

JULY 2025

DELIVERED MONTHLY TO 7,575 HOUSEHOLDS

MAHOGANY LIFE

THE OFFICIAL MAHOGANY COMMUNITY NEWSLETTER



McKENZIE ORTHODONTICS

Certified Specialist in Orthodontics

FREE CONSULTATION



*Scan To
Book Today!*

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



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



MAHOGANY COMMUNITY REAL ESTATE ACTIVITY

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program*

Trade Up Program*

Blanket Home Warranty Program*

Accepting Crypto Currency

Call us to help you navigate through
the changing real estate world

Call or Text 403-606-8888

Email len@lentwong.com

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

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	25	93	63	\$675,000	\$668,000
April	25	63	41	\$675,000	\$670,000
March	25	74	35	\$665,000	\$660,000
February	25	32	26	\$684,893	\$684,893
January	25	47	28	\$644,950	\$647,500
December	24	17	19	\$699,900	\$680,000
November	24	32	30	\$704,900	\$693,750
October	24	37	46	\$704,950	\$692,500
September	24	44	29	\$699,900	\$690,000
August	24	38	29	\$679,900	\$680,000
July	24	36	30	\$762,450	\$758,500
June	24	49	41	\$745,000	\$732,000

To view more detailed information that comprise the above
MLS averages please visit mah.mycalgary.com

HIGHSTREET dental

***We are
participating
in the new
Canadian Dental
Care Plan!***

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

***We direct bill
your insurance***

***Open evenings and
weekends***



**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

New Patients Welcome



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

Pools & Spas Aluminum Pergolas Outdoor Kitchens & Fireplaces Sports Courts & Putting Greens Water Features Retaining Walls



IN STOCK
ALUMINUM PERGOLAS
4 SEASONS - WINTER ENGINEERED

IN STOCK
FIBERGLASS POOLS
QUICK, EASY AND AFFORDABLE



ENHANCING YOUR OUTDOOR LIVING SPACE

Watch our interview
with Bryan Baeumler



Your Patio Furniture Superstore!

YETI **Wicker Land Patio** **weber**

TRAEGER **BBQ LAND** **Modern Patio** RATANA

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

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

CONTENTS

- 7 MESSAGE FROM THE MCA BOARD
- 10 OUR PAWSOME NEIGHBOURS – COULD YOUR PET BE MAHOGANY'S NEXT FEATURED FRIEND?
- 17 BEACH BLASTER
- 18 MENTAL HEALTH MOMENT: WHAT IS A BOUNDARY REALLY? UNDERSTANDING THE RULES WE SET FOR OURSELVES
- 23 MAHOGANY HOA EVENTS, UPDATES, AND ANNOUNCEMENTS!
- 28 BUSINESS CLASSIFIEDS



**SCAN HERE TO VIEW ADDITIONAL
MAHOGANY 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.



RPO Mahogany, P.O. Box 28057
 Calgary, Alberta T3M 3C9
 Email: info@mahoganycommunity.ca
 Website: mahoganycommunity.ca

BOARD OF DIRECTORS

The Board of Directors is currently engaged in solidifying a work plan and looks forward to sharing a full list of Directors in the coming months. In the meantime, all inquiries can be directed to info@mahoganycommunity.ca.

Details will also be updated on our website over the summer. Follow our progress at mahoganycommunity.ca/.

The Board of Directors, Mahogany Community Association

Our MCA Logo

The MCA logo symbolizes all the road roundabouts in our community of Mahogany, and the colours represent the diversity in our community. Designed by Liz Araujo.



Mahogany Community Association Objectives

The objectives of the Society are:

- To promote and foster community spirit and resident relations within the community and across communities at large.
- To facilitate the recreational, cultural, social, athletic, and educational activities of the residents of the community.
- To provide a forum for interactions between the Association, local businesses, and the City of Calgary that promote healthy community growth within our geographic boundary.
- To maintain and operate amenities for various activities for the residents of the community.
- To raise funds in any way to achieve the objectives of the Society, which includes accepting gifts, donations, and grants.
- To liaise with local non-profit agencies to help those in need where appropriate to the community vision.
- To help facilitate and encourage dialogue to enhance both the process and the outcome of projects in the community.
- To promote volunteerism in Calgary.
- Otherwise, generally serve and promote the interests of the community as appropriate.

