

MARCH 2024

DELIVERED MONTHLY TO 10,845 HOUSEHOLDS

# SOUTHEAST LIFE

COPPERFIELD AND MAHOGANY COMMUNITY NEWSLETTER



Copperfield | MAHOGANY  
COMMUNITY ASSOCIATION

MAHOGANY | HOMEOWNERS  
ASSOCIATION

**McKENZIE ORTHODONTICS**  
*Certified Specialist in Orthodontics*



**FREE CONSULTATION**



Scan To  
Book Today!

Happy  
Easter



403.262.3696 | #110, 142 McKenzie Towne Link SE | Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) – Orthodontist

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca

Double the glow!



Purchase a regular priced Facial Gift Card and receive

**50% off**  
YOUR SECOND  
FACIAL GIFT CARD\*

\* Offers may not be combined. Offer valid in-store at participating locations. Rates and services may vary by location. No cash value. Cannot be used towards gift cards. Facial must be booked same-day as massage. Offer ends March 31, 2024.

March  
Makeover!



**HAND & STONE**  
MASSAGE AND FACIAL SPA



**825.540.3500**

4307 130th Ave SE - Unit 88A  
Calgary, AB

[www.handandstone.ca](http://www.handandstone.ca)

# Wordy Woes

The fear of long words, Hippopotomonstrosesquippedaliophobia, coined by American poet Aimee Nezhukumatathil in 2000, traces back to Roman poet Horace's criticism of writers obsessed with lengthy words in the first century BCE. Irony alert: the term itself is quite a mouthful!



# OFFICIAL



PLUMBING & HEATING

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

**\$50**

Service Call Fee



**403-837-4023**





[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)

[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

**STEP INTO SAVINGS  
STEP INTO THE**

# TAX HUT



-  VIRTUAL
-  DROP OFF
-  IN PERSON
-  ONLINE

#214-4441 76TH AVE SE  
[Info@mytaxhut.com](mailto:Info@mytaxhut.com)  
(403) 265-0162



[mytaxhut.com](http://mytaxhut.com)



# HIGHSTREET dental

*Helping you  
to improve  
your smile!*

*We bill in accordance  
with the ADA Fee  
Guide Prices*

*We direct bill  
your insurance*

*Open evenings on  
Saturdays & Sundays*



**Dr. Jordan Loewen, Dr. Jeff Seckinger,  
Dr. Patricia Tsang**  
*General Dentists*

**Call today and book your  
free teeth whitening**  
included with your complete exam,  
x-rays, and cleaning



**☎ 403-236-1200**

**📍 50 High Street SE,  
Calgary, AB**

**🌐 [www.highstreetdental.com](http://www.highstreetdental.com)**

***New Patients Welcome***

# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our Innovative Consumer Programs



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



Call or Text 📞 403-606-8888 ✉️ len@lentwong.com 🌐 calgaryhomesearch.com 🌐 calgaryluxuryhomesearch.com

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

## MAHOGANY COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	24	37	16	\$694,450	\$688,250
December	23	28	34	\$682,450	\$680,000
November	23	33	33	\$549,900	\$549,900
October	23	41	30	\$597,450	\$590,000
September	23	29	35	\$649,900	\$635,000
August	23	35	42	\$644,900	\$641,500
July	23	56	36	\$614,950	\$620,750
June	23	58	63	\$639,900	\$642,000
May	23	35	42	\$609,450	\$612,250
April	23	46	43	\$615,000	\$615,000
March	23	50	46	\$564,950	\$565,000
February	23	33	14	\$549,900	\$550,000

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

## COPPERFIELD COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	24	17	13	\$494,900	\$518,000
December	23	10	14	\$464,450	\$443,450
November	23	20	29	\$479,900	\$484,000
October	23	33	37	\$435,000	\$436,000
September	23	39	30	\$419,900	\$425,500
August	23	39	52	\$419,950	\$417,500
July	23	42	36	\$394,950	\$409,950
June	23	43	34	\$437,450	\$457,450
May	23	54	53	\$449,900	\$460,000
April	23	29	34	\$425,000	\$461,250
March	23	36	26	\$364,950	\$359,950
February	23	18	15	\$349,999	\$350,100

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

# CONTENTS

---

- 11 MENTAL HEALTH MOMENT: TEN TIPS FOR DEALING WITH PARENTAL ESTRANGEMENT
- 16 RECIPE: SPICY CHICKEN CURRY
- 19 HOA SPRING FLING FESTIVAL
- 24 TAKE ON WELLNESS: PREVENTING CUMULATIVE STRESS
- 28 BUSINESS CLASSIFIEDS



SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

**MAHOGAN Y**



**COPPERFIELD**



**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.

www.facebook.com/cmcommunity.ca

www.cmcommunity.ca

6 Copperstone Way SE, Calgary, AB, T2Z 0E7

We can be reached by phone at 403-532-8864  
or by email at info@cmcommunity.ca  
Hall Hours: By appointment only

POSITION	NAME	Contact Email
President	Jason Fiander	president@cmcommunity.ca
Vice President	Jason London	vicepresident@cmcommunity.ca
Treasurer	Jeannie Stace-Smith	treasurer@cmcommunity.ca
Secretary	Regan Forsyth	secretary@cmcommunity.ca
Facility Manager	This Could Be You!	
Rink Coordinator	Matt Wright	copperfieldrink@gmail.com
Hall Rentals, Programming, Memberships	Maggie Hampton	info@cmcommunity.ca
Social Events Coordinator	Daniel Alvares	events@cmcommunity.ca
Communications Coordinator	Allison Nette	newsletter@cmcommunity.ca
Sponsorships	Kari Pukin	sponsorships@cmcommunity.ca
Neighbourhood Watch	Leigh Pukin	neighborhoodwatch@cmcommunity.ca
Member at Large	Hayley Bell	
Member at Large	Dennis Agbegha	
Member at Large	Justin Huseby	
Member at Large	Paula Lanh	

The Copperfield Mahogany Community Association (CMCA) is an organization formed by the residents of both Copperfield and Mahogany:

- To manage and direct its social and recreational activities.
- To act as a liaison with all levels of government, especially civic matters like planning and development.
- To plan, develop and maintain community facilities and amenities.



