

MARCH 2023

DELIVERED MONTHLY TO 2,455 HOUSEHOLDS

# your **BRAESIDE BULLETIN**

THE OFFICIAL BRAESIDE COMMUNITY NEWSLETTER



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CENTRE



We are moving and have changed our name! Our new address is Suite 245, 125 Oakmoor Plaza SW which is in the new Co-Op Professional Centre on the southwest side of the shopping centre. The location has two elevators and ample free parking close to the building for your convenience.

Along with the new location, we are now operating under the name of Oakridge Denture & Implant Centre, which reflects our many professional services.

Charles and the staff look forward to seeing you in our new clinic. Please give us a call to set up an appointment and ensure we are in our new location. Our phone number is still 403-251-1522.

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**www.OakridgeDenture.com**

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**Charles Gulley, DD, F.C.A.D.**  
Denturist, Denture Specialist

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---

**Mondays at 6:30pm**  
Braeside Community Centre

Contact Lynne for details:  
**(587) 433-3917**

# BRAESIDE COMMUNITY ASSOCIATION

## To Contact Board of Directors:

Telephone: 403-253-4232 • Fax: 403-253-3528

Email: [braecom@telusplanet.net](mailto:braecom@telusplanet.net)

Mail: 11024 Braeside Drive SW, Calgary, Alberta, T2W 6G5

Board meetings are held on the third Tuesday of each month at 6:30 pm in the Lower Hall board room at the Braeside Community Centre. The meeting is open to all Braeside residents or interested parties. If you have issues or concerns and you would like to be placed on the agenda, kindly call the office at 403-253-4232.

### BOARD POSITIONS:

Board President	Jenny Mae Smith	
Vice President	Lindsey Higgins	
Treasurer	Tammy Strowbridge	
Secretary	Elsbeth MacPhee	
Past President	Jennifer Burgess	
Director at Large	Bill Dunning	
Director at Large	Chris Mattock	
Director at Large	Michele Maurette	
Director at Large	Michelle Guillemette	

### COMMUNITY CONTACTS:

Operations Director	Siewwke Stoppel	403-253-4232
Before and After School Care	Louise Whitbread	403-258-0699
Chinook Musical Society	For Tickets	403-271-3719
City Liaison	Jenna Findlater	403-476-7277
Girl Guides	Barb Augustyn	403-251-5169
Facility Maintenance Lead	James Richard	

### AREA SCHOOLS:

Braeside Elementary		403-777-8470
John Ware Junior School		403-777-7930
St. Benedict Elementary		403-500-2053

### GOVERNMENT REPRESENTATIVES:

Councillor, Ward 11	Kourtney Penner	403-268-3611
MLA, Calgary-Glenmore	Whitney Issik	403-216-5421
MP, Calgary Heritage	Bob Benzen	403-253-7990

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

## The Braeside Bulletin

The Braeside Bulletin is published by the Braeside Community Association and delivered to all Braeside homes. Articles can be emailed to [braecom@telusplanet.net](mailto:braecom@telusplanet.net). Submission deadline is the first of the month for inclusion in the following month's publication. Space limitation may prevent some material submitted from being published. Editing may be required.

While we make every effort to ensure that all information provided and published is correct, we are not responsible for any omissions or errors.

Opinions expressed within these articles, reports or submissions are the author's and should not be considered as reflecting those of the editor or Community Association.

To place a paid advertisement in the Braeside Bulletin, contact Great News Media, 403-263-3044, [sales@great-news.ca](mailto:sales@great-news.ca).

"The Braeside Community Association is committed to representing the community with honesty and integrity, working towards common values and goals."

Check us out on the web at: [www.calgaryarea.com](http://www.calgaryarea.com) (click on SW, Braeside). Email: [braecom@telusplanet.net](mailto:braecom@telusplanet.net). Follow us on Facebook at Braeside Community Association.

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IS YOUR WILL UP TO DATE?  
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PERSONAL DIRECTIVE?

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FAMILIES

# Donations

The BCA is looking for donations of books, puzzles, and games for the BCA Book Nook!



## Programs and Services at BCA

### Monday Nights

Essentrics Fitness

### Tuesday and Thursday Mornings

Senior Fitness

### Wednesday Mornings

Tai Chi

### Thursday Evenings

Karate

## OFFICIAL

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## Contact Us

### Address

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Calgary, AB T2X 2R8

### Call us now

(403) 256-9282

### Email us

info@jacksonjackson.ca  
contact@jacksonjackson.ca



**www.jacksonjackson.ca**

## Membership Information

Are you a BCA Member? Your community contribution means a lot!