EN L'AIR

Academy of Dance and Aerial

#12, 10672 46 ST SE, Calgary, AB T2C 1G1

info@enlairacademy.com

587-969-3904

www.enlairacademy.com

RHYTHM & GYM

TINY TUMBLERS

TINY DANCERS

CREATIVE TOTS CLUB

TINY TAPPERS

TINY BOPPERS

TINY CLASSES

TINY LYRICALS

LANDSCAPING SPECIALISTS



FOR A FREE ESTIMATE
 ON LANDSCAPING

CALL SHAWN 403.651.0424
ASFCONTRACTING1@GMAIL.COM
WWW.ASFCONTRACTING.COM

COMMERCIAL/RESIDENTIAL LAWN MAINTENANCE • PAVING
 STONE • SOD • RETAINING WALL INSTALL • FENCES • DECKS

MESSAGE FROM THE BOARD

A Fresh Chapter for the Mahogany Community Association

The Mahogany Community Association (MCA) Board of Directors would like to share a quick update with our amazing neighbours. Over the past few months, there has been a shuffle in the leadership of the MCA. We're grateful for the hard work of those who served before us, and we're excited to carry the torch forward with fresh energy and a renewed sense of purpose.

As we head into fall, Mahoganites can look forward to more opportunities to engage with your local volunteer-run community association. From events and initiatives to conversations and collaboration, there will be lots of ways to get involved, meet neighbours, and have fun right here in Mahogany.

We're also thrilled to introduce the newly formed Civic Affairs Committee. This group will be working to help our community better understand how our Community Association fits into the bigger picture—how our neighbourhood and city function—and how we can all play a part. Whether it's connecting with local elected leaders or advocating for the things that matter most to Mahogany, the goal is to empower residents with the knowledge and tools to make a difference.

There's a lot to look forward to, and we can't wait to connect with you in the months ahead!

The Board of Directors, Mahogany Community Association



Get Involved!

Have an Idea for Mahogany? Let's Make It Happen — Together!

Mahogany is more than just a beautiful neighbourhood—it's a vibrant, growing community filled with people who care about where they live. At the Mahogany Community Association (MCA), we believe the best ideas often come from the people who call this place home. That's you.

Whether you've dreamed of starting a dinner club, organizing a running group, hosting a mom's group at a local park, or trying something totally new—we want to hear from you!

The MCA exists to help turn neighbour-led ideas into real, meaningful experiences. What many people don't realize is that your Community Association has direct access to City of Calgary resources and other grant opportunities that can support grassroots initiatives. That means we can help with funding, permits, space, and even promotional support to bring your idea to life. If it turns out that the best support for your idea might come from the Mahogany Homeowners Association, we will help you make contact there!

When residents come together around something they care about, incredible things happen. Friendships form, neighbourhood pride grows, and Mahogany becomes an even stronger, more connected place to live.

So, if you've got a vision—big or small—we're listening. Send us your ideas, questions, or just a note to start the conversation. Let's dream together, build together, and create a Mahogany that reflects all of us.

Reach out at info@mahoganycommunity.ca. We can't wait to hear from you!