## CMCA Members Can Register for Programs at the Mahogany HOA!

Did you know that anybody can register for programs at the Mahogany HOA?

They have a wonderful indoor facility with a banquet hall, studios, and even a gymnasium that hosts youth and adult programs. You can check out their programs at <http://www.mahoganyhoa.com>.

The best part is that CMCA members can register at a discounted rate, compared to the general public. This is to thank members for their commitment to both of our communities. Getting your CMCA membership is quick and easy – just go to [https://cmcommunity.ca/memberships/!](https://cmcommunity.ca/memberships/)

Once you have your CMCA membership, kindly reach out to the Mahogany HOA team at 403-453-1221 and they can assist you in setting up your profile and registering you at the discounted rate. If you have any questions, reach out to [programs@mahoganyhoa.com](mailto:programs@mahoganyhoa.com).



Stream  
'Sunshine'  
today!

Available on all  
your favourite  
platforms.



[daughterdentist.com](http://daughterdentist.com)

## Copperfield-Mahogany Community Association Memberships

Community associations are run by residents in our neighbourhoods, they bring us together as friends, they are a voice for our community, and they offer many exciting opportunities right here:

- Hockey/Skating
- Youth Programs
- Community-wide events like Stampede, Picnic in the Park, and Movie in the Park
- Committee work (planning and development, special events, safety, etc.)

### Other Benefits Include:

- Discounted rates to most programs that operate through the Copperfield Community Hall and many at the Mahogany Beach Club.
- Discounted rates on Copperfield Community Hall rentals.
- We are building a directory of businesses in the area that will offer discounts to you by showing your membership card! (Please contact us to become involved in this program).
- And so much more!

Community Associations are dedicated to making sure our communities are a great place to live, work, and play. Purchasing a Community Association membership is a great way to get involved and show your support for the many ways our neighbours work to ensure you love where you live.

Memberships are valid for one year from the date of purchase, allowing you to purchase one at any time of year. You can set up an online account for your family at [www.cmcommunity.ca](http://www.cmcommunity.ca) and use this to purchase and renew memberships, as well as register for programs held at the Copperfield Community Hall! Memberships are good for up to two adults per household and their children up to 17 years of age. Membership is a voluntary \$30 per household, per year and is not included in the mandatory Mahogany Homeowners Association fee. A CMCA Membership does not grant access to the lake in Mahogany. You also get a vote at the yearly AGM (October/November) and it entitles you to hold a position on the Board of Directors.

Show support for your community and purchase your membership today!



The Copperfield-Mahogany Community Association (CMCA) meets monthly on the third Thursday of every month at 7:00 pm (except July and December), and residents are welcome to join us as a visitor and find out what is happening in your communities first hand! You are also welcome to join the Board, as certain roles are still open.



# WE ARE LOOKING FOR

## Planning and Development Coordinator

Board position requiring a current CMCA membership. Must be able to attend monthly board meeting on the third Thursday of every month. The Planning and Development Coordinator will receive updates from the city on future development and planning and relay to the board. A full description of the role is available at <https://cmcommunity.ca>.

## Facility Coordinator

Board position requiring a current CMCA membership. Must be able to attend monthly board meeting on the third Thursday of every month. The Facility Coordinator will help ensure our community hall and outdoor rink are maintained and kept safe for many years to come. A full description of the role is available at <https://cmcommunity.ca/blog/join-our-team-facility/>.

## Schools Coordinator

Board position requiring a current CMCA membership. Must be able to attend monthly board meeting on the third Thursday of every month. The Schools Coordinator is responsible for acting as a liaison between the local schools and our community. A full description of the role is available at <https://cmcommunity.ca>.

**SIGN-UP  
TODAY**

IF YOU ARE INTERESTED IN LEARNING MORE ABOUT ANY OF THESE OPPORTUNITIES,  
PLEASE EMAIL [PRESIDENT@CMCOMMUNITY.CA](mailto:PRESIDENT@CMCOMMUNITY.CA)



# Stargazing with Pat J: The Ice giants – Uranus and Neptune

by Patricia Jeffery © 2024, Calgary Centre of the Royal Astronomical Society of Canada

Similar to Jupiter and Saturn, Uranus and Neptune's atmospheres consist of hydrogen and helium, but the bulk of each planet is a frozen slush of water, methane, and ammonia, hence their nickname 'ice giants.'