### Just where does your contribution go and what are the benefits?

- Ice rink operation and maintenance
- Building maintenance
- BCA programs and services
- Community events such as the Stampede Breakfast, Trunk Sale, Halloween Howl, and the Winter Festival Bake and Book Sale
- Event attendance at no charge
- Hall and Rink rental discounts
- Upcoming discounts with local businesses!

### Cost:

- Family Memberships are \$25
- Seniors Memberships are \$15
- Business Memberships are \$25

\*BCA members can vote at our AGM.

Thank you for supporting the Braeside Community Association!



## ACKU BRAESIDE KARATE CLUB

- Braeside Community Centre – 11024 Braeside Drive SW second floor
- Classes every Thursday
- Orientation for Beginners 6:15 pm – 6:45 pm
- Colour Belts 7:00 pm – 8:00 pm
- Membership: \$35 once a year
- Monthly Fees: \$59 per month for one, \$99 per family (2+)
- Includes training at any other ACKU Club!
- [www.acku.org](http://www.acku.org)
- [www.wukf-karate.org](http://www.wukf-karate.org)
- 403 232-0228
- Start Anytime!



### ☒ CHECKLIST

**9 PM ROUTINE**



CALGARY  
POLICE  
SERVICE

- 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

## SCAN HERE TO VIEW ADDITIONAL BRAESIDE CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



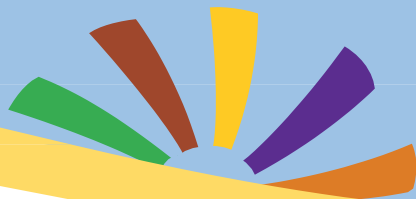
## Joke of the Month

What's the difference between a hippo and a Zippo?

One is really heavy, and the other is a little lighter.

The BCA is Looking for Volunteers to Build and Maintain Our Ice Rinks this Season!





**South Calgary Community**

# Clothing GIVEAWAY



**Saturday, May 6, 2023**  
**10:00 am to 1:00 pm**

**380 MIDPARK BLVD SE**  
**All Saints Lutheran Church**

# Braeside Community Membership Application

## Valid September 1, 2022 – August 31, 2023

### Family Information:

Adults (First and Last Name): \_\_\_\_\_

Children (First and Last Name): \_\_\_\_\_

Address: \_\_\_\_\_, Calgary Postal Code: \_\_\_\_\_

Phone No: \_\_\_\_\_ Email: \_\_\_\_\_

### Membership Type Available: (Please indicate which membership type you are purchasing)

<input type="checkbox"/> \$25.00 – Member	Up to 2 adults with or without children (Braeside residents have voting rights)
<input type="checkbox"/> \$15.00 – Senior	Up to 2 adults over 55 (Braeside residents have voting rights)
<input type="checkbox"/> \$25.00 – Business Member	

### PAYMENT OPTIONS

#### 1) Submit completed form with cash or cheque to 11024 Braeside Drive SW, Calgary, T2W 6G5

PLEASE NOTE: There is a \$15.00 charge for all NSF cheques

#### 2) E-Transfer payments are accepted. Please direct payments to [braecom@telusplanet.net](mailto:braecom@telusplanet.net)

Membership cards will be mailed to you! Please ensure mailing information is complete and accurate.

The Braeside Community Association holds many successful functions each year thanks to the tremendous help of our volunteers! If you would like to get involved, please tell us where you would be interested in volunteering:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Board Member or Committee Member | <input type="checkbox"/> Parade          | <input type="checkbox"/> Stampede Breakfast |
| <input type="checkbox"/> Children's Events                | <input type="checkbox"/> Recycling Event | <input type="checkbox"/> Rink Maintenance   |
| <input type="checkbox"/> Casino                           |  | <input type="checkbox"/> Trunk Sale         |

### Important – Privacy Legislation Community Association Members/Residents:

The Personal Information Protection Act became law in Alberta on January 1, 2004.

