

JANUARY 2023

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WARBLER

THE OFFICIAL WEST HILLHURST COMMUNITY NEWSLETTER



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SCAN ME



Share your thoughts from January 17 to February 12, 2023:

- Tell us what you think at calgary.ca/Riley.
- Check your mailbox for an engagement booklet or pick one up at a My Idea Station (see map online) starting January 17. Each engagement booklet includes a comment form that can be mailed in with pre-paid postage.
- Join an engagement session – check out the schedule and register at calgary.ca/Riley.

Get Involved

Riley Communities Local Area Planning

The Riley Communities Local Area Plan will set the vision for the evolution of your community over the next 30 years. We need your input to help guide future change, growth, and redevelopment.

We want to hear from you

Phase 2 of the Riley Communities Local Area Planning project kicks off January 17, 2023.

This phase of engagement will focus on exploring where and how growth and change could happen in the Riley Communities (West Hillhurst, Hounsfield Heights/Briar Hill, Hillhurst, and Sunnyside).



As part of Phase 2, you can provide feedback on:

1. The Draft Vision and Core Values for the Riley Communities
2. Potential Focus Areas for Moderate-to Large-Scale Growth
3. Opportunities and Challenges with Small-Scale Growth

Learn more at calgary.ca/Riley



WINTER COURSES REGISTER TODAY!

Ceramics / Drawing / Glass / Graphic Design
Jewellery / Painting / Photography

Auarts.ca/personalinterest

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DECIDEDLY JAZZ DANCEWORKS

Brighten up your winter with DJD's

OLD/NEW/ BORROWED/BLUE

January 19-29, 2023 at the DJD Dance Centre

AS PART OF THE 37TH ANNUAL HIGH PERFORMANCE RODEO

Featuring some new works, a borrowed piece,
and some favourite old DJD repertoire sure to
put a smile on your face.

Tickets range from \$43-\$71

For more information, visit decidedlyjazz.com



TRUDIE LEE PHOTOGRAPHY

WHCA Board of Directors

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Newsletter	admin@westhillhurst.com
Community Engagement	volunteers@westhillhurst.com
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Community Events	events@westhillhurst.com

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www.westhillhurst.com/skip-the-depot

Guess what SkipTheDepot now offers! Electronic recycling and they will come to you to pick it up!

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Download the app and book a pickup!
<https://app.skipthedepot.com/westhillhurst>.

**To View Additional
West Hillhurst Content**

INCLUDING

- News and Events
- Real Estate Statistics
- Crime Statistics

and More...

SCAN HERE


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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.

GENERAL MANAGER'S MESSAGE

Hello WHCA Community,

I hope everyone had a great Christmas and filled up on all the holiday treats! Did I mention we have fitness equipment in the Health Club to burn off those extra pounds?

This year will see us re-opening the lounge (September 2023), getting solar panels on the roof, doing work in the arena plantroom (July and August 2023), and looking at some more community events to engage more people in the community.

WHCA would like to thank all those community members who have purchased the yearly community membership and are enjoying the benefits offered by companies in our community as well as the free Tai Chi classes and community events. Please talk to your friends and neighbours about getting the membership and helping to support the community and building.

As always, if you have any questions, concerns, comments, or suggestions, please email them to me.

Thank you,

Bryan Polak

General Manager

generalmanager@westhillhurst.com

Facebook @WHCAab | Instagram @westhillhurstca



Registration now OPEN!

Foothills Little League offers baseball to girls and boys aged 4-16. All skill levels are welcome!

Spring season runs from mid-April to mid-June.

www.foothillslittleleague.org



WEST HILLHURST GO-GETTERS ASSOCIATION

Happy New Year and all the best to you and yours in 2023. It seems that the years are flying by at such a fast rate that we hardly know where the time went. Therefore, we want to say we appreciate all of you that we come in contact with through the Go-Getters program and hope that your 2023 is wonderful!

If you are age 50 plus, the West Hillhurst Go-Getters Association is the place for you! Go-Getters' memberships are available for purchase/renewal and cost \$25 per person for our full membership year (September 1 to August 31). Please be sure to fill out your yearly membership forms/surveys as they are required in order to purchase a Go-Getters Membership.