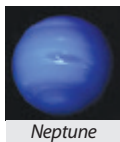
### Uranus

- Seventh planet from the Sun
- If the Sun is at a football field's goal post and Earth is on the 2-yard line, Uranus is at the 38-yard line
- Third largest planet, 63 Earths could fit inside
- Rotates on its axis in 17 hours. Takes 84 years to orbit the Sun
- Takes sunlight 2.5 hours to get there
- Lacks a hard surface. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius
- Has 27 moons and thirteen rings
- Very stormy atmosphere with wind speeds over 900 km/hr
- Early in life, a collision with an Earth sized object left it with a tilt of almost 90 degrees; meaning Uranus is literally lying on its side. As a result, summer on Uranus is 21 years of sunshine while winter is 21 years of darkness



### Neptune

- Eighth planet and furthest from the Sun
- If the Sun is at a football field's goal post and Earth is on the 2-yard line, Neptune is at the opposing team's 50-yard line
- Fourth largest planet, 57 Earths could fit inside
- Rotates on its axis in 15 hours. Takes 165 years to orbit the Sun
- Takes sunlight four hours to get there
- Lacks a hard surface. Mean temperature: -200 degrees Celsius
- Has 14 moons and five very faint rings
- Stormiest atmosphere in the solar system with wind speeds over 2000 km/hr
- 8,000 km below the surface of both Uranus and Neptune, hydrogen and carbon are squeezed together under incredible pressure. The result is rain, not of water droplets, but of diamonds!



## WINNIE IS CANADIAN

In World War I, Canadian soldier Harry Colebourn adopted a black bear cub, Winnipeg (Winnie). Donated to the London Zoo in 1914, Winnie captured the heart of Christopher Robin Milne. He named his teddy bear after her, inspiring A. A. Milne's creation of the timeless Winnie the Pooh stories. The rest is cuddly, whimsical history!



**GLOBAL PET FOODS** 40 High St. SE

McKenzie Towne, AB eat.play.love.

**FEATURE BRANDS**



**SAVE 15%!**

in-store with this coupon

WHERE PETS ARE UNDENIABLY  
PART OF THE FAMILY

Follow us on Instagram!  
@globalpetfoods\_mckenzieltowne



## The Good Food Box

Orders can be placed at [bit.ly/CMCA\\_GoodFoodBox](https://bit.ly/CMCA_GoodFoodBox) (if nothing appears, the order is currently closed - follow our Facebook page for updates when the next order is open).

We are excited to announce that the Good Food Box program is again available for residents of Copperfield and Mahogany communities.

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The boxes are put together and delivered by dedicated volunteers who, along with The Community Kitchen, desire to see individuals and families accessing affordable nutritious food.

Boxes contain both fruits and vegetables. Weights will vary depending on produce size and density. This is a monthly program by the CMCA and the schedule is as follows:

Order Date	Delivery Date
March 4	March 15
April 8	April 19
April 29	May 10
May 27	June 7
June 17	June 28
August 19	August 30
September 16	September 27
October 14	October 25
November 11	November 22
December 2	December 13

Orders can be picked up from Copperfield Community Hall (6 Copperstone Way SE).

Abandoned orders (paid for but not picked up) will be donated to the Copperfield Helping Hands or Mahogany Angels support groups for distribution to neighbours in need.

Thank you for your support, we look forward to seeing more community members benefiting from the Good Food Box program! Follow us on Facebook for ordering details and reminders.

**BARKER'S**  
FINE DRY CLEANING

**PICK UP &  
DELIVERY  
SERVICES**

**403-282-2226**

# Ten Tips for Dealing with Parental Estrangement

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



Parental estrangement is emotional and physical distancing between a parent/s and their adult child, resulting in a strained or severed relationship. It can be triggered by various factors such as disagreements, misunderstandings, differing values, or more serious issues like emotional or physical neglect or abuse. The reasons behind parental estrangement are complex, and individuals may choose to distance themselves from a parent for their own wellbeing. The experience is emotionally challenging for both the parent/s and the adult child involved.

The following are tips which offer help for either person of the estrangement:

- 1. Acknowledge Your Feelings:** Accept and validate your emotions. Feelings of loss, anger, and confusion are valid responses to the situation.
- 2. Build A Support Network:** Surround yourself with friends or support groups who can offer understanding and encouragement.
- 3. Establish Healthy Boundaries:** Clearly communicate and enforce boundaries that protect your emotional wellbeing.
- 4. Practice Self-Compassion:** Be kind to yourself and avoid self-blame. Estrangement is a complex situation.
- 5. Focus On Personal Growth:** Use the experience as an opportunity for self-discovery and personal development.
- 6. Journaling:** Write down your thoughts and feelings to gain clarity and process your emotions.
- 7. Engage In Activities You Enjoy:** Invest time in hobbies and activities that bring you joy and fulfilment.
- 8. Explore Forgiveness:** Consider forgiveness as a personal process, recognizing that it doesn't necessarily mean reconciliation.
- 9. Give It Time:** Healing from parental estrangement is a gradual process. Be patient with yourself and the situation.
- 10. Seek Professional Help:** Consider therapy to help navigate and express the complex emotions that come with parental estrangement. Therapists can teach effective communication skills to navigate difficult conversations if your child wants to talk. Therapy offers a chance to explore the root causes of the estrangement, helping individuals gain insight into their own contribution to the misunderstanding. Therapists will teach you healthy coping strategies to manage emotions. Finally, therapy can help you understand, create, and enforce healthy boundaries for the repaired relationship moving forward.

Therapy is a personalized journey, and the specific benefits can vary depending on individual circumstances and goals. Remember, there is help and hope.

# Checking in with Anxiety

by Alberta Health Services

It's normal to feel worried or anxious at times within your daily life. Mild to moderate anxiety can help you focus your attention, energy, and motivation. But when these feelings become severe and out of balance, causing you to feel helpless, confused, or very worried, it may be a symptom of an anxiety disorder or a more serious problem such as depression.

Anxiety can cause physical and emotional symptoms. A specific situation or fear can cause some or all of these symptoms for a short time. When the situation passes, the symptoms usually go away.