The Board of Directors, Mahogany Community Association

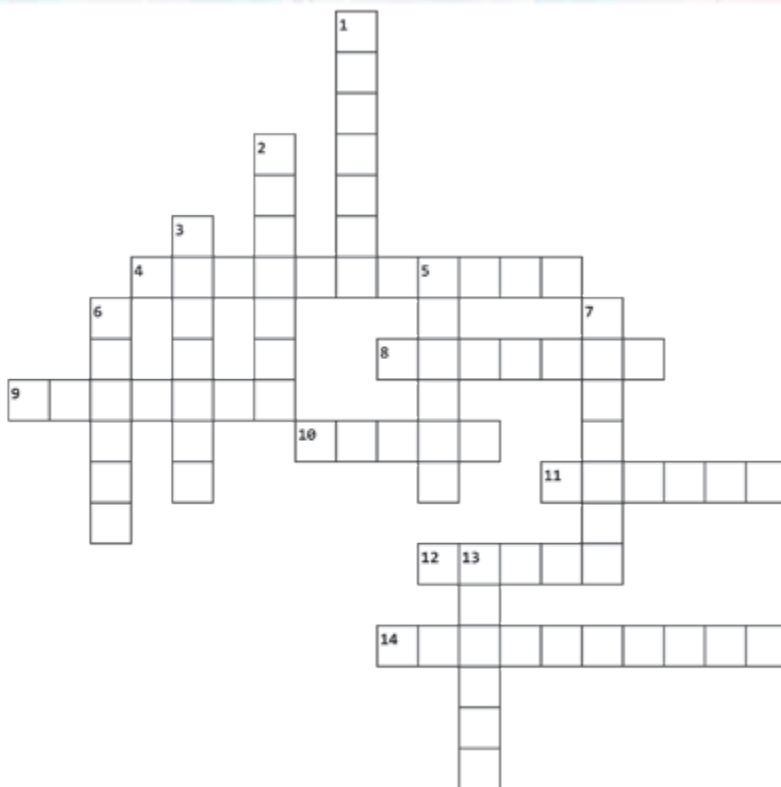


Community Association Mission

- Foster Community Cohesion
- Enhancing Quality of Life
- Celebrate Diversity and Promote Inclusivity
- Environmental Stewardship within Mahogany
- Education and Growth
- Advocacy
- Celebrate and Honour our Diverse Traditions.



July Crossword



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

Across

4. Harper Lee's Southern Gothic novel, *To Kill a _____*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast _____ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate _____ celebrates her 22nd birthday on July 1.
14. Lucy Maud _____, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan _____ premiered on July 22, 1988.
3. The popular mobile game, _____ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first _____ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.

Our Pawsome Neighbours – Could Your Pet Be Mahogany's Next Featured Friend?

Mahogany is full of friendly faces—and some of the fluffiest ones have four legs and tails! Whether your pet rules the dog park, naps like a pro, or simply melts hearts on your daily walk, we want to meet them!

Every month, we feature one of Mahogany's cutest residents in our social media spotlight.

This Month's Star: Maisy

Meet Maisy! She is a spicy little Chi-Weenie rescue from Mexico who thinks she's tough—until she spots a Canada goose at the wetlands. Then it's game over! She is a total crowd favourite, and we can see why!



Want Your Furry Friend to Be Featured Next?

Email us a photo of your pet along with their name and a fun fact or DM us on Facebook @MahoganyCommunityAssociation.

You might just see them in next month's spotlight!

Let's keep the pet love going, Mahogany!



**the
Gutter
Doctor®**
Home Exterior Services

**GUTTER CLEAN, FIX & INSTALL
FASCIA • SOFFIT • ROOFING
GUTTER GUARDS • WINDOW CLEAN
SIDING • CLADDING • HEAT CABLES**

403-714-0711 • gutterdoctor.ca



Create a Beautiful and Resilient YardSmart Yard

by The City of Calgary

A YardSmart yard stays beautiful longer during hot and dry weather compared to yards completely planted with grass. The City's YardSmart program provides helpful resources that show you how to plan, build, and maintain your yard, including:

- Layouts and plant lists for all over your yard – wet, full sun, partial sun, and shade areas.
- Easy to follow information on planting, watering, and maintenance.
- How-to videos including how to garden on a budget and creating a pollinator-friendly yard.

Remember, new plants need lots of water to get established, especially during the heat of summer. You can do your part to reduce your water consumption and help your yard and garden retain moisture by:

- Installing a rain barrel to use in your yard and garden. It is a simple, yet effective way to reduce your water use by acting as a backup source of water.
- Only giving plants the water they need.
- Mowing less often to keep your grass five to seven cm (two to three inches) high to shade the soil.
- Replacing portions of your lawn with garden features that use less water and help absorb rainwater such as low water-use perennials and shrubs, lawn alternatives, or groundcovers.
- Adding good quality soil to help retain moisture and mulch on top to reduce evaporation.

To learn more about how to create a beautiful, resilient yard and garden that uses less water, visit calgary.ca/YardSmart.



OUR ICE CREAM PIES ARE BACK!