For our Membership, special events for this month include Games Night, Foot Clinic, and a Wine and Paint Class. Bingo is held every Wednesday starting at 12:00 noon and you don't have to be a member to join us for Bingo (you do have to be 18 or older though). Check out our website, call, or drop in to see dates, times, cost, and availability for all of our programs.

Visit us online at www.gogetters.ca or call us at 403-283-3720. Drop in and visit us anytime, Monday through Friday from 8:30 am to 3:30 pm.

WHCA Events

A huge thank you to @ParksFdnCalgary, @CityofCalgary, and TELUS for helping our community Embrace the Outdoors and spend time outside this winter. It is needed more than ever and is a great way to stay connected with our neighbours and community. If you would like to help with the rink maintenance this winter, please contact bookings@westhillhurst.com.

We Need You! We Are Better Working Together!

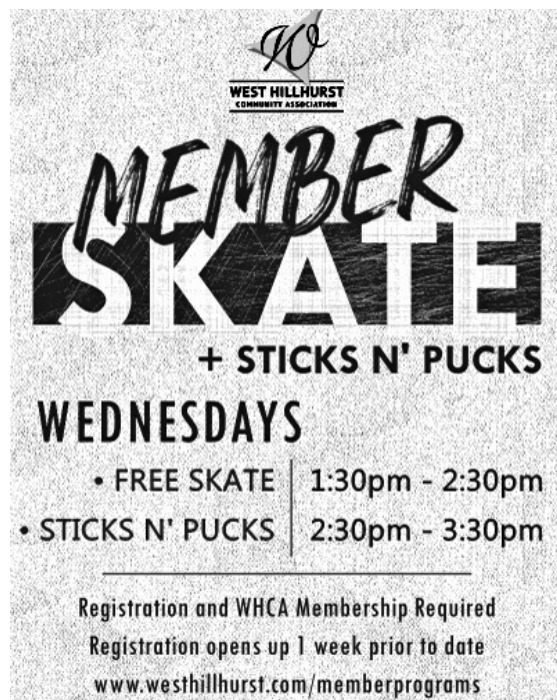
We are looking for people who are interested in helping with events at West Hillhurst Community Association. If you have any ideas or are interested in helping, please contact events@westhillhurst.com.

WHCA EXTERNAL/INTERNAL PROGRAMS

The West Hillhurst Community Association has a wide variety of programming run through the association and courtesy of our external renters. With activities for all ages, schedules, and fitness levels, you can rest assured that there is something for everyone.

*Please contact organizer/organization directly for information.

WHCA member programming (included with annual WHCA membership):



The poster features the WHCA logo at the top, which includes a stylized '40' and the text 'WEST HILLHURST COMMUNITY ASSOCIATION'. Below the logo, the words 'MEMBER SKATE' are written in large, bold, black letters. Underneath, it says '+ STICKS N' PUCKS' and 'WEDNESDAYS'. A table lists the activities and times: 'FREE SKATE' from 1:30pm to 2:30pm, and 'STICKS N' PUCKS' from 2:30pm to 3:30pm. At the bottom, it states 'Registration and WHCA Membership Required', 'Registration opens up 1 week prior to date', and provides the website 'www.westhillhurst.com/memberprograms'.

WEST HILLHURST
COMMUNITY ASSOCIATION

**MEMBER
SKATE**

+ STICKS N' PUCKS

WEDNESDAYS

• FREE SKATE	1:30pm - 2:30pm
• STICKS N' PUCKS	2:30pm - 3:30pm

Registration and WHCA Membership Required
Registration opens up 1 week prior to date
www.westhillhurst.com/memberprograms

Our WHCA member programs which are included with your WHCA annual membership are back - Tai Chi, Tai Chi pushing hands, member skate, member sticks and pucks, discounts on WHCA programs, WHCA events, and special family ice rates. Visit www.westhillhurst.com/memberprograms.

Questions? info@westhillhurst.com.

• **WHCA Skate Club.** Contact skate@westhillhurst.com or 403-283-0464, ext. 6. Please send email inquiries.