### What is an Anxiety Disorder?

Anxiety disorders occur when people have both physical and emotional symptoms. These disorders interfere with how a person gets along with others. They also affect daily activities.

Often the cause of anxiety disorders isn't known. Many people who have them say that they've felt nervous and anxious all their lives. This problem can occur at any age. Children who have at least one parent with the diagnosis of depression are more than twice as likely to have an anxiety disorder than other children.

Did you know? Women are twice as likely as men to have problems with anxiety disorders.

Anxiety disorders often occur with other problems, such as:

- Mental health problems, like depression.
- Substance use problems.
- A physical problem, like heart or lung disease. A complete medical checkup may be needed before an anxiety disorder can be diagnosed.

When you have a generalized anxiety disorder, you feel worried and stressed about many everyday events and activities. But it could result in more serious outcomes like panic attacks and phobias.

### What is a Panic Attack?

Panic attacks are sudden feelings of extreme anxiety or an intense fear without a clear cause or when there is no danger. While common, panic attacks sometimes occur in otherwise healthy people. They usually only last a few minutes but can last longer. For some, anxiety can worsen quickly during the attack.

Symptoms include:

- Feeling like you're dying or losing control of yourself.
- Rapid breathing (hyperventilation).
- Numbness or tingling of the hands or lips.
- A racing heart. You may feel dizzy, sweaty, or shaky.
- Trouble breathing, chest pain or tightness, and an irregular heartbeat. These symptoms come on suddenly and without warning.

Sometimes symptoms of a panic attack are so intense that you may fear that you're having a heart attack. Many of the symptoms of a panic attack can occur with other illnesses, such as hyperthyroidism, coronary artery disease, or COPD. A complete medical checkup may be needed before an anxiety disorder can be diagnosed.

People who have repeated unexpected panic attacks and worry about the attacks are said to have a panic disorder.

### What is a Phobia?

Phobias are extreme and irrational fears that interfere with daily life. While phobias are common, they can present as fears that are out of proportion to real danger. Some individuals with severe phobias are unable to control their fears and can occur with other conditions, such as panic disorder or Tourette's disorder.

Most people deal with phobias by avoiding the situation or object that causes them to feel panic. This is called avoidance behaviour. A phobic disorder occurs when the avoidance behaviour becomes so extreme that it interferes with your daily activities.

There are three main types of phobic disorders:

- Agoraphobia: fear of being alone or in public places where help might not be available, or escape is impossible.
- Social Phobia: fear of situations where you might be exposed to criticism by others.

- Specific Phobia: fear of specific things.

Phobias can be treated to help reduce feelings of fear and anxiety.

### **Paying Attention to Anxiety**

Life is full of ups and downs which can cause shifts in your anxiety from time to time. It's important to check in with yourself, finding time each day to take notes or monitor how you are feeling in certain situations. Documenting these moments of anxiety can help you process and work through those issues, but it can also help you determine a baseline. This can help make it clear when things are going well or if you need to check in with your doctor and develop a plan to address your anxiety.

Anxiety can be treated through cognitive-behavioural therapy, relaxation therapy, anxiety reduction classes, medicines, or a combination of methods. Talk to your doctor and ask questions if you think you are struggling with anxiety.



## **Cats, Canines, & Critters of Calgary**



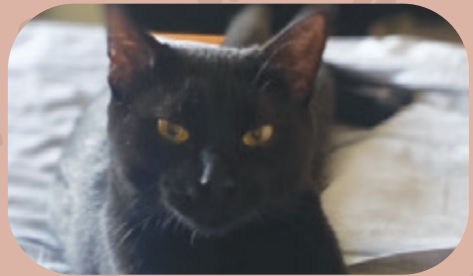
Chile Mango Bean, *Sundance*



Chloe, *Somerset*



Kiki, *Dalhousie*



Stormi, *Deer Ridge*

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

# Looking for Volunteering Opportunities in the Community?

The Copperfield-Mahogany Community Association strives to provide social and recreational opportunities to the residents of Copperfield and Mahogany, but we can't do this without the contributions of volunteers!

Consider volunteering for our available roles and make a positive impact in your community. With a variety of roles available, you'll gain valuable experience while contributing to a cause you care about. Join our supportive and inclusive community today and start making a difference!

If you are interested in the available volunteering opportunities in our community, you can take a survey that is specifically designed to help you find out more about each role.

The survey will provide you with a comprehensive list of all the volunteering opportunities available in our

community right now. You will also have the chance to learn about the specific responsibilities, and how you can get involved.

By taking part in this survey, you will have the opportunity to connect with like-minded individuals who are passionate about making a difference in the community. Whether you are looking for short-term or long-term volunteering opportunities, there is sure to be something that will suit your needs.

So if you are ready to take the first step in making a difference in your community, be sure to participate in the survey and discover all the available volunteering opportunities that are waiting for you.

Use the QR code to access the survey, visit our website on [www.cmcommunity.ca](http://www.cmcommunity.ca), or follow us on Facebook for more details!



The Landscape Artist Inc.

403.256.2252  
[www.landartist.com](http://www.landartist.com)  
Contact us to schedule a free onsite consultation

We are providing our award winning landscaping design and construction services in your area!

45 YEARS SERVING CALGARY

TOP CHOICE AWARDS  
LANDSCAPING SERVICE OF 2024  
VOTED TOP CHOICE  
LANDSCAPING SERVICE OF 2023  
THE LANDSCAPE ARTIST INC.

