

JANUARY 2024

DELIVERED MONTHLY TO 3,525 HOUSEHOLDS

# TUXEDO PARK GAZETTE

THE OFFICIAL TUXEDO PARK COMMUNITY NEWSLETTER



*Kate McInnis*

REAL ESTATE AGENT

p. 403.921.5798

e. km.kate.mcinnis@gmail.com

w. mcinnisrealestate.ca



*McInnis*

REAL ESTATE



# 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





### OPEN HOUSE

January 17, 2024 | 5:30-7:30PM  
3716 2 St NW

*Stop by to see the classroom, meet the teachers and learn about our school.*

Non-profit, parent-supported preschool with affordable morning and afternoon classes.

Centrally located en route to downtown in Highland Park Community Hall.

**Register now for September 2024!**

preschool@hpca.ca | 403-276-6969  
www.hpca.ca/preschool

# 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

## CLEARWASH EXPRESS DETAIL & CAR WASH

**WONDERFUL WINTER WASH PROGRAM!**

*Come on in, for the Details*

STARTING AT \$29.95



- No appointment, just drive-in
- Hand wash process with no harmful equipment
- Refined procedure for consistent results
- Season pass for unlimited winter washes for one car from January - April 30th for **299.00 plus GST**

🏠 1725 32 Ave. NE 🌐 clearwashcalgary.com  
☎ Call: 403- 271-9274 or 403-397-9645

## International Day of Education

January 24 is International Day of Education! The United Nations General Assembly solidified this annual observance to celebrate the role education plays in the development and peace within countries. Let's hear it for all our educators on this day, and every day!



# Tuxedo Park Community Association



202 - 29 Avenue NE  
Calgary, AB T2E 2C1  
Phone: 403-277-8689

[www.facebook.com/tuxedoparkcommunity](http://www.facebook.com/tuxedoparkcommunity)  
[www.twitter.com/tuxedoparkyycc](http://www.twitter.com/tuxedoparkyycc)

## EXECUTIVE BOARD

President	Anne Johnson	<a href="mailto:president@tuxedoparkcommunity.ca">president@tuxedoparkcommunity.ca</a>
Past President	Julien Poirier	<a href="mailto:pastpresident@tuxedoparkcommunity.ca">pastpresident@tuxedoparkcommunity.ca</a>
Vice President	Marina Kerr	
Secretary	Elysa Darling	

## GENERAL DIRECTORS

Amy Lu, Arnie Brownlees, Gina Maskell, Katie Swan

## COMMITTEE CHAIRS

Communications and Gazette Editor	Natasha Rogers	<a href="mailto:communications@tuxedoparkcommunity.ca">communications@tuxedoparkcommunity.ca</a>
Facilities	Vacant	
Membership	Katie Swan	<a href="mailto:membership@tuxedoparkcommunity.ca">membership@tuxedoparkcommunity.ca</a>
Social	Marina Kerr	<a href="mailto:social@tuxedoparkcommunity.ca">social@tuxedoparkcommunity.ca</a>
Traffic/Development	Arnie Brownlees	<a href="mailto:planning@tuxedoparkcommunity.ca">planning@tuxedoparkcommunity.ca</a>
Volunteers	Vacant	
General Manager	Shannon Bowen-Kelsick	<a href="mailto:gm@tuxedoparkcommunity.ca">gm@tuxedoparkcommunity.ca</a>
Hall Rentals	Jonathan Segura	<a href="mailto:hallrentals@tuxedoparkcommunity.ca">hallrentals@tuxedoparkcommunity.ca</a>
Treasurer	Gillian Lee	<a href="mailto:treasurer@tuxedoparkcommunity.ca">treasurer@tuxedoparkcommunity.ca</a>

Tuxedo Park Community Association meetings are held on the second Thursday of every month, except July and August (no meetings). Meetings start at 7:00 pm and are being held in person at the community hall. All community residents are welcome to meet some of their neighbours, express their concerns, or sit in and hear what's happening in and around the community. For more information, please email [president@tuxedoparkcommunity.ca](mailto:president@tuxedoparkcommunity.ca). For Hall rentals, email [hallrentals@tuxedoparkcommunity.ca](mailto:hallrentals@tuxedoparkcommunity.ca).