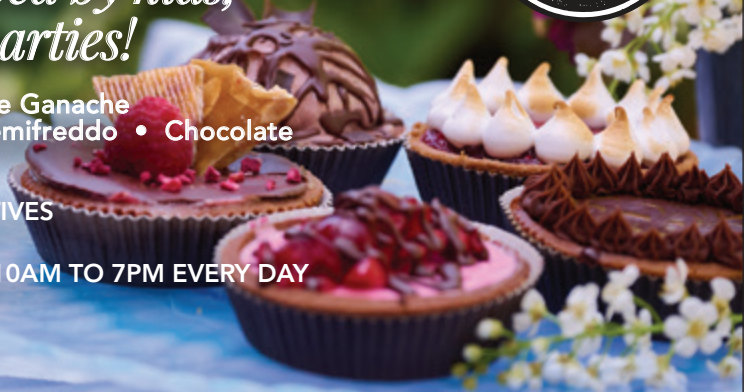
*Fun flavours, loved by kids,
and perfect for parties!*

Peanut Butter with Chocolate Ganache
Sour Cherry • Raspberry Semifreddo • Chocolate

ALL BUTTER PASTRY
NO ADDITIVES OR PRESERVATIVES
HANDMADE LOCALLY
CITYWIDE DELIVERY | OPEN 10AM TO 7PM EVERY DAY

piejunkie.ca

LOCATED IN WESTMAN VILLAGE - 2171 MAHOGANY BLVD SE • (587) 623-1144



BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.
2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression



in the centre of each patty which helps to keep them in shape while cooking.

3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

PLUMBER

PLUMBOB Father and Son



- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490

Buy a Mahogany Community Association Yearly Membership Today!

Send \$30 e-transfers to
payments@mahogany.community.ca.



GAMES & PUZZLES

Guess the Canadian Legend!

1. This famous hockey player holds or shares 61 NHL records.
2. This inventor's mom and wife were both deaf.
3. This inspirational man ran for 143 days, beginning in St. John's, Newfoundland.
4. The first band this incredible musician was ever in was called "The Jades".
5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.



SCAN THE QR
CODE FOR THE
ANSWERS!



THE
**BRITISH
CHIPPY**
LTD

**SERVING TRADITIONAL
FISH AND CHIPS**

We use our Grandmother's Recipes and
the Finest Ingredients.

**Organic Potatoes • Wild-Caught Fish
Non-GMO Oil • Mushy Peas
Traditional Meat Pies • Battered Sausage**

Thank you to all of our wonderful customers
for voting us **BEST FISH & CHIPS**

OPEN WED TO SUN

Bridlewood, 2335 162 Ave SW, Calgary **403-256-1156**

  www.thebritishchippy.com



NEW PATIENTS WELCOME

*For your convenience we accept **direct billing**, the **Canada Dental Care Plan**, and follow the **ADA Fee Guide**.*

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



Dr. Navjeet Multani

147 Mahogany Centre SE, Calgary, AB T3M 2V6
(403) 453-7077 | www.mahoganyvillagedental.com

M, T, W: 9:30am - 6:00pm

Th: 8:00am - 4:00pm

F: 7:00am - 3:00pm

Saturday (2/mo): 8:00am - 2:00pm

The Roles of the Mahogany HOA and the Mahogany CA

In Calgary, both Homeowners Associations (HOAs) and Community Associations (CAs) play important roles in our communities, however, they serve distinct purposes. HOAs are organizations created and established by developers to oversee shared community-owned

parcs and facilities, and uphold community amenities and standards through fees paid by homeowners. CAs are voluntary, resident-led organizations focused on community-building activities such as advocacy work with the City of Calgary to ensure better community infrastructure.

The Mahogany Community Association is a new organization that has evolved from the Copperfield Mahogany Community Association at the end of 2024.

<div>MAHOGANY HOMEOWNERS ASSOCIATION (MHOA)</div> <div>reception@mahoganyhoa.com www.mahoganyhoa.com</div>	<div>MAHOGANY COMMUNITY ASSOCIATION (MCA)</div> <div>info@mahoganycommunity.ca www.mahoganycommunity.ca</div>
Primarily oversee community-owned parks, lakes, and facilities created by the developer.	Formed by the residents of a community.
The MHOA is managed by a team of paid employees and overseen by a volunteer Board of Directors.	Overseen by a volunteer Board of Directors.
Host community and public events, provide recreational programming and facility rental spaces, build community opportunities and relationships, and invest resources in Mahogany to better enhance the community.	May host community and accessible events.
Collect annual encumbrance fees that are on property titles.	Voluntary annual memberships available.
Built on community-shared lands by the developer.	Access to City of Calgary public lands for public amenities.
Guaranteed source of revenue via encumbrance fees and other revenue sources. Some developers provide financial support.	Reliant on grants, rental of community facilities (if applicable), programs, sponsorships, and casinos for funding.
HOA amenities are in place when residents buy, so they can be enjoyed immediately.	CA amenities are built through fundraising on City of Calgary public lands and operated by the CA.
HOAs are a Not-for-Profit organization registered under the Alberta Societies Act.	CAs are registered as a Not-for-Profit under the Alberta Societies Act.
Accountable to the Board of Directors, who in turn answer to the membership of homeowners.	Accountable to their membership.
Private non-profit organizations with primary focus on the management and high-level maintenance of community-owned assets, and most invest in externally maintaining City of Calgary owned greenspaces and amenities.	Advocacy and representative role to the City of Calgary of the needs and issues in their community and often regionally.