BBB

Watch our interview with Bryan Baeumler

BAEUMLER APPROVED

Pool & Spas Outdoor Kitchens & Fireplaces Sports Courts & Putting Greens Water Features Retaining Walls

The advertisement features a dark green header with the company name and contact details. Below this is a white navigation bar with service categories. The main body is split into two images: a wooden deck on the left and a lawn with two people on the right. Various award logos and a 'BAEUMLER APPROVED' badge are overlaid on the images.



## TAKE ON WELLNESS

# Live Healthier, Happier, and Longer

*from Calgary Foothills Primary Care Network*

Did you know there is a team of health professionals who work with your family doctor to provide personalized health support – for free.

From mental health counsellors to nurses who can help with things such as anxiety and diabetes, you can access a variety of health support through one of the Alberta Primary Care Networks. There are a number of Primary Care Networks across the province, offering services designed to best meet the needs of each community. Primary Care Networks are part of Alberta's public health care system and are funded by the provincial government – there is no cost to use any of their services.

### Access Free Health Support

Studies show that people who regularly see their family doctor are healthier, live longer, and have fewer hospital visits. You can find various health support through Primary Care Networks, including:

- Virtual and in-person workshops to support mental health, nutrition, diabetes, exercise, and to help you quit smoking.
- Access to a team of health professionals that could include nurses, mental health therapists, dietitians, pharmacists, and social workers who can provide you with specialized care.
- After-hours care to support you if you can't get in to see your family doctor.



## 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**

## Spicy Chicken Curry

by Jennifer Puri



Spice it up! Spices improve the natural flavour and appearance of food. There are over 300 spices but the most popular are Black pepper, Mustard, Cumin, Turmeric, Cloves, and Cinnamon.

Spices have been used for centuries for their medicinal and preservative qualities. In addition to their antibacterial and antifungal properties they are also a good source of vitamins, calcium, iron and antioxidants.

Saffron often referred to as "red gold" is the most expensive spice in the world and because of its distinctive yellow colour is used in everything from liquor, cheeses, curries, meat and rice dishes and soups.

Generally used in small amounts spices are probably the easiest way to create a great tasting meal.

**Prep Time:** 15 minutes

**Cook Time:** 40 minutes

**Servings:** 5 to 6

### Ingredients:

- 3 lbs boneless, skinless chicken breasts
- 2 small onions finely sliced
- ¾ cup Canola oil
- 1 ½ tbsps minced ginger
- 1 ½ tbsps minced garlic
- 3 tbsps curry powder
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 ½ tsps powdered red chilli peppers

- 2 bay leaves
- 1.5 tsps salt
- 1 cup plain yoghurt
- ½ can (398 ml) crushed tomatoes
- 1 ½ cups water
- 1 tsp sugar
- ¾ cup coconut milk
- 1 ½ tsp Garam Masala
- 3 to 4 tbsps chopped cilantro

### Directions:

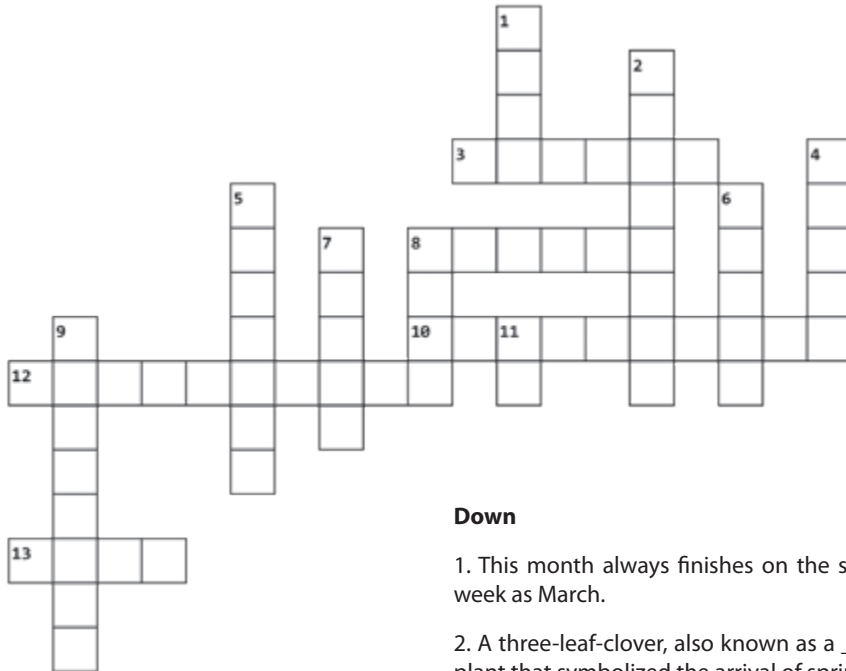
- Cut chicken breasts into bite size pieces. Heat oil in a large pot or skillet, add onions and sauté until onions are lightly brown. Add ginger and garlic and sauté for a minute then add chicken and continue sautéing until the chicken is no longer pink on the outside about two to four minutes.
- Add curry powder, cumin, turmeric, red chilli peppers and the bay leaves and stir fry for two to three minutes. If the mixture is sticking to the pot sprinkle a little water and reduce heat.
- Next add the yoghurt and blend in followed by the water. Cover the pot and allow the curry to simmer for approximately 15 to 20 minutes or until chicken is tender.
- You can now add the crushed tomatoes, sugar and coconut milk and simmer for two to three minutes.
- Remove the curry from the heat and garnish with garam masala and chopped coriander leaves.
- Serve Spicy Chicken Curry with a tossed salad, steamed rice or naan bread.

Bon Appétit!





