

MAY 2024

DELIVERED MONTHLY TO 7,350 HOUSEHOLDS

# your TUSCANY

BRINGING TUSCANY RESIDENTS TOGETHER



Cover Photo by Syed Adeel Hussain

***Dream Home Found:  
Why the Tears?***

***Watch this:***



THE  
**McKELVIE**  
GROUP.com

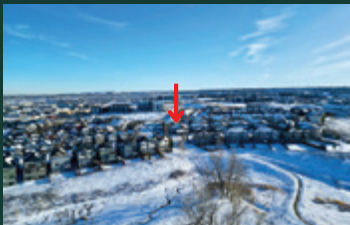
real  
Estate

Kelly McKelvie  
403-247-9988

kelly@themckelviigroup.com

# CALGARY

## DISCOUNT REALTY —



**JUST SOLD: 96 Sage Hill Point | \$632,000**

**LIST FOR LESS!**



A New Option in Real Estate!



(403) 909-5466



@CalgaryDiscountRealty



Admin@CalgaryDiscountRealty.ca



CalgaryDiscountRealty.ca



RESULTS | PERSONALIZED SERVICE | ROADMAP | EDUCATE | MARKETING | PROFESSIONAL PHOTOGRAPHY | OUR NETWORK | COMMUNICATION

# OFFICIAL

PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

Service Call Fee



**403-837-4023**

info@officialplumbingheating.ca  
official-plumbing-heating.ca



## NORTHLAND VILLAGE DENTAL CENTRE

We match the current  
ADA fee guide

For more details, please contact the office

**OPEN WEEKENDS AND EVENINGS**

We are excited to see you at our  
**NEW CLINIC** by Northland McDonald's

ACCEPTING NEW  
PATIENTS

EMERGENCY SERVICES  
PROVIDED

DIRECT BILLING AVAILABLE

MULTI-LANGUAGE  
SERVICE



AESTHETIC DENTISTRY TEETH WHITENING  
SPACE MAINTENANCE DENTAL FILLINGS DENTURES  
CROWNS AND BRIDGES DENTAL IMPLANT CROWNS

#100, 5117 NORTHLAND DRIVE  
NW CALGARY, AB T2L 2JB

**403-255-6688**

Monday to Friday 8:30 am - 7:00 pm  
Saturday 8:30 am - 5:00 pm



**Your Patio Furniture  
Superstore!**

**YETI**

**Wicker Land Patio**

**weber**

TRAEGER

RATANA

**BBQ LAND**

**Modern  
Patio**

Located Three Blocks East of Chinook Mall  
6125 Centre Street S, (403) 258-2506  
WickerLand.ca



## YOUR TUSCANY

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

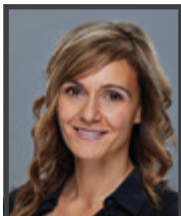
## ELECTED OFFICIALS



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



**MLA Hon. Sawhney, Rajan**  
**Calgary-North West Constituency**  
**Minister, Advanced Education**  
7223 – 8650 112 Avenue NW  
Calgary, Alberta T3R 0R5  
Phone: 403-297-7104  
Cell: 587-432-0348



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



**No matter how much  
you sweat, we can get  
the stink out!**

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



## OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

**CALL US TODAY AT**  
**403-726-9301**  
**calgaryfreshjock.com**

# How to Create Personal Happiness

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Creating personal happiness is a multifaceted journey that varies for each individual. The following are some tips to guide you to a more fulfilling and content life:

**1. Self-Awareness** – Understand yourself. What are your values, strengths, weaknesses, and what already makes you feel happy. Think about how you show up in the world. Read a book or listen to a podcast on emotional intelligence.

**2. Positive Mindset** – Cultivate a positive outlook on life. Focus on gratitude, optimism, and self-compassion. Smile more and give compliments. It's okay to acknowledge unhappy times and feelings, accept them and then move on.

