

OCTOBER 2024

DELIVERED MONTHLY TO 4,700 HOUSEHOLDS

YOUR DALHOUSIE



Colin Ongyerth

B Comm. (Finance)

403.690.9677

colin.ongyerth@shaw.ca

Top 100 Agent in Western Canada Jan - June 2024

#1 Agent in 2022 for detached home sales

38 homes sold in past 12 months

Get Noticed

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

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



AVENUE Financial
Real Estate Solutions

**Unlock
Your Dream
Home Now!**

Low Rates,
Fast Approval,
Big Savings!
Don't Wait – Act Today!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

Nobel Canadians

Nobel Prize winners are announced in the first two weeks of October. Since the very first awards, Canada has won 27 Nobel Prizes. From 1923 to 2021, Canadians have received the award for everything from Economics and Physics to Literature.



MENTION 'BONES' TO RECEIVE 10% OFF
YOUR FIRST GROOM

Shaggy Dog?

Pet Planet University
District offers full
service grooming
by appointment!

Book today at
587.620.3080



Pet Planet University District
4121 University Ave NW
Tel: 587.620.3080





The Dalhousie Digest newsletter is now online and distributed quarterly.



Sign up to receive the newsletter via email at dalhousiecalgary.ca.

DCA members can still request delivery (attenuated postcard version) or pickup at the DCA and Dalhousie Co-op.

dalhousiecalgary.ca 403-286-2555

CONTENTS

- 6 TAKE ON WELLNESS: STAYING HYDRATED
- 9 MENTAL HEALTH MOMENT: EIGHT REASONS WHY YOU SHOULD LEAVE A TOXIC WORKPLACE
- 10 SAFE AND SOUND: HALLOWEEN SAFETY
- 12 RECIPE: BACON AND HERB WRAPPED CHICKEN
- 15 BUSINESS CLASSIFIEDS



SCAN HERE TO VIEW ADDITIONAL DALHOUSIE CONTENT

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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.



Staying Hydrated

by Alberta Health Services



Remember to drink water throughout the day. Staying hydrated is crucial for many functions in the body. Our bodies need fluids to digest food, cool down, and move nutrients and waste.

Most adults need nine to 12 cups of fluid daily; however, every person's needs depend on age, sex, body size, activity level, and health status. For example, a young adult may need more fluids if exercising intensely and in hot temperatures.

Did You Know?

Older adults and children are more likely to become dehydrated? Older adults have a diminished thirst sensation, and young children may not always be attentive to their thirst signals when they are busy playing. Watch for signs of dehydration, which include dizziness, headaches, feeling tired, or having a dry mouth, lips, and tongue.

Be mindful of your hydration levels at all times. Drink beverages and eat foods with fluid content to help you stay hydrated. Here are some refreshing tips to beat the heat:

- Add flavour – Infuse your water with fruits and herbs like lemon, cucumber, or fresh berries with mint for a cool and citrusy twist.
- Enjoy variety – Besides water, choose unsweetened drinks like lower fat milk (1%, 2%, and skim), fortified plant-based soy or almond beverage, or iced herbal teas.

- Make fruit easy-to-go – Pack up fruit kabobs by threading strawberries, blueberries, raspberries, and grapes onto skewers. Serve with a yogurt dip.
- Prepare a tangy and sweet fruit salad – Combine chopped apples, oranges, and pears in a bowl. Add lime juice and spice it up with a hint of chili powder for a tangy flavour.
- Make a zesty cucumber smash salad – Smash cucumbers with a rolling pin until they form bite size pieces. Add rice vinegar, sesame oil, and a dash of soy sauce. Mix and enjoy.

Common Beliefs and Misconceptions About Drinks

Does adding a pinch of salt to water make it more hydrating?

A recent social media trend claimed that adding salt to water can hydrate better than plain water because it replaces electrolytes. It is true that electrolytes like sodium play an important role in maintaining fluid balance; however, adding salt (which contains sodium) to water is unnecessary for the general, healthy population. Most people get enough salt from the foods they eat. Adding extra salt to your water will not improve your hydration and for some people, it can harm their health. Drink tap or filtered water and eat a balanced diet to stay hydrated and maintain your electrolyte balance.



4-H in the City - It's Not Just for Farm Kids!

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs

4-H Intro Clubs are returning and they're ready to give Calgary youth a taste of what 4-H is all about for another year! Since its launch last fall, 4-H Alberta's Intro Clubs have introduced 4-H in the City to 75 Calgary youth ages nine to 16. With the support of the Calgary Foundation, we are thrilled to extend this pilot program for another year.