## SCAN HERE TO VIEW ADDITIONAL TUXEDO PARK 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.

## Tuxedo School Site Survey - We Need Your Opinion!



The Tuxedo Park school site located on 28th Ave NE between Centre Street and 1st Street NE has been acquired by the City of Calgary from the Calgary Board of Education. In an effort to advocate on behalf of our community needs and have a voice come development time, the TPCA would like to survey the neighbourhood to gather information on what residents and neighbours would like to see in place of the old school.

Please take a few minutes to help us have a voice. You can complete the survey by visiting [www.tuxedoparkcommunity.ca](http://www.tuxedoparkcommunity.ca) (home page) or by scanning the QR code. If you have any concerns with the current state of the old school, please submit calls/tickets to 311.



## Say Cheese? Or Maybe Not...

Back in the 1840s, instead of saying "cheese," folks opted for "prunes" during photo sessions. Flashing a big grin was considered juvenile at the time. A savvy London photographer advised people to say "prunes" to maintain a more composed expression. This practice, predating the modern "fish face" selfie, harks back a good 180 years.



## SAFE & SOUND

### Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

#### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

#### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

#### Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

## Tuxedo Park Classes and Events

### Walk15 Fitness

Walk15 fitness classes offer a low impact cardio workout suitable for all ages and fitness levels. The walking-based moves are easy to learn and set to music engineered to measure distance through the beat – no devices required. You'll be led by a Master Walk15 Instructor who will coach you along the way for your comfort and safety. Come walk with us!

Upper Hall.

Date: Mondays.

Time: 9:00 to 10:00 am.

Cost: Free for members.

### TPCA Seniors Fitness with Pat began October 2!

Join this gentle, guided fitness class to get moving, have fun, and get to know your neighbours!

Upper Hall.

Date: Tuesdays.

Time: 10:30 to 11:30 am.

Cost: Free, all are welcome, space is limited.

Arrive 10 mins early to sign waiver.

Instructor/Host: Pat.

### 2024 Vision Board Class

Armed with stacks of magazines, inspiring images, quotes, and colourful crafting materials, you'll then embark on the exciting process of creating your vision board. This collage of your dreams and aspirations will serve as a powerful visual reminder of your goals and a constant source of motivation and inspiration.

Lower Hall.

Date: Saturday, January 27, 2024.

Time: 5:00 to 8:00 pm.

Instructor/Host: Jenn Aguilar of Flipp Appeal Designs.

### Valentines Cookie Decorating Class

In this hands-on workshop, kids will be provided with freshly baked cookies and an array of colourful, edible decorations like icing, sprinkles, and other decorations. Our instructor will guide the children through various decorating techniques, from simple designs to more intricate patterns, allowing their imaginations to run wild.

Lower Hall.

Date: Sunday, February 11, 2024.

Time: 3:00 to 5:00 pm.

Cost: \$35/child, includes all supplies.

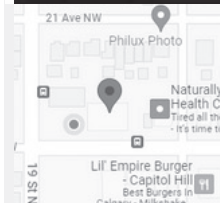
Instructor/Host: Jenn Aguilar with Flip Appeal Designs.

## CALGARY FINE DENTISTRY

*Dedicated to providing you with optimal dental health.*



*Dr. Lauren Vredenburg,  
Practice owner*



**Come check us out!**

403-284-3061

#206 1910 20th Ave, NW

[www.calgaryfinedentistry.com](http://www.calgaryfinedentistry.com)

**BRAIN  
GAMES**

**SUDOKU**

		8			1			
	5							1
9			5		2			7
				3				
			1		5	9		
						2	3	6
			8			7		
2	7	5			6			1
	3						5	

**SCAN THE QR CODE  
FOR THE SOLUTION**



# How to Deal with Those Long Sleepless Nights

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



As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques
3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.