NEW PATIENTS
WELCOME



DENTAL ARTISANS

NURTURING SMILES • ADVANCING CARE

Your Smile Has a Home Here

♥ We speak your **language** and **your smile** ♥



Rooted in Kindness, Driven by Care - Dr. Samana

♥ Experience the Precision of **Microscope Dentistry** ♥

Call Today

To Book Your Next
Dental Visit



(587) 287-2924

And Take Advantage of Our
New Patient Offers!

Scan Me

To Learn More
About Us



• We Follow the ADA Fee Guide

• We Accept All Insurances – Direct Billing Available

• All Federal & Provincial Programs Accepted



**Children's
Play Area**



**Family
Scheduling**



**Convenient
Hours**



**Weekend
Appointments**



**Tailored
Dental Care**



General Dentistry

Essential care for healthy teeth and gums

- ◆ Exams & Cleanings (Adults & Kids)
- ◆ Fluoride Treatments
- ◆ Fillings
- ◆ Dental Emergencies
- ◆ Tooth Extractions
- ◆ Wisdom Tooth Extractions
- ◆ Night Guards (Grinding)
- ◆ Sports Mouth Guards

Children's Dentistry

Gentle care made just for kids

- ◆ Kids' Dental Checkups & Cleanings
- ◆ Cavity Fillings
- ◆ Sealants
- ◆ Space Maintainers
- ◆ Habit Appliances
- ◆ Sports Mouth Guards
- ◆ Gentle Extractions

Cosmetic Dentistry

Smile Makeovers, Made Simple

- ◆ Teeth Whitening
- ◆ Porcelain Veneers
- ◆ Dental Bonding
- ◆ Smile Makeovers
- ◆ Custom Tooth-Colored Restorations
- ◆ Inlays / Onlays (Tooth-Conserving Alternatives to Crowns)

Restorative Dentistry

Repair, rebuild, and restore with care

- ◆ Dental Crowns & Bridges
- ◆ Full & Partial Dentures
- ◆ Biomimetic Restorations (Minimally Invasive)
- ◆ Root Canal Treatment
- ◆ Soft Tissue Laser Therapy
- ◆ Flexible Dentures

Clear Aligners

A straighter smile without metal braces

- ◆ Invisalign® & Clear Aligner Therapy
- ◆ Custom Treatment Plans
- ◆ Discreet & Comfortable
- ◆ Great for Teens & Adults



Proudly
Serving
CRANSTON
&
Nearby
Communities

**Providing Exceptional Care!
We follow the Alberta Dental
Association (ADA) Fee Guide!**

We are proud to accept:

- Canadian Dental Care Plan (CDCP)
- Dental Assistance for Seniors Program (DASP)
- First Nations and Inuit Health Benefits (NIHB)
- Alberta Adult Health Benefit (AAHB)

**KIDS' FIRST
VISIT PERKS!**

Oral Care Goodies & Free Visits
for Children Under 3!



#117 – 35 Cranford Way SE, Calgary, AB T3M 3C3
(Conveniently located off the 212 Exit on Deerfoot Trail South)



BEACH BLASTER

WITH MIKE AND TIM

SATURDAY, JULY 19

Dive into the ultimate summer celebration at the Mahogany Beach Club! On Saturday, July 19, join us for Beach Blaster, the Mahogany Homeowners Association's signature event packed with fun, games, and unforgettable moments. The Beach Blaster is the highlight of our summer, bringing the community together for a day of sun-soaked adventures and community memories.

What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.




Need a Family Doctor?

The Family Care Clinic in Chaparral is now accepting new patients.

Call 403-668-8600 to book your appointment.