# March Crossword

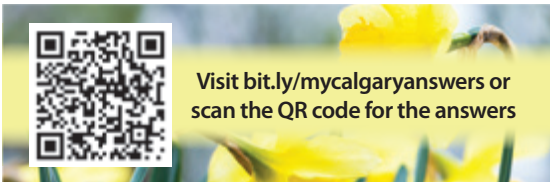


## Across

3. The \_\_\_\_\_ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin \_\_\_\_\_, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The \_\_\_\_\_ of March is well-known as the day Julius Caesar was assassinated.

## Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a \_\_\_\_\_, is a plant that symbolized the arrival of spring for the Celts.
4. International \_\_\_\_\_'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud* \_\_\_\_\_ by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient \_\_\_\_\_ calendar.
8. Alexander Graham \_\_\_\_\_ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.



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



**There's More  
in Mahogany!**

# MAHOGANY

## HOMEOWNERS ASSOCIATION

For upcoming events, programs, lake conditions, volunteer information and more, check out the Mahogany HOA website: [www.mahoganyhoa.com](http://www.mahoganyhoa.com)

29 Masters Park SE, Calgary, AB, T3M 2C1 • Ph: 403-453-1221  
 Fax: 403-474-1202 [f https://www.facebook.com/mahoganyhoa](https://www.facebook.com/mahoganyhoa)  
[x https://twitter.com/mahoganyhoa](https://twitter.com/mahoganyhoa)  
 Hours of Operation: 9:00 am to 10:00 pm daily

### CONTACTS

General Manager	Sally Lockhart	gm@mahoganyhoa.com
Facilities Manager	Vicky Winder	fm@mahoganyhoa.com
Program and Event Manager	Amy Cornett	pem@mahoganyhoa.com
Office Manager	Urszula Sargeant	om@mahoganyhoa.com
Indoor Bookings	Katy Hills	bookings@mahoganyhoa.com
General Inquiries		reception@mahoganyhoa.com
Volunteer Opportunities		info@mahoganyhoa.com
Marketing Coordinator	Melissa McGlone	marketing@mahoganyhoa.com
Programs and Volunteer Coordinator	Jen Wakely	programs@mahoganyhoa.com

All residents age 12+ must have their membership card/credential to access the Mahogany Beach Club and parks.

Stop by the MBC to have your picture taken and get your card/credential today! Please bring your "Certificate of Title" and photo ID showing proof of residency. Tenants must bring in their lease agreements.

## Bright Stars Preschool



Bright Stars Preschool, with locations in the Mahogany Beach Club and Copperfield Community Hall.

We provide preschool children with a joyful, playful, and well-rounded program so they can develop socially, emotionally, physically, mentally, and academically preparing them for Kindergarten.

**Registrations are still being accepted!**

You can visit the website at [www.brightstarspreschool.ca](http://www.brightstarspreschool.ca) or email [kailiparkinson@gmail.com](mailto:kailiparkinson@gmail.com) to learn how to get your little one registered.

MAHOGANY HOMEOWNERS ASSOCIATION

**We are proud to  
partner with  
KidSport Calgary  
to offer affordable  
Youth Sports  
Programming.**

MAHOGANY | HOMEOWNERS  
ASSOCIATION

BAYWEST HOMES

# SPRING FLING FESTIVAL

**Friday & Saturday, May 3/4, 2024**

[www.mahoganyhoa.com](http://www.mahoganyhoa.com) • 29 Masters Park SE



# JOKE OF THE MONTH



What do you call two monkeys who share an Amazon account?

Prime mates!



## 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)

Good Times  
MultiSport



goodtimesmultisport.ca

REGISTER TODAY  
SUMMER DAY CAMPS  
FOR KIDS 5-12  
play sports. have fun.



## Epilepsy Awareness Month

Shine a Light on Epilepsy



Share your purple moments using  
#postyourpurple

MARCH 26  
Purple Day



[epilepsycalgary.com](http://epilepsycalgary.com)



# Active Sports Therapy

WILLOW PARK WESTMAN VILLAGE

- Chiropractic
- Physiotherapy
- Massage
- Laser Therapy
- Active Release Techniques
- Muscle Activation Technique
- Integrated Medicine
- Naturopathic Medicine
- Shockwave
- Exercise Rehab
- Holistic Nutritional Consulting
- Traditional Chinese Medicine



ActiveSportsTherapy.ca



AST Willow Park 403-278-1405 • AST Westman Village 825-509-4780

2024  
**SPRING  
PROGRAM  
GUIDE**  
2024

MAHOGANY HOMEOWNERS ASSOCIATION



## 2024 Spring Program Guide

Scan the QR Code to View

With easy navigation and simple registration,  
your next adventure is just a click away.

## 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 9-1-1.



**E-file** **It's tax time!**

**Single tax retrun 50.00\***  
**Couple tax retrun 90.00\***  
\*Basic tax returns.

Call or Text  
**587-999-8786**  
info@staptaxes.com  
www.staptaxes.com  
**10% Discount for Seniors**

Since 2009



Reasonable Price: Self-employment tax, Uber/Skip, taxi tax, rental income, Corporation tax, GST/PST, Payroll, Bookkeeping

2024

MAHOGAN Y HOMEOWNERS ASSOCIATION

# SUMMER CAMPS GUIDE

2024

ASSOCIATION MAHOGAN Y HOMEOWNERS



## 2024 Summer Camp Guide

Scan the QR Code to View

With easy navigation and simple registration, your next adventure is just a click away.

# Preventing Cumulative Stress

by Alberta Health Services

Imagine running a marathon. Now imagine running another marathon immediately after with zero recovery time. Then another. Then another.

Cumulative stress is a bit like running consecutive marathons, except in this case there is little to show for it. Instead, chronically stressful situations with no reprieve have a harmful impact on your body and mind.