## Tuxedo Park Real Estate Update

Last 12 Months Tuxedo Park  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2023	\$ 659,000	\$ 665,000
October 2023	\$ 550,000	\$ 560,000
September 2023	\$ 525,000	\$ 543,900
August 2023	\$ 579,850	\$ 590,194
July 2023	\$ 574,000	\$ 552,750
June 2023	\$ 499,400	\$ 500,500
May 2023	\$ 787,400	\$ 773,500
April 2023	\$ 598,800	\$ 580,000
March 2023	\$ 484,900	\$ 501,250
February 2023	\$ 550,000	\$ 535,000
January 2023	\$ 460,000	\$ 455,000
December 2022	\$ 499,000	\$ 480,000

Last 12 Months Tuxedo Park  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	6	9
October 2023	14	10
September 2023	21	13
August 2023	10	14
July 2023	10	12
June 2023	16	18
May 2023	18	14
April 2023	13	15
March 2023	22	10
February 2023	15	7
January 2023	6	7
December 2022	5	7

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

## That's a Lot of Snow

Scotland has an impressive linguistic flair for describing snow—with a whopping 421 distinct words and expressions! Among them, you'll find gems like “snaw,” “sneel,” and “skelf,” officially documented as part of the Scottish lexicon for capturing the nuanced beauty of snow in its various forms. It's a linguistic snowscape that paints a vivid picture of Scotland's intimate relationship with the winter wonderland.



## Word of the Month

**Fortuitous: Adjective (For-too-uh-tus)**

Happening by chance or showing good luck

It was rather fortuitous that the two sisters arrived at the same time.





## Tips For Joining a Gym

by the Better Business Bureau



If your goal is to lose weight, get in better shape, or improve your overall health, deciding to join a gym may be the first step. However, don't just sign up at the gym you see or visit. Before signing on the dotted line, research all options first!

### Get the most from a gym membership by considering these tips from BBB.

- **Determine your fitness goals.** Determining your goals in advance will help you select a facility that is most appropriate for you. Consult with your physician before embarking on a new fitness regimen, especially if there are medical conditions that might be a concern.
- **Figure out your priorities.** What is most important to you? Will a convenient location and extended hours help you stick to your fitness plan? Will a variety of equipment or classes keep you motivated? Do you work out while traveling and prefer a chain with numerous outlets? Determine your top priorities before you start shopping around.
- **Take a tour.** Make sure the gym has the equipment, classes, and trainers you need or expect. Pay attention to things that are important to you, whether it's the cleanliness of the showers or the availability of Wi-Fi. Ask questions and make sure you understand all the rules. Ask about busy times, wait times for equipment, whether classes require pre-registration, availability, and cost of trainers, etc. Ask how the gym staff is maintaining the cleanliness of the facilities.
- **Ask questions about limited free trials.** Gyms often give a one-week free pass for potential members; this is a great way to see if the gym is a good fit for you. Try the gym at different times to see how crowded it is and whether there is a wait for certain equipment. Check out classes if they are offered.
- **Don't feel coerced.** Do not give in to high-pressure sales tactics to join right away. A reputable gym will give you enough time to read the contract thoroughly, tour the facilities, do some research, and make an informed decision.
- **Calculate the true costs.** Gyms often use special introductory offers to encourage new members, but the price could go up more than you budgeted once the initial period is over. Make sure you understand what the regular monthly fees will be and what they include.
- **Understand the terms.** Read the contract carefully before signing. Make sure that all verbal promises made by the salesperson are in writing. What matters is the contract and the terms within it, so don't just take a salesperson's word for it. What happens if you move, or the gym goes out of business? Will the membership renew automatically at the end of the term? What is the cancellation policy and under what circumstances?