While 4-H has its origins in agriculture, urban 4-H clubs have expanded the program to include projects that cover a wide array of projects, including foods, science, crafts, health and fitness, performing arts, photography, and much more! The 4-H program combines youth-led activities with adult-guided instruction to teach members lifelong skills such as effective communication, leadership, and friendships. After attending an intro club program, one mom commented, "My daughter is growing in confidence and creativity. This program is her favourite day of the week. She loves the new skills each week, the friends she has made, and the "club" format with special jobs for each member."

Now, more youth will see what 4-H is all about through these six-week programs. During Intro Clubs, participants will "Learn to do by Doing" with hands-on activities as they explore a variety of different 4-H projects including Health and Fitness, Food Sustainability, All About Bees, Art, Pottery, Baking with Sourdough, Floral Arranging, and more. With options available for both homeschool families during the day and evening sessions in NW Calgary starting in November, there's something for everyone. If you're intrigued and eager to learn more, feel free to reach out via email at introclubs@4hab.com.



Do you need sports drinks after exercising?

You may lose more water and electrolytes if you exercise longer than one hour, or intensely, in hot and humid conditions. In this scenario, a sports drink (which contains water, sugar, and electrolytes like sodium and potassium) may help replace the water and sodium you lose in sweat. However, for most active people drinking water is enough for proper hydration.

Does coconut water hydrate better than water?

Coconut water is not more hydrating than water. Just like sports drinks, coconut water contains sodium, potassium, and sugar in various amounts depending on the brand. Aside from the additional flavour that coconut water offers, research suggests that there is little to no difference between drinking coconut water or plain water for hydration in healthy adults.

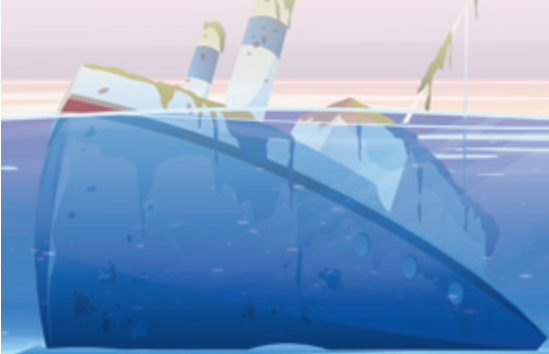
The bottom line?

Water works! Choose water most often to stay hydrated.

To learn more about hydration and healthy drink choices, search 'drinks' at ahs.ca/nutritionhandouts.

SHIPWRECKED

Of course, it is nearly impossible to know the exact number of shipwrecks on the ocean floor. However, the current estimate is that there are about three million shipwrecks scattered down there. These wrecks include everything from sunken war ships to small, abandoned recreation boats.





EFW Radiology at Dalhousie Elementary

EFW Radiology proudly supported the build of the new Dalhousie Elementary playground. We celebrated the grand opening to kick off a new school year with a shiny new playground to enjoy. The music provided by EFW helped bring people together to celebrate all the hard work done to make this project a success. Kate Reid, a country singer/songwriter based in Calgary, played a fantastic set to help bring the community together to enjoy the grand opening.

About EFW Radiology

Since 1969, EFW Radiology has provided comprehensive diagnostic and interventional imaging services to communities across Calgary and Airdrie. Our physicians are sub-specialized experts in MRI, spine and pain management, nuclear medicine, X-ray, pediatric ultrasound, maternal-fetal medicine, mammography, liver imaging, and other specialties.

EFW is committed to extending care beyond our clinics and making a difference in the neighbourhoods we're privileged to reside in. We are proud to partner with a diverse group of charities and programs to aid in their achievement of funding goals and provide supported pathways for their clients to receive health services and treatment.

Learn more about the many ways EFW gives back by visiting [EFW.ca](https://www.efwradiology.ca)



EFW Radiology

Eight Reasons Why You Should Leave a Toxic Workplace

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



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

1. Mental Health: Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

2. Physical Health: The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

3. Emotional Well-being: Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

4. Career Growth: Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

5. Relationship Strain: The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

6. Reduced Productivity and Job Satisfaction: It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

7. Ethical Considerations: Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

8. Long-Term Happiness: In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.

Halloween Safety

by Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.



News from the Friends of Nose Hill

by Anne Burke

Nose Hill Park is one of the largest urban parks in North America and is distinguished by its unique geological, ecological, and anthropological history (<https://inaturalist.ca/projects/nose-hill-park-bioinventory>). With an abundance of remarkable flora and fauna, this project aims to record observations made by Park users. This information and a quick update were posted on our Facebook page about how the Nose Hill Park iNaturalist project is going. There have been many awesome observations this year. Since January over 2,600 observations have been added. We have nearly 10,000 iNaturalist posts made for the Park. Let's keep the momentum going! Hopefully, we will be close to 11,000 by 2025 and encourage everyone to share their photos of flora and fauna on the Hill. We recently surpassed 200,000 posts made within the City of Calgary municipal boundaries. Of course, you can post (on iNaturalist generally) your biodiversity photos from anywhere in the world, including your own yard and other favourite parks. All this data will help to guide the Nature Calgary updated "Green Book" which is currently in the data collection phase.