• **WHCA Preschool.**

Contact registrar@westhillhurstpreschool.com or 403-283-0464, ext. 7.

• **WHCA Pickleball.** Contact admin@westhillhurst.com or 403-283-0464, ext. 6.

• **Other WHCA Sport Programs.**

Contact whfitness@westhillhurst.com or 403-283-0464, ext. 1.

Youth Programming Winter

• **WHCA Basketball and Squash.**
www.westhillhurst.com/youth-programs.

• **New! Jugando.**
Spanish Centre for Kids! www.jugando.ca.

• **New! Engineering for Kids.** Ages 5 to 12.
www.engineeringforkids.com/calgary.

• **New! Young Rembrandts.** Drawing classes for Kids ages 4 to 12 years. www.youngrembrandts.com.

• **Summit Kids Before and After School Care.**
Monday to Friday. www.summitkids.ca.

• **Triple Meg Soccer.** Fall registration open.
www.triplemeg.com.

• **Sportball.** Fall registration open.
www.sportball.ca/calgary.

• **Kinder Studios.** Dance for Ages 3 months to 12 years.
www.kinderstudios.ca.

• **Baby/Toddler Music.** www.mosspostpartum.com.

• **Irish Dance.** www.bradyacademy.ca.

• **Karate Jkaiwayama.** www.jkaiwayama.ca.

• **Hybrid Hockey.** Hockey development programming.
www.hybridhockey.net.

• **Calgary Roller Derby Jr.** www.calgaryrollerderby.com,
juniors@calgaryrollerderby.com.

• **Breakaway Hockey and Ringette Development.**
www.breakawaypowerskating.com.

• **Hybrid Hockey Spring 3 On 3, Skating and Skills Program.** Ages U9 to U15 for players and goalies.

Tuesdays and Thursdays, April to May 2023 at the West Hillhurst Community rink.

Program details and registration available at www.hybridhockey.net.

Adult Sports and Fitness Programming Winter

- **WHCA Women's Squash.**
www.westhillhurst.com/adult-programs.
- **NCHL (Adult Non-Contact Hockey League).**
Monday to Sunday. www.nchl.com.
- **Jazzercise with Judy.** Monday and Wednesday.
6:00 to 7:00 pm. jazzed@telus.net.
- **New! Karma Yoga with Jami.** Tuesdays, 6:15 to 7:15 pm.
Contact Jami.
- **Pre and Postnatal Fitness Programming.**
Tuesdays. www.mossportpartum.com.
- **Yogamaya.** Yin, gentle, and flow yoga classes.
www.yogamaya.ca.
- **Lisa Scott Bootcamp.** Indoor and outdoor bootcamp.
scottlj@telus.net.
- **High Fitness.** HIGH fitness has brought aerobics back in a hip and unique way. maddier.highfit@gmail.com.
- **JKA Karate (Jkaiwayama).** Adult and youth karate.
www.jkaiwayama.ca.
- **Fight 34 Krav Maga.** We teach the krav maga system of realistic self-defense. info@fight34.com.
- **Yarn Ball.** Drop-in adult floor hockey.
robvh2@gmail.com.
- **Calgary Sport and Social Club.** Volleyball, pickleball, floor hockey. www.calgarysportsclub.com.
- **Calgary Roller Derby.** Adult roller derby.
www.calgaryrollerderby.com.
- **Chinook City Roller Derby.** Adult roller derby.
michael.p.willie@gmail.com.

Facility Bookings/Rentals

WHCA arena, gymnasium and studio spaces for rent! Now taking bookings. Please check our online calendar for available ice times: www.westhillhurst.com/facility-rentals.

Questions? bookings@westhillhurst.com.

Learn to Skate

WHSC Fall 2022 Skate Registration

Welcome to our upcoming and exciting 2022-2023 Skating Season at the West Hillhurst Skating Club. We are pleased to announce the fall 2022 Pre-CanSkate, CanSkate, CanPowerSkate, and Adult & Teen Learn to Skate program registrations from September 8 to December 10, 2022. Registration is now open, complete program details (date/time/location) and equipment requirements are in the registration details.