## 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 destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

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



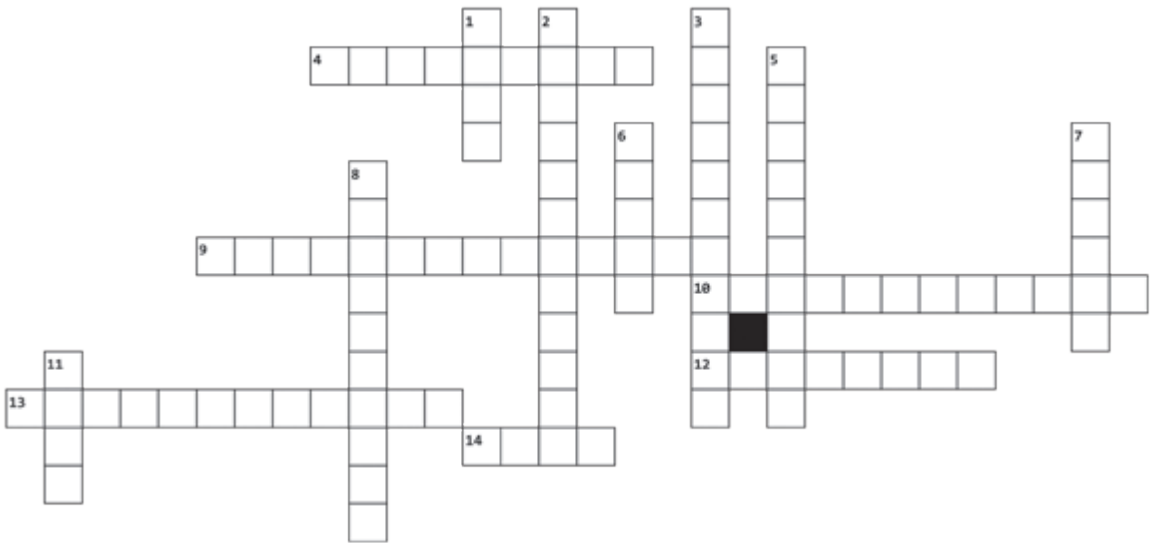
## News from the Friends of Nose Hill

by Anne Burke

Along the many 1959 vehicle trails, a great deal of severe damage occurred on slope crests and the top of hummocky areas (i.e., a small knoll or mound above ground). Although regeneration was slow, the amount of scarring evident in 1982 photographs was less than in 1969. Many of the deeply cut and rutted trails were along the 24th Street alignment. There were significant vehicle impacts on the bluffs north and south of Porcupine Valley. The hillside due west of the Berkley Gate parking lot was heavily scarred, as were the ravine slopes and trail up the north face of the bluff that rises from the south side of the Valley. In 1990, Canadian Western Natural Gas was granted a utility metre easement in the park on the slopes marking the Park's northern boundary. Adjacent construction projects involved temporary removal of post-and-cable fencing to deposit waste in the MacEwan Glen Ravine.

Between 1982 and 1990, walkers and cyclists expanded the already extensive trail network. In 1993, trail conditions and user data were collected during the period of 20 July to 20 September from the glacial moraine (the plateau and side slopes), ravines (such as Many Owls and Porcupine Valley), and disturbed land. Use of Nose Hill was greater in the afternoon and evenings. A total of 631 people used pathways versus 200 on trails. More walkers used pathways while those with dogs used ravines. On weekends more users spent time in the ravines. Almost three times as many users were recorded using the Hill plateau and side slopes, rather than ravines, during the week. Survey work was done by pairs of volunteers from Friends of Nose Hill, Nose Hill Communities Board, and the Calgary Field Naturalists Society.