*I understand that my personal information will be kept confidential by the Braeside Community Association. I also acknowledge that my personal information may be used/disclosed only in certain circumstances to establish, administer, and maintain membership lists, program/sports registrations, government reporting, emergency contacts, or legal and regulatory requirements. I hereby consent to such use and disclosure for these limited purposes until such time as I may revoke my consent in writing.*

Signed: \_\_\_\_\_ Dated: \_\_\_\_\_

### THANK YOU FOR YOUR SUPPORT!

Membership Number (Assigned by Community Office): \_\_\_\_\_ Date Card(s) Mailed: \_\_\_\_\_



## BRAESIDE COMMUNITY ASSOCIATION'S SENIORS FITNESS

TUESDAYS & THURSDAYS 9:30AM-10:30AM  
 DROP IN FEE: \$3 (INSTRUCTOR) +\$1 (BRAESIDE)  
 BCA SENIORS MEMBERSHIP (\$15) REQUIRED

THIS PROGRAM IS BY DROP-IN AND DONATION.  
 PLEASE CONTACT BRAESIDE AT 403-259-4292  
 OR BRAESIDE@TELUSPLANET.NET FOR MORE DETAILS

Join Lana and Amy for a fun, lively and invigorating class  
 that will give you cardiovascular, strength and balance benefits!

Bring a water bottle, a pair of dumbbells and a long band.  
 Get ready to move!

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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.



# WEST PEAKS DENTAL SUITE

We are excited to welcome you to our brand  
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Dr. Adrian Harbison and Dr. Sean Carey along with the  
 the rest of the West Peaks Dental Team look forward  
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 Calgary, AB T2V 4A3



(403) 281-4264



[westpeaksdentalsuite.ca](http://westpeaksdentalsuite.ca)



### 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?



### 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.

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.

## KARATE

[www.acku.org](http://www.acku.org)

**Braeside Community Center**  
11024 Braeside Drive SW

### Thursdays

Beginners

6:15 pm - 6:45 pm

Colour Belts (ages 7 and up)

7:00 pm - 8:00 pm

Train karate at any of our clubs



**ALL CANADIAN KARATE UNION**

**403-232-0228**



## Featuring Joan Byers

For those who may not know, Joan has been a mainstay in our community for over 30 years as a neighbour and a dedicated community volunteer. In honour of her retirement last year, we would like to acknowledge her contributions.



Joan and her family moved to Braeside in 1980 after leaving the military and set up their home in our wonderful neighbourhood. She was asked to join the Community Board as Secretary a few years later and remained in that role for most of her 30-year tenure. During that time, she also stepped up to assume the responsibility of Acting President when needed and assisted in the office regularly. She was a fountain of knowledge about all things community related and was happy to share her experience with everyone, mentoring many new board members over the years. Joan helped initiate some of our long-standing events, including the Stampede Breakfast. The beautiful mural on our building was also one of her projects and she knew the perfect artist to complete it. In addition to her role at Braeside Community, she and Bob were also devoted volunteers at The Beverly Centre (now AgeCare Glenmore).

We think you'll agree that Joan has been a tremendous asset to our community and elsewhere and we would like to thank her for her many contributions and wish her all the best!

## TAKE ON WELLNESS

### 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 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](https://ahs.ca/recipes).

