Chiropractic

403-288-4838

springhillchiro@shaw.ca



SCAN TO BOOK

Our Silver Springs and Crowfoot locations offer:

- **Chiropractic**
- **Registered Massage Therapy**
- **Acupuncture**
- **Shockwave Therapy**
- **Custom Orthotics**

WE'RE HERE TO HELP KEEP YOU ON YOUR FEET!

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Tuscany. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

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.

TUSCANY 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.

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.

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.

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.

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.

JUNK REMOVAL IN CALGARY: Speedyjunk2go provides roll off bin and junk removal for construction, demolition, home renovations, event cleanups, moving and estate cleanouts. Ready to get started? Give us a call today at 403-818-2010 or check out speedyjunk2go.ca and let us assist you in your cleanup journey. Together, we'll make your project a resounding success!



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.



Kirby Cox
& ASSOCIATES



Kirby Cox | Cam Sterns

*Seller's Market
Lowest Ever Inventory Levels!*



**YOUR HOME WILL
STAND OUT**

3D tours, detailed floor plans, and much more with our proven marketing and state-of-the-art technology.



Scan to check out
our current listings.

Selling Your Home? Check out our proven marketing plan.

In-house Showing
Coordinator – No 3rd
party call centres.

Professional high
dynamic photography
and videos.

State-of-the-art website
with over 40,000 unique
hits monthly.



#1 Real Estate Team in Calgary 2022*

*Royal LePage



kirbycox.com
Royal LePage Benchmark

403.247.5555