# January Crossword



## Across

4. Every year on January 11, Sir John A. \_\_\_\_\_ Day is observed in Canada.
9. Premiering on January 6, 1975, this game show features multiple contestants working with the alphabet to try and solve a puzzle. It has 41 seasons.
10. In 1904, the first New Year's celebration was held in Times Square to celebrate the new headquarters of this popular publishing company.
12. January is known for being the coldest month in this hemisphere.
13. Before being turned into a film, *The Girl on the Train* was written by \_\_\_\_\_ and published on January 6, 2015.
14. Born on January 25, 1981, this talented Alicia sings "No one" and "If I Ain't Got You".

## Down

1. People born between December 22 and January 22 are considered Capricorns. Interestingly, this word comes from 'Capricornus' which means \_\_\_\_\_ in Latin.
2. A true Canadian icon, this former hockey player was born on January 26, 1961, and holds the nickname "The Great One".
3. This gruelling survival film came out on January 8, 2016, finally winning Leonardo DiCaprio his long-awaited Oscar.
5. This British singer songwriter was born on January 10, 1945, and is known for his raspy voice and his album *Every Picture Tells a Story*.
6. This two-faced God is the symbol of January in ancient Roman myth.
7. This stone is the official birthstone for January and is meant to keep you safe when travelling.
8. On January 25, 1961, Disney put out the spotted masterpiece, *101 \_\_\_\_\_*.
11. This iconic single from Canada's own Justin Bieber features Ludacris and was released and available for digital download on January 18, 2010.



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers

## Burrito Beef and Bean Soup

by Jennifer Puri

Beans and rice have been a staple dish around the world for centuries. If eaten together, the combination of rice and beans creates a complete protein. They provide a healthy plant-based protein and eating more protein can help build muscle mass and help you maintain a healthy weight.

The other benefit of eating rice and beans together is their fiber content which can help to improve digestion, maintain healthy blood sugar levels, and lower blood pressure and cholesterol.

The black bean is found in both Latino and Hispanic cultures and is served in a variety of Mexican dishes. It can be added to burritos, quesadillas, salsas, rice, salads, or soups like in the burrito beef and bean soup recipe below.

**Prep Time:** 20 minutes

**Cook Time:** 60 minutes

**Servings:** 6 to 8



### Ingredients:

- 2 lbs lean ground beef
- 1 small yellow onion, chopped
- 3 garlic cloves, minced
- 3 tbsps of hot and spicy taco seasoning
- 2 cups of low sodium corn kernels drained and rinsed
- 2 cups black beans drained and rinsed
- 2 cups diced tomatoes

- 1 cup of uncooked white or brown rice, rinsed
- 1 small can tomato puree
- 2 cartons beef broth
- Salt to taste
- Sour cream (optional)
- 2 ready to eat avocados (optional)
- Queso taco chips (optional)

### Directions:

- In a large pot or saucepan, sauté ground beef, garlic, and onion until the beef turns brown.
- Add taco seasoning and mix together. Next add the black beans, corn, diced tomatoes, tomato puree, and salt to taste. Stir all ingredients together and then add the rice and the beef stock.
- Bring pot or saucepan to boil, then cover and let simmer for about 45 minutes. Check to see if rice is cooked, especially if using brown rice which takes longer to soften than white rice.
- Ladle soup into bowls and garnish with chopped avocado and sour cream. Serve queso taco chips on the side if desired.

Note: This recipe can also be made in a Slow Cooker which can be a big time saver for busy families. Add sautéed beef, vegetables, rice, and stock to a slow cooker and simmer on low setting for six to eight hours or on high for four to six hours.

Bon Appétit!



## GAMES & PUZZLES

### Guess the Sport!

1. This is commonly known as the only sport that has been played on the moon.
2. This incredibly physical two-person activity is considered the world's oldest sport.
3. In this sport, goal posts are painted yellow.
4. In \_\_\_\_\_, a score of zero is called "love".
5. An elegant show of talent, this is the oldest winter Olympic sport.
6. When you miss three times in a row, it's called a turkey in this sport.