Please note, for fall 2022, our skating programs operate at three arenas as follows:

1. Mondays, Wednesdays, and Saturdays at West Hillhurst Arena
2. Tuesdays and Fridays at Brentwood Community Arena
3. Thursdays at Mount Pleasant Arena

Important Registration Tips

Prior to registering for any programs, please check that you have a valid annual WHCA and Skate Canada memberships. If you don't have one or both memberships, or if either has expired, you will need to purchase one or both memberships for renewal before you register for any of the programs. This will prevent errors in your registration process.

If you forgot your WHCA account password, please do not create a new account. Call Carla at 403-283-0464, ext. 6 to reset your password.

Questions about the WHCA Skate Club program? Contact skate@westhillhurst.com, 403-283-0464, ext. 6, or visit www.westhillhurst.com/learntoskate.

Planning Committee

by Karen Dahl

The West Hillhurst Planning Committee (WHPC) is a small but dedicated group of volunteers that meets on the third Monday of every month to review development applications received from the city. Should the meeting fall on a holiday, it will be held on the Tuesday night.

All residents and guests are welcome to attend!

For more information, please access the following resources:

- WHPC upcoming meetings, past meeting minutes and the WHPC Terms of Reference are posted on www.westhillhurst.com/planning.
- Go to <http://developmentmap.calgary.ca> to find details and timelines on specific development projects.
- Email the WHPC directly at planning@westhillhurst.com.

WHCA Squash and Fitness Centre Information

New Private/Semiprivate Training

Please reach out to trainers directly for pricing and scheduling.

Christine Shudra: beattles@telus.net | 403-815-4016

Ian Coburn: ian.t.coburn@gmail.com | 403-714-3578

www.westhillhurst.com/meet-the-instructors.

Membership info can be found here:

www.westhillhurst.com/membership-pricing.

Questions? whfitness@westhillhurst.com | 403-283-0464, ext. 1.



CHRISTINE SHUDRA

Personal Trainer
Nutritional Coaching
Weight Training

Christine loves helping people become the best version of themselves. She believes that movement, of any type, is one of the main components of a healthy lifestyle. She is a certified personal trainer and group fitness Instructor. Christine is excited to talk about your fitness goals and help you figure out realistic changes you can incorporate into your lifestyle!

✉ beattles@telus.net
☎ 403-815-4016



IAN COBURN

Bsc Kinesiology (Major Biomechanics) UofC
Registered Kinesiologist - Canadian Kinesiology Alliance
Certified Personal Trainer - CSEP
Functional Movement Systems - Level 2

My own injury rehab and athletics journey uncovered the changes that are often needed in the building blocks of movement, to improve people's health and performance. I share this with others by screening movement and lifestyle for injury risk factors and limitations that are hindering their improvement. Then, whether for individual or group, personalize programs designed to remove limitations so that a strong foundation can be built for reaching your goals. I have a decade of experiences with teens to octogenarians in positions with community gyms to elite sport. I offer in-person, online, 1 on 1, and small group training. I look forward to working with you!

✉ ian.t.coburn@gmail.com
📷 @coburncoaching
☎ 403-714-3578



News from the Friends of Nose Hill

by Anne Burke

The Calgary Naturalists' Club was started in the late 1940s. Its activities included plant, bird, and star study groups. After the Calgary Bird Club was formed, the Calgary Naturalists' Club was discontinued, due to lack of support, since so many of its members had transferred their membership. The Calgary Bird Club evolved and became the Calgary Field Naturalists' Society, an advocate for the ongoing protection of parks and other natural areas by letters and through engagement with city officials.

According to the Provincial Archives of Alberta, when the first meeting of the Federation of Alberta Naturalists was held, it was attended by representatives from six regional naturalist clubs: the Calgary Field Naturalists' Society (now known as Nature Calgary), the Edmonton Bird Club, the Edmonton Natural History Club, the Lethbridge Natural History Society, the Alberta Natural History Society (of Red Deer), and the Bow Valley Naturalists. Membership in the Federation has since grown to include over 40 clubs, representing thousands of individuals.