BEFORE THE BEATLES

John Lennon, Paul McCartney, and George Harrison are well-known for their incredible roles in the English rock band *The Beatles*. But did you know that it wasn't the first band these three talented musicians were in together? First, they were in a band called *The Quarrymen*!



the accountants
we do your books

WHAT YOU GET

- Cloud Accounting System
- Full Cycle Accounting
 - General Ledger
 - Analytics
 - Cash Management
 - Accounts Payable
 - Purchase Orders
 - Accounts Receivable
 - Quotes
 - Inventory Management
 - Multi Currency
 - Fixed Assets Management
 - Transaction Tracking
 - Online Document Storage
 - Bank Connection
 - Claim Expenses
 - Reporting/Dashboards
 - Periodic Financial Meetings

Additional Note
Implementation of the cloud accounting system comes at zero cost (\$0.00)

PROMO FEE
\$1,000.00
Monthly

647-896-7081  xero@softplugslimited.com 

Celebrating Calgary 150 - Oil Town

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Calgary was booming by 1920.

The CPR built the Palliser Hotel, called the “Castle by the Tracks”, which employed immigrants like my Nona and father. The Kings Arm Tavern inside was frequented by gay men. Meanwhile, Fort Calgary was razed.

A splendid City Hall reflected Calgary’s prominence. And another public building is Heritage Hall, Western Canada’s first post-secondary institution. Hudson’s Bay’s new store opened with a granite columned arcade, unique in North America.

Parks Superintendent William Reader sought to beautify Calgary with Reader Rock Garden, his experimental site. Shaganappi (“rawhide lacing” in Cree), an Indigenous gathering place, became the first municipal golf course (ca.1914).

St. George’s Island became the zoo’s home, with concrete dinosaurs added in 1935. Dinny is the only survivor. Annie Gale, the British Empire’s first woman city councillor, supported self-sufficiency through the Vacant Lot Gardens Club.

Energy resources started dominating the economy. Coal was mined in the Crowsnest Pass - my great-grandfather Salvatore was a miner who died in an accident. Nearby is Turtle Mountain, known to Indigenous peoples as “the mountain that moves”. On April 29, 1903, the Frank Slide destroyed the mine and several homes. Between 70 and 90 people perished.

At Turner Valley, William Herron’s well struck gas. He’s considered the father of Alberta’s petroleum industry. The Herald wrote, “a lively but fairly sane cow town became a madhouse”. Oil was discovered in 1936, sealing Calgary’s fate as Oil Town.

New main streets developed. Off 10 Street NW is the Art Deco-style Plaza Theatre (ca.1934). Apartment buildings also appeared, including Spanish Colonial-style President Apartments and Tudor Revival-style Barnhart Apartments.

Another kind of community formation occurred in 1928 when Métis Nation of Alberta was founded to establish eight settlements.

Then the Great Depression began in 1929. Public works projects generated employment, including the Glenmore Reservoir and Banff-Jasper Highway. Norman Luxton spearheaded Banff’s Winter Carnival and Buffalo Nations Museum. Mount Norquay and Sunshine became ski resorts.

During hard times, sport offered respite. The Calgary Tigers played rugby football and threw Canada’s first forward pass in 1929. The Stampeders won their first game in 1945, perfect for a city approaching 100,000.

*All copyright images cannot be shared without prior permission.

Glenbow Archives NA-2930-1



“Palliser Hotel, Calgary, Alberta,” 1929-06-20, (CU1101121) by Oliver, W. J.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1WU3E8?WS=SearchResults>.



“City Hall, Calgary, Alberta,” [ca. 1911], (CU169103) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1SLYACF?WS=SearchResults>.

**Glenbow Archives
PA-2930-1**



“Provincial Institute of Technology, Calgary, Alberta,” [ca. 1925], (CU1212545) by Oliver, W. J.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1ZY6LN>.



“Dinny the Dinosaur under construction at zoo, Calgary, Alberta,” 1937, (CU1225525) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1O8Q5OQ>.



"Hudson's Bay Company Department Store, Calgary, Alberta," 1917, (CU166208) by Oliver, W. J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F3I3I3?WS=SearchResults>.



"First Nations camp, Shaganappi Point, Calgary, Alberta," 1901, (CU1125950) by Notman. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Please credit Notman Archives, McCord Museum. On occasion of Royal Visit of Duke and Duchess of Cornwall and York. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF108XTG9?WS=SearchResults>.