Cumulative stress has been defined as a common experience for people who work in chronically stressful situations. It can be the result of an accumulation of a heavy workload, poor communications, multiple frustrations, coping with situations in which you feel powerless, or the inability to rest or relax. It can be experienced in both work and personal lives and exacerbates stress levels in both areas of your life.

Moderate and contained stress can be a source of motivation, inspiration, and energy. However, prolonged, and negative stress stimulates the level of stress hormones that can impact your emotions, thoughts, and physiological responses.

### Possible Cumulative Stress Reactions

If you are experiencing cumulative stress, here are possible reactions you may notice:

- Difficulty concentrating
- Feelings of hopelessness, powerlessness, and cynicism
- Sleep disturbances and chronic exhaustion
- Irritability and angry eruptions
- Chronic criticism and blaming of others
- Withdrawal from others
- Depression and anxiety
- Increased substance use/abuse

### What Can You Do?

There are many things you can do to improve your stress levels. Keep in mind that resilience should be a key part of a well thought out self-care plan that supports your ongoing personal and professional wellness needs.

Here are some suggestions or ways of reframing your thoughts:

- If possible, can you spot the silver lining? Researchers suggest that perception plays a key role in how we manage stress.
- Manage your stress levels by regularly putting time aside through your day to relax your nervous system (i.e. by using breathing exercises, taking your breaks or a walk at lunch, etc.)
- Re-assess any self-blaming or negative thoughts patterns and instead, look for one or two positive aspects of your day that you have control over.
- Connect with your family, friends and/or coworkers. Human connection has been shown to be a key factor in supporting resiliency.
- Get some physical exercise. Exercising stimulates the release of stress-relieving chemicals (such as dopamine and endorphins) into our system.
- Find something that will help distract you from intrusive thoughts. Some people find it helpful to be engaged in leisure and social activities. Returning to daily routines can also be helpful.
- Maintain good sleeping habits. Avoid using electronics (i.e.: cellphone, tablet, laptop, etc.) at least one hour prior to bed. Having healthy sleep patterns will support your recovery.
- If you find yourself re-experiencing distressing thoughts or images, it's recommended to use grounding techniques and diaphragmatic breathing to keep you in the present moment. Information on these topics can be found on credible and well-known websites.
- Avoid comparing your recovery to that of your coworkers. We all recover differently based on our connection to the event, our interpretation of the incident and our life experiences.
- Connect with your leader at work to discuss your source of stress: they might be able to help and accommodate your needs during that time.

### Reducing Cumulative Stress

Experiencing Cumulative Stress for a prolonged duration of time can have a negative effect on your wellbeing, impacting everything from decision making to your immune system. Fortunately, there are several options you can choose from to bring yourself to a better and more positive head space and find your



healthy balance. The key is implementing your chosen strategies consistently, and to review your self-care plan on a regular basis to ensure it is working.

If you are struggling, you are not alone. AHS has resources and services available to help you. For information on supports in place to help, visit our support site at [AHS.ca](http://AHS.ca), or call the Mental Health Helpline at 1-877-303-2642.



# JACKSON & JACKSON

CUSTOMER SATISFACTION GUARANTEED

**Free Estimates 403.256.9282**

[www.jacksonandjacksonlandscaping.ca](http://www.jacksonandjacksonlandscaping.ca)

**WE SPECIALIZE IN ALL FORMS OF  
CONSTRUCTION & LANDSCAPE**

INCLUDING SMALLER IN-HOME PROJECTS

**Bathroom & Basement Remodeling**

**Custom Decks & Fences**

**Affordable Custom Landscape Plans**

**Stamped & Exposed Concrete**

**Retaining Walls**

## BEFORE & AFTER RENOVATION PROJECTS



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

**Free Estimates 403.256.9282**

[www.jacksonandjacksonlandscaping.ca](http://www.jacksonandjacksonlandscaping.ca)

## Explore the City of Calgary Roadway Activities Map

by the City of Calgary

Curious about the ongoing road projects in your area? Wondering when the last time your neighbourhood roads were repaved? Plan your routes with ease by checking out the City of Calgary Roadway Activities Map. This interactive map compiles information on construction projects, repair work, and special events across Calgary. Visit <https://maps.calgary.ca/RoadwayActivities/> to stay informed and navigate the city hassle-free.

To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.



## New Patients Welcome

For your convenience we accept **direct billing** and follow the **ADA Fee Guide**.

- Family Dentistry
- Dental Cleanings & Check-ups
- Crowns, Bridges and Implants
- Root Canal Treatments
- Sleep Apnea Appliances
- Invisalign®, Botox
- Cosmetic & Restorative Smile Makeovers
- Same Day Emergencies



### Our Clinic Hours of Operation

M, T, W: 9:30am - 6:00pm  
Th: 8:00am - 4:00pm  
F: 7:00am - 3:00pm  
Saturday (2/mo): 8:00am - 2:00pm

MAHOGANY VILLAGE  
DENTAL



### Dr. Navjeet Multani

147 Mahogany Centre SE, Calgary, AB T3M2V6  
(403) 453-7077 | [www.mahoganyvillagedental.com](http://www.mahoganyvillagedental.com)



ONLINE BOOKING AVAILABLE







www.mahoganyhoa.com



## Super Sitters : Our Mahogany Babysitting Course Builds Skill and Confidence for Caregiving

 mahoganyhoa

 www.mahoganyhoa.com

 programs@mahoganyhoa.com

# 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

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Mahogany and Copperfield. 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; www.official-plumbing-heating.ca.