The Federation (now known as Nature Alberta) was registered under the Societies Act to increase knowledge of natural history and understanding of ecological processes; to promote the exchange of information and views among natural history clubs and societies; and to foster and assist in the formation of additional natural history clubs and societies in Alberta. The aims are to promote new natural areas and nature reserves; to conserve and protect species, communities, or other features of interest; as well as to organize or coordinate conferences, field meetings, nature camps, research, and other activities. The group offers naturalists a forum in which questions relating to the conservation of the natural environment may be discussed, united positions are developed, and the means of translating these positions are put into action.

West Hillhurst Preschool News



WH Community Preschool runs classes for 3-5yrs. (kindergarten aged student eligible) All classes are taught by exceptional teachers using a play-based curriculum. WH Pre-School is participating in the provincial affordability program (\$75/month towards monthly tuition)

small class sizes (1:9 max) | play-based curriculum
outdoor area / time | sessional programs: ex. skating / soccer
community focused: most families live in the neighborhood

www.westhillhurstpreschool.com | chairs@westhillhurstpreschool.com

by Lisa Kelly

Firstly, Happy New Year from all the children, teachers, and parents at the Preschool! 2022 was so much fun!

The teachers have been busy planning fun activities, and we can't wait to get started on a new year in school. We are very happy and excited to be offering skating lessons again this year for all of our classes. These start this month and run for four weeks. These lessons are always so much fun and it's amazing how quickly the children pick up the skating skills!

December was as busy as ever. The children worked hard making a range of different crafts and decorations, which I'm sure will be displayed in your homes for many years. Our holiday party was so much fun, and it was great to have all the children and families back together again celebrating this special time of the year. Thank you to everyone who helped make this exciting and memorable for all the children.

We are also getting ready for registration for the 2023-2024 school year, where we will once again offer morning and afternoon classes. Open registration for the 2023-2024 Preschool year begins on February 7. Please refer to our website for priority registration dates. We will be holding our open house sessions on January 31. One will be in

person between 5:30 and 6:30 pm in the preschool class and the other will be virtual, from 7:00 and 8:00 pm. Please check out our website at www.westhillhurstpreschool.com if you would like to find out additional registration details or information on our programs.

WHCA Member Card Discounts

Members of the West Hillhurst Community Association have access to a variety of activities, sports, events, seminars, and more. A WHCA membership also comes with exclusive benefits and discounts at local businesses. We are always adding new partners to our benefits program, so keep an eye out each month for new sponsors.

Exclusive Member Card Discounts: Our members receive promotional discounts with local businesses when they present a WHCA membership card.

- **Amato Gelato:** 10% off
- **Holiday Inn Express & Suites University Calgary:** 10% discount on room bookings
- **Bowtown Music:** 5% discount, excluding classes
- **Kensington Wine Market:** 10% off wine, 5% off beer and spirits
- **Framed on Fifth:** 10% off picture framing services
- **Cadence Chiropractic, Sport & Health:** 1 to 20% discounts
- **Canary Goods:** 10% off
- **Dignity Memorial:** 10% savings
- **EcoEquitable:** Use promo code 'WHCA' for a 15% discount
- **Showhome Furniture:** 20% off regular priced items, 10% off custom furniture
- **SunnyCider:** 10% off any cider purchase at the Tap Room
- **Superior Vacuums:** 5% off any purchase or service
- **Trinity Wellness Centre:** 15% off your Initial Acupuncture Assessment & Treatment
- **Villages Calgary:** 10% off purchases excluding rugs, food, and sale items
- **Vine Styles:** 10% discount, excluding already discounted products
- **Tipperary's Pub:** WHCA Team Specials

Contact generalmanager@westhillhurst.com or call 403-283-0464 for sponsorship and advertising opportunities, including spaces in the arena, gymnasium, squash courts, and more.

No membership card? No problem! Come see us at the administration office to get yours. To register for WHCA's free member programs, visit westhillhurst.com. Membership cards must be shown. Online administration fees go back to WHCA.