**3. Healthy Relationships** – Seek to surround yourself with supportive, positive people who uplift you, encourage your growth, and contribute to your happiness. Become friends with yourself. Go out to dinner or a movie alone.

**4. Work-Life Balance** – Create healthy boundaries around working hours and away from work disconnection. Prioritize activities that bring you joy and fulfilment outside of your work and work responsibilities. Create weekly structure and habits.

**5. Self-Care** – Take care of your physical, emotional, and mental well-being. Focus on exercise, nutrition, sleep, and stress management. Slow down and breathe. Journal your thoughts and feelings. Spend less time on socials and your phone.

**6. Set Goals** – Establish realistic and meaningful goals. Ensure these align with your personal values, character, and aspirations. Remember to celebrate your progress and milestones along the way. Avoid comparing yourself to others. What you see outwardly may not be as it seems. Plan something new, like a trip, to look forward to.

**7. Be Mindful and Present** – Practice mindfulness to stay in the moment. Appreciate the small things happening daily. Declutter your space. A disorganized, cluttered space creates anxiety and can be distracting.

**8. Contribute** – Find a purpose. Seek the fulfilment of giving back to others. Volunteer, practice random acts of kindness, or support a cause you believe in. Having things to do keeps your mind engaged leaving less time for rumination.

**9. Learn and Grow** – Seek opportunities for personal and professional development. Learning new things and personal growth significantly contribute to happiness. Trying new things is also a great way to meet new people.

**10. Acceptance** – Embrace imperfections and accept yourself as you are, while also striving for growth and improvement. Accept the things you have the power to change and let go of the ones that are out of your control. It's okay to fail. Learn to let go and practice forgiveness. Forgiveness is for you, not the other. Holding onto resentments is like drinking poison and expecting the other to die.

Personal happiness is an ongoing journey. You don't have to do it all alone. Seek support from friends, family, coaches, mentors, or mental health professionals along the way.



## Prairie Winds 4-H Club Update for May

by Abigail Dowler, Prairie Winds 4-H Club reporter



We started off the month of March by learning how to decorate cookies. In this advanced cookie decorating workshop, we learned how to decorate cookies by flooding them with icing. It was Easter themed, so we made a carrot, an egg, and a bunny. My favourite was the egg because we got to put

gold specs on it to make it look like a robin's egg.

We also did many other workshops over the past month; the Rothney Observatory was late at night so we could look at the night sky and find constellations. This involved using a telescope to see the sky



and find planets. Following Rothney there were two workshops on the same day, Crochet and Lego Robotics. During the crochet workshop members got to learn the simple knots and started to crochet a mini dinosaur, there will be a second part to this workshop where we will complete the project. The Lego Robotics included building a robot out of Lego pieces then coding it to move around tables and floors.

We had our monthly general meeting followed by a fun little social after. We played dodgeball with a twist where the balls were socks. We did senior members versus intermediate and junior. This game sure was fun!

We also had a few members in our club move on to higher levels of communications in 4-H at the Areas and District levels over the past month. Those that successfully placed will shortly compete at the Regional Level.

Overall, it was another fun and full month of 4-H.



## Hate Your Renewal Rate? Call Me!

Expert advice  
Excellent rates  
Many options  
Better mortgages



**ANITA** 403-771-8771  
anita@anitamortgage.ca

Licensed by Avenue Financial

*Soccer in the Community*

Open to players ages 4-19

**northsidesoccer.ca**

**SCAN HERE TO VIEW ADDITIONAL TUSCANY CONTENT**

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



## Shrimp And Rice Noodle Stir Fry

by Jennifer Puri

Seafood has a variety of nutrients that contribute to our well-being and is also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin, and bones.

Generally, fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm, and their shells should always be translucent, greyish green, light pink, or a pinkish tan in colour.