**MAHOGANY | COPPERFIELD 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.

**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.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

# BUSINESS CLASSIFIEDS

**MAHOGANY CONTRACTOR FOR HIRE:** Over 20 years' experience completing renovations in and around Mahogany and Copperfield. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. [www.lefroyconstruction.com](http://www.lefroyconstruction.com).

**ACTIVE SPORTS THERAPY:** Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Mahogany? Our unified team of expert practitioners have one common goal – to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit [activesportstherapy.ca](http://activesportstherapy.ca) to book a free consultation.

**AFFORDABLE DENTAL CARE MINUTES FROM MAHOGANY | COPPERFIELD!** Don't break the bank! We honour Alberta Blue Cross and all insurance fees! Hassle-free direct billing O.A.C. Instant tax receipt for your portion. No fluff, no frills. Non-corporate, independent small business. Save money, live happy. Smiling? Call now at 403-287-6453 or 403-272-7272 or visit [www.calgarydentalcenters.com](http://www.calgarydentalcenters.com).

**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.

**CALGARY PAINTERS:** Professional and affordable painting services. Serving Calgary and surrounding areas for over 25 years. Clean, respectful and always on time. Free estimates. Please call/text Daniel at 403-690-3005 or visit [www.colorcopainting.ca](http://www.colorcopainting.ca).

**HERITAGE WEST PLUMBING AND HEATING:** Boiler and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

**EXPRESS APPLIANCE REPAIR:** We are a family owned company specializing in the repair and installation of washers, dryers, ranges/ovens, dishwashers, fridges, and microwaves. Quality service, warranty, and competitive price. We make sure the repair is done quickly and efficiently. Most repairs can be done on the day of the quote. Call/text 587-319-6799, email [service@expressappliance.ca](mailto:service@expressappliance.ca).

**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.

**CARPET, AIR DUCT, AND DRYER VENT CLEANING:** Drymaster has over 600 affiliates in North America specializing in providing low moisture carpet cleaning, air duct cleaning, and dryer vent cleaning services. Drymaster Clean Way is an authorized affiliate with Drymaster. Call 403-607-4030 now for a free, no obligation quote or visit [www.drymastercleanway.com](http://www.drymastercleanway.com) to learn more.

**PERSONAL TAX PREPARATION SERVICES:** Retired CRA employee with over 30 years of experience in taxation. Specializing in proprietorship's and personal income tax preparation and filings, including small business and rental income, as well as audit defense services. Please contact Harv at 403-808-7347 or email at [hdpocza@shaw.ca](mailto:hdpocza@shaw.ca).

**LEXCORP PLUMBING INC.** Friendly, fast, reliable master plumber. We do new installations, renovations, tankless, hot water tanks, gas fitting and general services. Contact [lexterchong@gmail.com](mailto:lexterchong@gmail.com) or call 403-804-2490.

**MERGE ENERGY INC. ELECTRICAL SERVICES:** Calgary's go to for all your electrical needs! Friendly service at competitive rates. Fully licensed and insured with years of experience our electricians will get the job done right. Delivering a great customer experience is our goal! Call today for a free quote 403-999-4682.

*continued on next page*

# BUSINESS CLASSIFIEDS

continued

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

## “THE REAL ESTATE MOTHER”, MARTA RACZKOWSKA:

Certified Negotiations Specialist and Full Service Realtor. Specializing in Investments, Relocations, First Time Sellers/Buyers, and Divorce Estate Sales. Providing Real Estate Portfolio Analysis and Annual Portfolio Reviews. Visit [www.therealestatemother.com/contactme](http://www.therealestatemother.com/contactme) or text directly to schedule an appointment 403-667-7220.

**COPPER RIDGE ELECTRICAL SERVICES LTD.:** Master Electrician available in Mahogany | Copperfield for all your electrical needs. Basement developments, garages, hot tubs, pot lights, renovations, troubleshooting, service upgrades, or anything else you need. Competitive rates and free quotes! Licensed and insured. Call or text Mike at 403-542-3278.

### Momma Bear Dayhome

- \* Operated by two Level 1 Certified ECE
- \* CPR certified
- \* Clear Police Clearances
- \* Safe and Secure home
- \* Large fenced in backyard
- \* Snacks provided

Opening Soon in SE Calgary



## Hunting for Luck



Hunting for a four-leaf clover is like searching for a lucky needle in a green haystack! With odds of approximately 1 in 5,000 to 10,000, these elusive charms owe their rarity to a quirky genetic mutation that adds that extra bit of luck.

## 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



## 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

# SOUTH FAMILY DENTAL

## FREE TEETH WHITENING OR ELECTRIC TOOTHBRUSH

\*With complete exam, x-rays, & cleaning

**CALGARY  
OWNED AND  
OPERATED**



# HAPPY EASTER!



**SCAN TO BOOK AN APPOINTMENT TODAY!**

# 403.262.3235

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

110-142 McKenzie Towne Link SE, Calgary T2Z 1H1 (Next to Servus Credit Union)

All services provided by our General Dentists and Orthodontist

Dr. N. Headley, Dr. R. Palmer, Dr. N. Speidel, Dr. K. Toucher, & Dr. A. Vilaysane – General Dentists | Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) – Orthodontist

# MIKE BURTON

Home Team



Over 1100 Homes  
SOLD since 2003!



**NEXT EVENT in Mahogany**  
**Spring Fling Thing**  
 May 3rd 7-9:30pm  
 May 4th 10am-2pm  
 at the Mahogany Beach Club

**LivingInMahogany.com**  
 403-257-6688

Free  
Analog Coffee  
Card from



**RE/MAX**  
 REALTY  
 Professionals