SCAN THE QR  
CODE FOR THE  
ANSWERS!

# BARKER'S

• FINE DRY CLEANING •

## PICK UP & DELIVERY SERVICES

### 403-282-2226



Calgary Confederation  
**Len Webber, MP**  
2020 – 10 St NW  
Calgary, AB T2M 3M2  
☎ 403-220-0888  
✉ len.webber@parl.gc.ca

### Small Change, Big Impact

In 2021, the House of Commons unanimously passed my Private Members Bill C-210. This Bill allows Canadians to indicate their willingness to become an organ and tissue donor through their tax forms.

This past tax season, the question appeared on the annual tax forms in Ontario and Nunavut.

The government has now revealed that 2,450,000 Canadians in Ontario and Nunavut indicated that they want to become an organ and tissue donor on their tax return. This provides hope for the 4,700 Canadians awaiting a life-saving transplant.

This sensible approach will save lives of Canadians who are in desperate need of a transplant. Other provinces, including Alberta, did not participate in the first tax year this option was made available. The overwhelming success of this initiative in Ontario and Nunavut will surely encourage other provinces to participate this coming tax season.

I have worked for over a decade to improve the outcomes for Canadians in need of a life-saving transplant. When I was a Member of the Alberta Legislature in 2013, I brought forward legislation that created the Alberta organ and tissue donor registry and implemented the donor heart designation on Alberta drivers' licences.

When I was elected to Ottawa, I worked hard to get this common-sense Bill passed. I am overwhelmed with the success of this initiative, and I foresee the day when Canada could be the first nation without a transplant waiting list.

It should be noted that when Canadians indicate that they intend to become an organ and tissue donor through their tax form, their contact information is passed along to their provincial and territorial registries so that they can finalize the registration process. There is never a sharing of your health information with the Canada Revenue Agency.

## Cats, Canines, & Critters of Calgary



Chigs, Crescent Heights



Daisy, Calgary



Pikachu, Sandstone



Tiffany and Maggie, Calgary

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



## Hate Your Renewal Rate? Call Me!

Expert advice  
Excellent rates  
Many options  
Better mortgages

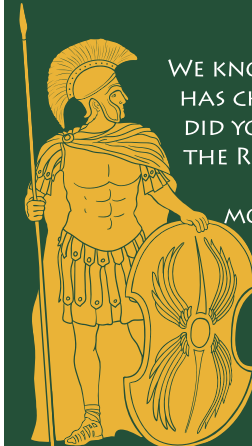


# ANITA

 403-771-8771  
[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

Licensed by Avenue Financial

## THE DEAD PERIOD



WE KNOW THAT THE CALENDAR HAS CHANGED OVER TIME, BUT DID YOU KNOW THAT BECAUSE THE ROMAN MILITARY WASN'T ACTIVE IN THE COLDEST MONTHS, THEIR CALENDAR ONLY HAD 10 MONTHS WITH FORMAL NAMES. JANUARY AND FEBRUARY WERE REFERRED TO AS THE "DEAD PERIOD".

# 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.

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

**CALGARY 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.

**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.

**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.

**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.

**CLEARWASH EXPRESS DETAIL & CAR WASH:** Just drive up, no appointments required. We offer the best hand wash services for vehicle cleaning, inside and out. Performed quickly, professionally while you wait in our comfortable lounge. Try us you will like the service. 1725 32 Ave NE. Visit us at [clearwashcalgary.com](http://clearwashcalgary.com). Call 403-271-9274 or 403-397-9645.



**WWW.BIKEBIKE.CA**

**FRIENDLY • FAMILY-OWNED**

**403-457-2453**

**430B - 40 AVENUE NE**

**SALES AND SERVICES**

# 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](mailto:sales@greatnewsmedia.ca)



**SCAN ME**

**GREAT NEWS MEDIA**

LEADERS IN COMMUNITY FOCUSED MARKETING