World Migratory Bird Day is on the second Saturday in October and again in May. The goal is to raise awareness of issues affecting migratory birds and to inspire action around the world to take measures for their conservation. Migrating birds may fly from 24 kms to 960 kms or more per day. Hawks, swifts, swallows, and waterfowl migrate primarily during the day, while many songbirds migrate at night. Calgary has over 200 bird species and is one of Canada's first Bird Friendly Cities certified by Nature Canada. Bylaws preventing off leash dogs and encouraging people to stay on designated paths can lessen disturbance and decrease the risks to sensitive grasslands species.

1			8					
		2				5	3	
							6	4
		3			5			
			1	6	4			
8	1						7	
5				7			4	2
6		8			2			3
	4					8		

SCAN THE QR CODE FOR THE SOLUTION



GAMES & PUZZLES

Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



SCAN THE QR CODE FOR THE ANSWERS!

Bacon And Herb Wrapped Chicken

by Jennifer Puri

Thanksgiving is a holiday when family and friends gather to express gratitude and enjoy a festive meal, which usually includes a roasted turkey.

However, bacon and herb wrapped chicken is a great option for a smaller gathering. Bacon is the key ingredient to locking in moisture and flavour and this dish pairs well with mashed potatoes, garlic green beans, broccoli, caramelized carrots, or pumpkin and cranberry sauce.

Thighs or drumsticks can be substituted instead of chicken breasts. If using chicken breasts, make sure that each piece is roughly the same size, approximately four to five ounces.

Prep Time: 15 minutes

Cook Time: 30 to 40 minutes

Servings: 4

Ingredients:

- 4 skinless chicken breasts, 4-5 oz. each
- 12 thin slices of bacon
- 2 tbsp. olive oil
- 1/3 cup maple syrup
- 2 tsps. Dijon mustard
- 2 garlic cloves, finely chopped
- ½ tsp. of salt
- ¼ tsp. of coarsely ground black pepper
- 1 tbsp. finely chopped parsley
- 1 tbsp. finely chopped thyme

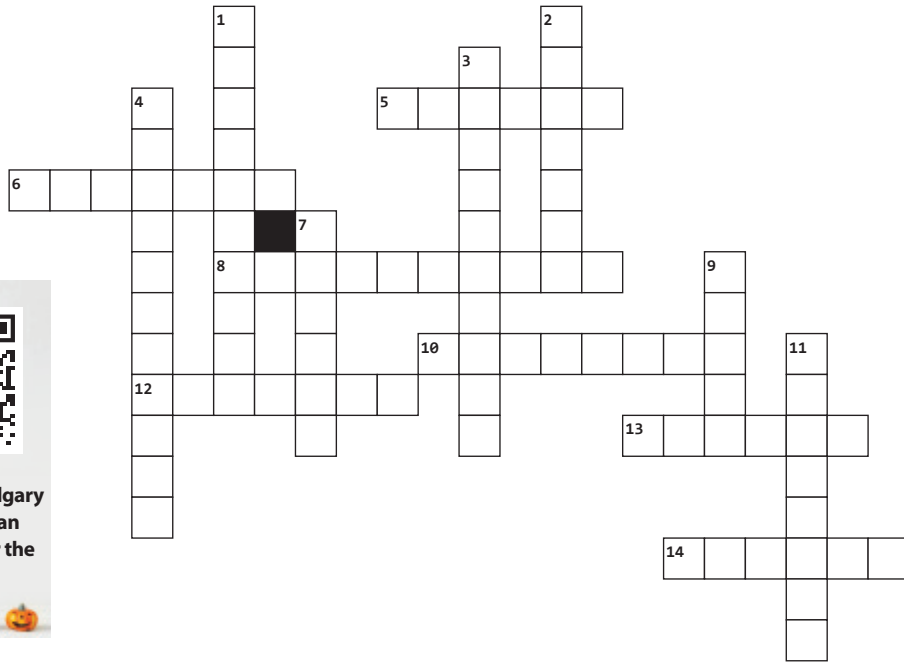
Directions:

- Preheat oven to 375 degrees Fahrenheit.
- In a small bowl, mix together olive oil, garlic, maple syrup, Dijon mustard, parsley, thyme, salt, and pepper.
- Place the chicken breasts on a cutting board and brush the olive oil mixture over each one making sure that each side of the breast is covered. Wrap two to three slices of bacon around each breast and then place them seam side down on a foil covered baking pan or tray.
- Drizzle any leftover olive oil mixture over the breasts and then bake for 30 to 40 minutes or until chicken is cooked and the bacon is crisp. Insert a meat thermometer in the thickest part of the breast to check if chicken is cooked through, which should be at least 165 degrees Fahrenheit.
- Allow the chicken to rest for a few minutes and garnish with parsley before serving.