"Entry to St. George's Island, Calgary, Alberta," [ca. early 1920s], (CU1104276) by McDermid Photo Laboratories. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1XZKVOH>.



"View of Turtle mountain and slide area, Frank, Alberta," [ca. 1903], (CU1104678) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F1MFB?WS=SearchResults>.



"View of Dingman #1 (Calgary Petroleum Products #1) well, Turner Valley, Alberta," 1914, (CU1157433) by Oliver, W. J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FRZGBP?WS=SearchResults>.



"Filtration plant, Glenmore dam, Calgary, Alberta," [ca. 1938], (CU1130063) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FP1RIS?WS=SearchResults>.



"Stoney at Banff Carnival, Banff, Alberta," 1922, (CU1154126) by McCowan, Dan. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OKFKF?WS=SearchResults>.



"Sunshine ski lodge, Simpson Pass, Alberta," [ca. 1936-1937], (CU1118448) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



BORED WITH YOUR FITNESS ROUTINE?

STAY ENGAGED WITH PERSONAL AND GROUP TRAINING FOR THE BODY AND MIND

Discover The Power of Personalized & Group Muay Thai & Kickboxing Sessions Designed to Help You:

- Build Strength and Endurance
- Improve Mental Clarity and Confidence
- Relieve Stress and Boost Energy
- Achieve Your Fitness Goals

EVERYONE RECEIVES A FREE 45-MIN TRIAL SESSION

Train in a Fun, Supportive, Judgment-Free Environment, Perfect For All Fitness Levels, Ages 6+

ISSA Certified With Over 14 Years of Martial Arts Experience

Personal Training
Youth Training 6+
Small Group Fitness

In Home Training
Corporate Fitness
Birthdays and Events

403 -437-0428

Mindfulmuaythai

Mindfulmuaythai.com

Mindfulmuaythai@gmail.com

READY TO INCREASE YOUR CURB APPEAL?

KILBCO
CONCRETE CURBING

Need a border between your grass and existing garden? Thinking of creating a new garden? Kilbco can help.

With a variety of colors, stamps and profiles, our steel cable enforced landscape curbing is a cost effective and a practical solution for residential and commercial properties.

Curbing will beautify your landscape and add value to your property

Free Estimates
www.kilbco.com | 403-870-0737

SAFE AND SOUND

Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



Unlock Your Dream Home Now!

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



ANITA

403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

www.kilbco.com

CONCRETE SEALING

Kilbco offers **concrete** resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES



SEALED



UNSEALED



KILBCO
CONCRETE CURBING

Locally Owned & Operated

Free Estimates to 403.870.0737



MAHOGANY | HOMEOWNERS
ASSOCIATION



SCAN TO VIEW

MAHOGANY HOA EVENTS, UPDATES, AND ANNOUNCEMENTS!



MAHOGANY | HOMEOWNERS
ASSOCIATION



For More Information
403-453-1221

Visit Our Website
www.mahoganyhoa.com



Building Your Emergency Food Kit

by Alberta Health Services



Emergencies often happen without warning. They may be natural disasters like floods, wildfires, or severe storms that require evacuation. They could also be events such as extended power outages that require you to shelter in place for some time. In both cases, access to food and water may be limited so it's a good idea to have an emergency food kit ready. Your kit should contain a collection of non-perishables, ready-to-eat food items stored for use during emergencies when access to supplies may be disrupted.

This article will provide information on what emergency food kits are, why they are necessary, and what to include in your kit.

Why An Emergency Food Kit Matters

During a disaster, you may not be able to shop for food, cook, or access clean water. You may have to evacuate your home with very little notice or be asked to shelter in place. Having an emergency kit is essential. An emergency food kit contains non-perishable foods designed to sustain your family during unexpected situations like natural disasters. Food items that can be stored for a long time without refrigeration are

ideal for emergencies. In addition to peace of mind, having an emergency kit ensures you will have enough energy to handle the physical and emotional stress that emergencies often cause.

When assembling an emergency food kit, it's important to consider both nutrition and practicality. Focus on non-perishable items that are easy to prepare, require minimal cooking, and meet basic needs. Your grab and go emergency kit should contain enough food and water for each member of your family for a minimum of 72 hours. If sheltering at home, ensure that you are prepared for a minimum of 14 days.