Seafood is delicious, healthy, cost-effective, and easy to prepare as shown in the recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Servings:** 3 to 4

### Ingredients:

- 225 g rice noodles
- 16 jumbo size shrimp
- ½ red pepper thinly sliced
- 16 snow peas
- 12 baby carrots, sliced
- 8 broccoli florets
- 4 green onions thinly sliced
- 4 tbsp vegetable oil
- 4 to 5 tbsp dark soy sauce
- 4 tbsp green curry paste
- 1 tbsp red chilli flakes

### Directions:

1. Prepare rice noodles in accordance with package instructions, drain and set aside.
2. Heat 3 tbsp of oil in a wok or skillet, add green onions and sauté until they turn a light brown.
3. Add the sliced carrots, red pepper, broccoli, and snow

peas. Stir fry for about five minutes or until tender, then add the green curry paste and soy sauce and sauté for another two to three minutes. Remove from heat while you cook the shrimp.

4. In a frying pan or wok, heat the remaining oil, add the shrimp, and sauté for three to four minutes or until the shrimp turn pink and are no longer translucent.

5. Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving.

6. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon Appétit!



### JOKE OF THE MONTH

WHAT DO YOU CALL A  
LAZY KANGAROO?  
A POUCH POTATO!



### Window and Balcony Safety

*from Alberta Health Services*

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

#### Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

#### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

#### Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

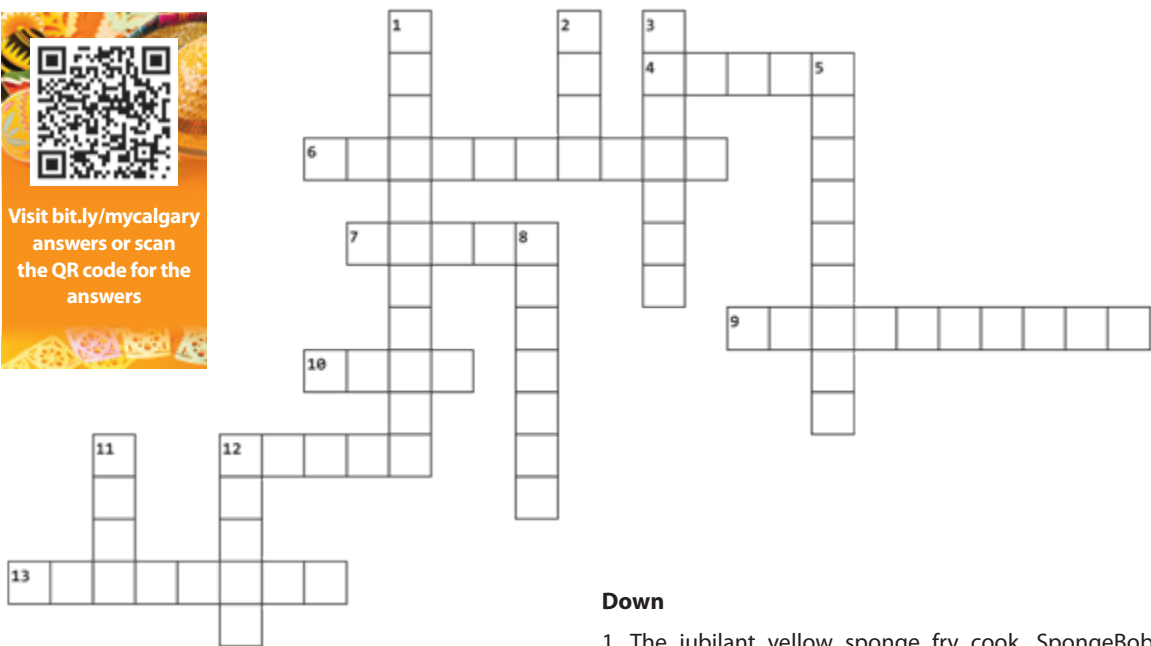
EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.



## MAY THE FOURTH BE WITH YOU

The original Star Wars trilogy could have ended very differently if George Lucas had gone with his first idea. Luke Skywalker almost took a dark detour following in his father, Darth Vader's footsteps. Ultimately, the team decided against this and good prevailed over the dark side.