Bon Appétit!



October Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World _____ Day.
6. In October, Canadians commemorate Women's _____ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League _____'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian _____, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, _____ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance _____, was born on October 29, 1998.

Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for _____ on October 13, 2016.
2. *Joker*, starring Oscar-winner _____ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. _____, was first published on October 14, 1926.
11. October's birth flower, the _____, is a popular bright orange and yellow flower used during Día de los Muertos festivities.



Greetings, Ward 4 Residents!

As the crisp October air settles in, it's time to prepare our homes for the winter season. In this month's newsletter, we've put together some essential tips and reminders to help you get ready. From protecting your pipes to winterizing your garden, we've got you covered.

Preparing Your Home for Winter? Start with the Homeowner Water Guide Fall Checklist.

This checklist offers reminders and helpful tips, including:

- Inspect toilets, taps, humidifiers, hot water heaters, water softeners, and other water-using devices for leaks.
- Shut off your outdoor water supply and winterize your irrigation system to prevent winter leaks.
- Consult the Watering 101 Guides to determine when to stop watering plants, shrubs, trees, and lawns.
- Leave plant debris in garden beds over winter to create a habitat for pollinators.

Toilets, faucets, and outdoor irrigation systems are common sources of household leaks. Our Homeowner Water Guides offer step-by-step instructions for identifying and fixing leaks, enhancing water efficiency, and preparing your yard for winter. Together, we can make every drop count. For the Fall Checklist and more, visit calgary.ca/waterguide.

Enjoy the Holidays Without Clogging Your Pipes

The holidays bring thoughts of food, family, and fun, with the aromas of gravy, turkey, and bacon filling the air. However, remember that fats, oils, and grease (FOG) can block pipes and cause costly sewage backups if they go down the drain.

Remember to:

- Cool it: Allow FOG to cool in a disposable can or container.
- Scrape it: Transfer it into a certified compostable or paper bag.
- Compost it: Place the sealed bag in your green cart.

Smaller amounts of FOG can be wiped up with a paper towel and placed in your green cart. Learn more at calgary.ca/protectyourpipes.

Kind regards,

Ward 4 Councillor Sean Chu

Time, Talent, and Treasure

We all have something to give – our time, our talents, and our treasure (money). Some have more of one than another, but we all have something we can give.

Community service is the price you pay to live somewhere, and everyone should get involved in their community in one way or another. In the end we all benefit when people in the community step up to help organizations, run events, and fill the gaps in community services.

One of the best ways to get involved is through existing community service organizations because they are experienced in our community and know where help is needed.

Your local community association is a great place to start because you will be helping and improving the very neighbourhood where you live.

However, there are also many other organizations that also do incredible work in our neighbourhoods like food banks, animal shelters, newcomer groups, and youth sports organizations.

You can volunteer locally but still be part of a massive global network if you join organizations like the Salvation Army, Calgary Lions Club, the Kiwanis Club of Calgary, or the Rotary Club of Calgary. Each organization offers a slightly different focus, so look around for the best fit for your interests.

Volunteering is something we ought to pass along to younger generations. Please consider inviting a young person out to your volunteer activities so that they can learn early the value of community service. Their enthusiasm and energy will liven up any gathering and the lessons they learn will be of life-long value. It's a win-win for all involved.

Finally, if you are not able to commit your time or your talents to any of the organizations above, please consider helping with a donation. Your donation can be monetary, or it could be with a life-saving blood donation. After all, these are the very people that make your community the place you proudly call home.

BUSINESS CLASSIFIEDS

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

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

DALHOUSIE 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.

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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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.

HITOMI SATO - PIANO TEACHER: Experienced, enthusiastic piano teacher based in Dalhousie, with openings for new students from beginner to advanced level. I completed the Royal Conservatory of Music ARCT and Licentiate diplomas. Please visit my website at <http://www.hitomisatopiano.com/> or contact me at hito555@gmail.com.



 **the Gutter Doctor** 403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

Word of the Month

Flibbertigibbet: noun (flib-er-tee-jib-it)

An excessively talkative, flighty, or light-headed person.

She was sitting next to a flibbertigibbet on the train ride to work.



Colin Ongyerth

B Comm. (Finance)

403.690.9677

colin.ongyerth@shaw.ca

Top 100 Agent in Western Canada Jan - June 2024

15 Years of Experience

#1 Agent in 2022 for Detached Home Sales

Free Home Evaluations

(No Obligation)



Varsity Apartment



Dalhousie Townhouse



Brentwood Bungalow



Northmount Bungalow



Varsity Bungalow



5576 Dalhart Hill

RE/MAX Real Estate (Mountain View) Suite 201, 4600 Crowchild Trail NW, T3A 2L6