Fung Loy Kok Institute of Taoism  
All Cultures in Harmony

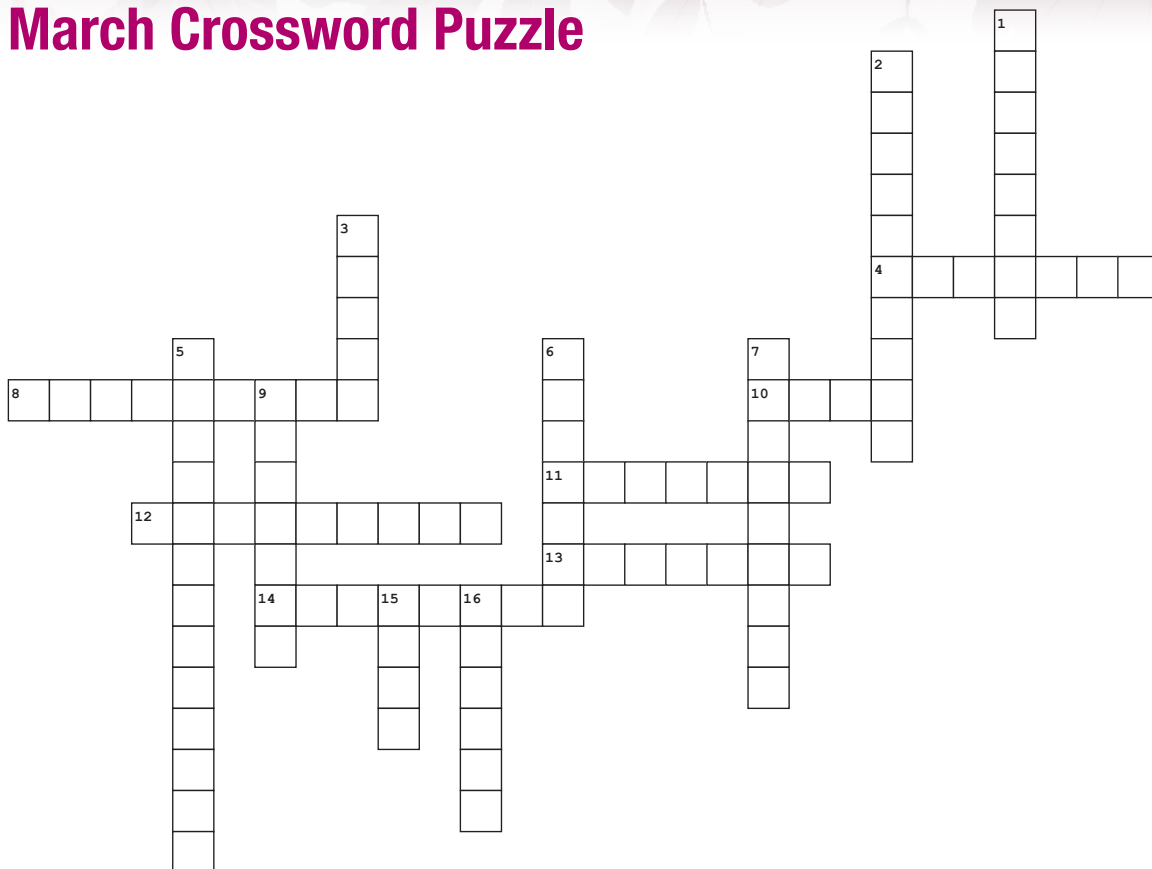
**Try** a session  
**Taoist Tai Chi® arts**  
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Wednesdays  
10:00 am to 11:00  
Braeside Community Centre

**Pre-registration Required**

**Email [calgary@taoist.org](mailto:calgary@taoist.org) or call 403-240-4566**

# 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**



## 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.




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**www.appledentalgroup.ca**

\*A New Patient is defined as anyone who is coming to this clinic for the first time. A New Patient Exam is a Comprehensive Dental Examination by a General Dentist which does not include X-Rays or Dental Hygiene.

## 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



# Oakridge Crossing DENTAL

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**Dr. Claudiu Corbea**  
General Dentist

**Dr. Daniel Kulevski**  
General Dentist

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**TO BOOK AN APPOINTMENT OR  
TO ASK US ABOUT OUR  
COVID-19 SAFETY PROTOCOLS**

For your safety and  
ours, our dental team is  
vaccinated for COVID-19



**SCAN TO BOOK  
AN APPOINTMENT**

New Patients and Dental Emergencies Welcome  
Extended Hours (Evenings and Two Saturdays Per Month)  
Direct Billing Available | Sedation Dentistry

**2580 Southland Drive SW,  
Suite 58A, Calgary, Alberta**

**info@oakridgecrossingdental.ca  
www.oakridgecrossingdental.ca**

## OFFICE HOURS

Monday	7:30 AM to 4 PM
Tuesday	7:30 AM to 7 PM
Wednesday	7:30 AM to 7 PM
Thursday	7:30 AM to 4 PM
Friday	7:30 AM to 3 PM
Saturday*	9 AM to 3 PM
Sunday	CLOSED

\*Open two Saturdays per month

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Braeside. 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](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**BRAESIDE 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.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265- 4769 | [YardBustersLandscaping.com](http://YardBustersLandscaping.com).

**BRYAN'S PLUMBING MASTER PLUMBER:** Local plumber, great prices, and over 30 years' experience. Renos and repairs, hot water tanks and humidifiers, and faucet replacements. Free estimates and advice. Seniors discount. No job too small. Call Master Plumber at 403-560-6547, or email [brenmak@telus.net](mailto:brenmak@telus.net).

**PLUMBING PARAMEDICS:** Your community plumbing and furnace experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and furnace repairs. BBB accredited. Call today to experience our world class service! 587-205-6657.

**AFFORDABLE DENTAL CARE MINUTES FROM BRAESIDE!** Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit [CalgaryDentalCenters.com](http://CalgaryDentalCenters.com). Save money, smile, be happy!