# May Crossword



## Across

4. On May 25, 1963, the legendary comedian Mike \_\_\_\_\_ was born in Scarborough, Toronto. He is well-known for characters such as Austin Powers, Shrek, and Wayne Campbell.
6. This movie, which tells the story of Sir William Wallace leading a rebellion against the English to free Scotland from King Edward I's rule premiered on May 18, 1995.
7. In May 1873, Levi Strauss and Jacob Davis created this fashion forward denim pants.
9. This annual international song competition starts on May 7 this year and has seen winners in the past such as Celine Dion and ABBA.
10. Born in Fort Macleod, Alberta, \_\_\_\_\_ Mitchell was inducted into the Rock and Roll Hall of Fame in 1997.
12. In May 1997, Garry Kasparov started a game of \_\_\_\_\_ with IBM supercomputer Deep Blue.
13. In May of 1992, M.C Hammer's horse, Dance Floor, came third in the \_\_\_\_\_ Derby.

## Down

1. The jubilant yellow sponge fry cook, SpongeBob \_\_\_\_\_ first graced our screens in May 1999, on Nickelodeon.
2. On May 25, 1997, one of George Lucas' greatest creations *Star Wars: Episode IV – A New \_\_\_\_\_* was released.
3. The official birthstone of May most famously symbolizes rebirth and growth; however, others suggest that the birthstone actually symbolizes love and success.
5. On May 19, 2020, Suzanne Collins released *The Ballad of \_\_\_\_\_ and Snakes*, a prequel to her *Hunger Games* trilogy.
8. The famous phrase "*April \_\_\_\_\_ bring May Flowers*" first appeared in a poem written by English Poet Thomas Tusser in the 1500s.
11. The first film of the Marvel Cinematic Universe, \_\_\_\_\_ *Man*, starring Robert Downey Jr. is released on May 2, 2008.
12. \_\_\_\_\_ de Mayo is celebrated on May 5 every year and honours the Mexican army's victory over the French in 1862.

# How To Have a Budget-Friendly Mother's Day

by Danielle Robbertze

With Mother's Day being celebrated on May 12 this year, you might wonder how to spoil your mom or maternal figures in your life without spoiling your bank account. As we live in a time of heightened consumerism, Mother's Day is one of the many holidays where prices are jacked up for ultimate profitability. Although it would be nice to receive a bouquet of flowers, eat out at a fancy restaurant, or treat your mother to a luxury spa day, this is not the reality for many people out there.

So let us look at a few ways you can save this Mother's Day and still show your mother some much-deserved appreciation.

### 1. Handmade All the Way

Mother's Day cards are a popular way to show your appreciation to maternal figures. Although the cards in stores may look great, they are often impersonal and contradict what the whole day is about. Test your creative skills and make a card that would genuinely mean something to your mother. This is not only something for young children to explore but for adult children as well.

Remember to include a heartfelt message that truly shows your appreciation. Make it as personal as possible by including memories that you will forever cherish of your mother. Other handmade options can include curating a family photo album or scrapbook.

### 2. Bring Luxury to the Home

**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.



Instead of taking your mother to a spa with exorbitant prices, plan a spa day at home. A simple foot massage or face mask with relaxing music in the background and candles goes a long way. Treat her to some budget-friendly beauty products which you can find at your local pharmacy or grocery store and make it into a gift basket. Items can include face masks, bath salts, body lotions, bubble bath, and essential oils.

### 3. Make the Day About Her

As Mother's Day falls on a Sunday annually, let your mother sleep in and wake her up with a breakfast filled with her favourite treats. Clean the house, tend the garden, and possibly buy the groceries, so that she doesn't have to worry about any of that on her day off.

Make her a special lunch or dinner at home where the whole family sits at the table. Go around the table and make everyone list what they appreciate about her.

Remember this day is not about showing your love through money but rather through quality time and thoughtful gifts.

## Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

**Learn more: [www.suicideinfo.ca/workshops](http://www.suicideinfo.ca/workshops)**



centre for  
suicide prevention

# BARKER'S

• FINE DRY CLEANING •

**PICK UP & DELIVERY  
SERVICES**

**403-282-2226**



Whether you're a novice  
or seasoned gardener,  
Country Gardens & Nursery  
has your gardening essentials.

**ANNUALS & PERENNIALS  
ROSES & SHRUBS  
HERBS & VEGETABLES  
PLANTERS & BASKETS  
CUSTOM PLANTERS**

ALL GROWN LOCALLY

Visit us!  
24308 Lower Springbank Road  
403-246-0611

 @countrygardensyyc  
countrygardensyyc.com



**In need of stucco  
paint and repair?**  
*We can help!*

Mountain View Painters is a full-service  
painting company, specializing in  
elastomeric stucco coatings.

**mvpcanada.ca**



A+

*We specialize in:*

*Stucco Coatings  
Stucco Repair*

*Exterior Painting  
Interior Painting*

**FREE ESTIMATES!**

**403-607-0316**  
info@mvpcanada.ca



## CALGARY MAT & LINEN SERVICES

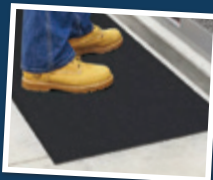
403.279.5554

calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

### Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



### Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

### Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



### Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies



VISIT OUR WEBSITE



CONTACT US



For business classified ad rates contact  
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 Tuscany. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

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

**TUSCANY MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**INTERIOR DESIGN & DECORATING SERVICES:** Flat-hourly fees to help you choose new finishes and furniture, refresh your home, change your décor or renovate your home and basement. Starting from scratch and need new everything? Then my 2/4/6-room Design Packages are ideal. Book a free discovery call, [jessica@interiorsbyjessica.ca](mailto:jessica@interiorsbyjessica.ca).

# BUSINESS CLASSIFIEDS

**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.

**ACUMEN APPLIANCE REPAIR:** Locally based company. Home appliances repair and installation, lint vent cleaning. All kinds and makes: stoves/ovens/ranges, fridges, freezers, washers/dryers, dishwashers, microwaves, trash compactors. Flexible hours, evening and weekend visits are available. Discounts for senior customers. Call at 587-997-4824 or e-mail acumenappliance@gmail.com.

**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](http://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](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.

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

**SPIRIT OF ADVENTURE TRAVEL:** Planning an adventure or business trip? We would love to help with your plans. We promise to work hard to get you the best value and price for your travel needs. Let us help make your next adventure one to remember. [www.spirit-of-adventure.net](http://www.spirit-of-adventure.net).

**TERRAVIEW LAWN CARE & LAWN PAINTING:** Lawn painting; enjoy a nice green lawn while saving water! Drought friendly! Spring cleanups, power raking, aerating, slit-seeding, etc. Weekly and bi-weekly mowing and yard maintenance services. Reasonable rates. Ron | 403-669-4671 or Craig | 403-819-7905. View us on Facebook at [www.Facebook.com/TerraViewLawnCare](http://www.Facebook.com/TerraViewLawnCare).

**PAINT-RENOVATE-RENEW:** Experienced home services professional ready to take on your home update or repair projects. No job too small. Trusted, licensed, insured. Honest, reasonable rates. No advance payment required. Advice and quotes are always free, and without obligation. Visit [www.tsbhomeimprovement.ca](http://www.tsbhomeimprovement.ca) or call Tim at 403-860-1156.

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.



**Gutter Doctor**

**403-714-0711**  
**[gutterdoctor.ca](http://gutterdoctor.ca)**

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

# Emergency Preparedness Week Is May 5 to 11, 2024

by the City of Calgary

Emergencies can happen anytime and anywhere. Knowing what to do before a disaster strikes can go a long way in assisting you, your family, and your community during an emergency.



Emergency Preparedness Week is May 5 to 11, 2024. This annual event takes place across Canada every May to highlight the importance of getting prepared for emergencies before they happen.

During Emergency Preparedness Week and throughout the year, Calgarians are encouraged to take steps to get prepared for emergencies to help minimize the impacts.