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✉️ reception@briarhilldental.ca
🌐 www.briarhilldental.ca



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Calgary, AB T2M 3M2
📞 403-220-0888
✉️ len.webber@parl.gc.ca

Find Your History

If spending time with your family over the holidays has sparked an interest in your family history, the Government of Canada has resources for you to explore your genealogy.

Through Libraries and Archives Canada online you can access census, immigration, citizenship and naturalization, employment, and First World War Personnel records to gain insight into your family history. Some of these records are digitized and others available to order.

Starting in 1851, census records included the names of residents, their country or province of birth, age, and many other details. Library and Archives Canada holds an extensive collection of Canadian census records from 1640 to 1926, and for Newfoundland from 1671 to 1945. Starting in 1901, most census records indicated the year of arrival for immigrants.

Library and Archives Canada holds citizenship records including naturalization lists from 1915 to 1951, Naturalization records in Upper Canada and Canada West from 1828 to 1850, and Citizenship registration records for the Montreal Circuit Court from 1851 to 1945. They also hold many land-related records that paint a picture of the lives of homesteaders in the prairies.

Related to the First World War, Libraries and Archives Canada holds personnel records, Courts Martial files, Navy records, CEF sailing lists, Prisoner of war records, Hospital records, air services records, and other files.

An additional resource is Canadiana Heritage: a free tool for accessing digitized archival collections encompassing nearly 40 million pages of primary-source documents. Chronicling the country and its people from the 1600s to the mid-1900s, this collection represents a vast and unique resource for Canadian historians, students, and genealogists.

These documents are categorized into collections including Genealogy, Aboriginal History, Government Documents, Military History, and Landmark Papers. Canadiana, the sister site of Canadiana Heritage, contains monographs, serials, government publications, and maps.

You can access these resources and more at www.library-archives.canada.ca. Happy hunting!

BUSINESS CLASSIFIEDS

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

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WEST HILLHURST 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.

ADAIR TREE CARE LTD. PROFESSIONAL ARBORISTS: Calgary's trusted arborists since 1997. Expert tree pruning, removal, stump grinding, pest and disease management, fertilization, and planting. We love your trees! 403-686-6030, www.adairtreecare.com.

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.

READING SUCCESS FOR CHILDREN: Want to help a struggling reader but don't know where to start? Free literacy screening kit. Follow up with individualized modules designed to develop reading skills for success. frameworks4learning@gmail.com.

JOSHUA BLAIR CLASSICAL OSTEOPATHY: Helps find and fix the cause of your aches and pains through gentle manipulation so you can improve your wellbeing and be your best self! Better Structure. Better Function. Located at 1904-B 20th Avenue NW in Capitol Hill. Book online: www.jblairosteopathy.ca or by phone: 587-225-9734.

FLORAL CLASSES: A fun and engaging indoor activity now that the weather is turned. Learn some floral and plant skills, get your hands dirty, meet some other locals. Join a class or book a custom event. Dates and offerings can be found at www.peaseblossoms.com under classes, or email marika@peaseblossoms.com.

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email tlc.cleaning@shaw.ca.



Unsecured food waste attracts wildlife. Ensure garbage, compost, and recycling are in secure bins.

Please visit
www.calgarywildlife.org
for more information.



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☒ 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

CARDINAL

BY TREVOR RAMAGE



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Happy New Year! Wishing you wonderful memories in 2023.



2.5



1192



16 Promenade Way SE

List Price: \$399,900

MLS #A2011751

An immaculately kept, charming end-unit brownstone offering abundant light, updated flooring, and a notable window-framed gas fireplace.



2



931



505, 1726 14 Avenue NW

List Price: \$389,900

MLS #A2012997

Live an enriched lifestyle in this peaceful home at The Renaissance at North Hill. Highlights include sprawling mountain & Nose Hill Park views, in-suite laundry, and 24-hour security.



2320 24 Avenue SW

List Price: \$999,900

Congratulations to my clients on their successful sale.



2603 30 Street SW

List Price: \$948,000

Heartfelt congratulations to my longtime clients.

Not intended to solicit buyers or sellers currently under contract with a broker.

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#1 OFFICE WORLDWIDE

*Based on Total Dollar Sales
Volume for a Single Office