**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.

**LET GEORGE DO IT:** Home repair and installation services. 30+ years serving Calgary communities. Providing plumbing and electrical repairs, new fixture and appliance installation, interior and exterior repair and painting. No job is too small! Contact George at 403-650-9182 or [letgeorgedoit@shaw.ca](mailto:letgeorgedoit@shaw.ca).

**FLO'S VOCAL ARTS STUDIO:** Discover your vocal potential. For personal development and enjoyment, and if you are preparing for upcoming auditions, singer-songwriter events, adult choirs, open mic showcases or school performances. Contemporary vocal coaching for ages 7 to 77. Forty-four years of experience. Florence Shustack, BScOT. Member of the Calgary Musicians Association. [florencesinger@shaw.ca](mailto:florencesinger@shaw.ca) | [www.vocal-arts-studio.com](http://www.vocal-arts-studio.com) | [FB@FlosVocalArtsStudio](https://www.facebook.com/FlosVocalArtsStudio) | 403-397-6737.





## **Braeside Before & After School Care**

### **Kindergarten Care**

A licensed, non-profit school age care located in Braeside Community Centre. We offer a fun and exciting school year program along with spring break, winter break and summer care! We focus on play-based learning and provide opportunities for natural exploration of a variety of planned and free choice age and developmentally appropriate activities. Our daily programming includes notebooks, discovery, physical literacy, creative learning, science, arts, crafts, out trips and much more.

Government Affordability Grant available to all kindergarten children

Provincial subsidy available to qualifying parents.

For more information or to register, contact us at:  
403-258-0699 or  
[braechildcare@gmail.com](mailto:braechildcare@gmail.com)

**We believe that children are  
unique and require a stimulating  
and interactive environment that  
recognizes and accommodates  
each child's individuality.**



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**Email [len@lentwong.com](mailto:len@lentwong.com)**

\*Guarantee is being offered by Greater Property Group.  
Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	23	7	9	\$218,800	\$232,500
December	22	7	6	\$509,500	\$520,750
November	22	4	4	\$224,950	\$236,500
October	22	6	9	\$479,900	\$470,000
September	22	9	15	\$549,900	\$531,000
August	22	10	8	\$292,400	\$284,500
July	22	13	11	\$335,000	\$335,000
June	22	11	7	\$349,900	\$349,900
May	22	26	27	\$379,900	\$395,000
April	22	26	17	\$319,900	\$333,500
March	22	18	20	\$319,700	\$335,000
February	22	14	13	\$299,000	\$316,000

To view more detailed information that comprise the above  
MLS averages please visit [brae.mycalgary.com](http://brae.mycalgary.com)

### SELLING YOUR HOME? BE PREPARED!

To receive top dollar and ensure a smooth process, it is a good idea to obtain expert real estate advice. Here are a few suggestions to start preparing your home for market in advance:

1. Create Space – Buyers are usually looking for more space. Consider removing unnecessary furniture and cleaning out your closets, storage rooms, and garage.
2. Freshen Up – Once you have cleared out any clutter, paint with a neutral colour such as an off-white. This will cover old wall marks and freshen up your home.
3. Fix It Up – Buyers want to move into a house where all mechanical systems are fully functional. Have your furnace and air conditioning unit serviced and cleaned, plus fix any plumbing leaks.
4. First Impressions – Be sure that your home looks appealing from the street. In winter, shovel and clean your walks. In summer, cut your law, trim shrubs, and plant some flowers in the beds for colour. Curb appeal is important and you only have one chance to make a good first impression!
5. Call us for our expert real estate advice and personalized service.

### BRAESIDE Y-T-D MARKET STATISTICS

#### Single Family Homes:

2 active listings – average list price \$624,500 with 48 days on market  
0 sold listings since Jan 1, 2023

#### Condo/Townhouses/Attached:

0 active listings  
7 sold listings since Jan 1, 2023 - average sale price \$282,571 with 27 DOM

#### Apartments:

0 active listings  
3 sales since Jan 1, 2023 – sale price \$156,000 with 46 DOM



(Statistics based on CREB MLS System listings on February 6, 2023)

## YOUR BRAESIDE RESIDENT SPECIALISTS FOR 37+ YEARS!



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**Selling your home can be very exciting, but it can also be a complicated process with many potential pitfalls.**

**It's our goal to make the process as smooth and stress-free as possible!**

**Call for our expert real estate advice and personalized service.**

**CONTACT THE HOME HUNTERS REAL ESTATE GROUP AT 403-460-2211**  
**EMAIL US AT INFO@THEHOMEHUNTERS.COM**