- Know the risks. Learn about the types of hazards that can occur in Calgary and how you can better prepare for them.
- Stay informed. Stay tuned to local and regional emergency alerts and other trusted sources of information such as local radio, television, and social media.
- Get prepared. Every emergency is different, but having a plan will help you and your family know what to do and who to contact in different situations. Get started by downloading our emergency action plan, available in different languages at [calgary.ca/getready](https://calgary.ca/getready).

In addition to preparing yourself and your household for emergencies, building connections within your community can also help. Neighbours, co-workers, and friends often provide crucial support during times of crisis. Creating a network that you can rely on during an emergency can help you and others in your network stay safe.

Visit [calgary.ca/getready](https://calgary.ca/getready) to learn more about how to prepare for emergencies, and the events taking place in the community during Emergency Preparedness Week.

# 'Aging Is More...' Seniors' Week Explores the Potentials of Aging

by the City of Calgary

Seniors' Week is celebrated annually across Alberta, and it will be held this year from June 3 to June 9. It is a time to show appreciation for older adults and the significant contributions they make to our communities. They support their families and friends, volunteer their time and resources to various charities, and play an essential role in making our communities better places to live.

The theme, 'Aging is More...', is deliberately open-ended to highlight the potential of aging. Seniors' Week is not just for older adults, but it's a time when seniors-sector organizations, not-for-profits, businesses, and Calgarians from all walks of life come together to organize fun, inclusive, cross-cultural, and multi-generational events in our city.

Get involved! Whether or not you choose to attend a Seniors' Week event, Age-Friendly Calgary encourages you to celebrate aging in your own way. Help spread Seniors' Week awareness with the social media hashtags #seniorsweek and #agefriendlyyycc.

Seniors' Week events and updates will be posted at [calgary.ca/seniorsweek](https://calgary.ca/seniorsweek).



## At-Risk for Mental Illness Research Program

Seeking participants for youth mental health studies

- Do you feel something is not quite right and you are concerned about recent changes in your thoughts, behaviour or experiences?
- Are you 12-30 years old?

Our studies offer monitoring, education and/or interventions.

**For more info, please contact: 403-210-8740 or [naps@ucalgary.ca](mailto:naps@ucalgary.ca)**

*The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)*

**I HAVE NOT  
RETIRED  
AND I'M NOT  
ON HOLIDAYS**



**Dr. Neville Headley**



**Official clinic  
for Veterans  
& Canadian  
Forces**

**I HAVE  
RELOCATED!**

## **OUR SERVICES**

---

- General Dentistry
- Implants
- Emergency
- Cosmetic Care
- Wisdom Teeth
- Sedation



## **CONTACT US**

**403.300.3232**

**#2100 - 40 Christie Park View SW  
Calgary, AB T3H 6E7**



**Don't roll the dice on home advice.  
Call the #1 Real Estate Team in Calgary\***



**KirbyCox**  
& ASSOCIATES

\*Royal LePage 2023

**KirbyCox | Cam Sterns**

***Sell your home quickly for asking  
price, possibly above!!***



**114 Rock Lake Heights NW**

6 Bdrms + Den, 3 Car Garage  
\$1,629,900



**2127 Broadview Road NW**

4 Bdrms, Fully Finished, South Yard  
\$998,800



**SOLD!**

**565 Schooner Landing NW**

5 Bdrms, Walkout, Mountain Views  
\$774,900



**232 Varsity Crescent NW**

Updated 5 Bdrms, Fully Finished  
\$1,369,900



**210, 383 Smith Street NW**

2 Bdrms, 2 Decks, Courtyard Views  
\$649,900



**SOLD!**

**134 Crestridge Common SW**

2 Bdrms, Walkout on Ravine  
\$599,900

**3D tours, detailed floor plans, plus much more with our proven marketing and  
state-of-the-art technology. Call for your free home evaluation today!**



**kirbycox.com**  
Royal LePage Benchmark

**403.247.5555**