Items to Include

Choose non-perishable foods using the principles from Canada's Food Guide and consider what you might have for meals and snacks. Examples include dry cereal with shelf-stable milk and dried fruit or canned fish, with whole grain crackers and canned vegetables.

Some of these items require minimal heating. If you do not have a camp stove and fuel, as well as pots for an emergency kit, do not choose foods that require some heating.

- **Water:** 4 litres per person, per day for drinking and basic hygiene.
- **Vegetables and Fruits:** Dehydrated potatoes, canned fruits and vegetables, canned vegetable soups, as well as dried fruits.
- **Grain Foods:** Crackers, cereal, granola bars, instant oatmeal, rice, and pasta. Consider whole grain crackers and cereal for added nutrition.
- **Protein Foods:** Protein options include canned beans or canned meat, nuts, seeds, nut butters, and jerky.
- **Milks and Plant-Based Beverages:** Choose options that are sold at room temperature and in special cartons or in cans. These do not need refrigeration until they are opened.
- **Special Diet Foods:** If you have individuals with dietary restrictions, ensure that your kit contains enough specialty foods to last for the full duration of the emergency.
- **Other Foods:** While it's important to focus on essentials, you may also want to include some foods such as canned pudding, chocolate or packaged snacks, tea or coffee.
- **Meal Preparation Materials:** Include plates, cutlery, a multipurpose knife, manual can opener, and hand sanitizer. If you have a camp stove, store it with your emergency food kit as well as fuel and a pot or pan.
- If you have pets, remember to include their water and food needs.

Practical Considerations

Store food in a cool, dry place and avoid areas prone to moisture or pests. When packing canned and dried goods, opt for smaller containers that can be consumed in one sitting to prevent spoilage once opened. Check foods every year and rotate out those that are nearing expiry as needed. Some foods may last for several years.

Emergency preparedness is essential for every household, and a well-planned food kit can provide comfort, nutrition, and safety during crises. By incorporating a variety of non-perishable items and water, you can ensure that you and your family remain well-nourished and prepared for any emergency.

Setting aside food for emergencies may not be possible for everyone due to cost. There may be resources in your social network or community to go to in case of emergency. Call, text, or chat with 2-1-1 Alberta (ab.211.ca/) to find out about financial benefits, programs, and services.



**Jackson
& Jackson**
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF
CONSTRUCTION & LANDSCAPE**
INCLUDING SMALLER IN-HOME PROJECTS



Services

Residential Landscaping
Landscape Construction
Year-Round Maintenance
Spring and Fall Cleanup
Commercial and Condo
Property Management
Snow and Ice Removal

Contact Us

Address

20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now

(403) 256-9282

Email us

info@jacksonjackson.ca
contact@jacksonjackson.ca

www.jacksonjackson.ca



What Are Imaging Tests?

by Alberta Health Services

Imaging tests (also called diagnostic imaging tests) let your healthcare team look for clues inside your body. They can help your doctor find out what's making you feel unwell and find disease early, even when you don't feel sick. Your healthcare team uses the results of your imaging tests along with other information to find out what's causing a health problem (called a diagnosis).

Each type of imaging test shows different details and information about the organs and structures in your body. Your healthcare team chooses which imaging test you need based on your symptoms and the part of your body they want to look at. They'll often send you for more than one type of imaging test to help them understand the problem or cause of your symptoms.

How Imaging Tests Are Done

Imaging tests use different types of machines and procedures to take pictures of the inside of your body. These tests show what your organs and structures look like. And some even show how well they're working. The information from imaging tests helps you and your healthcare team decide the care and treatment that's best for you.

Many imaging tests are quick, painless, and easy. Some tests are done while you're lying inside of a machine. Imaging tests can be very short, and others take longer to do.

Some imaging tests use a small amount of radiation and others don't. Most imaging tests are non-invasive, but some are minimally invasive. Your healthcare team will let you know if your test is non-invasive or minimally invasive. Non-invasive means your healthcare team doesn't put a tool or device inside your body. Minimally invasive means your healthcare team passes a tool or device through a small cut in your skin during a test or procedure.

Your healthcare provider will give you instructions for how to prepare for your test. Be sure to follow the instructions carefully.

Imaging Tests and Your Health and Safety

Some imaging tests use radiation (a wave of energy), and contrast dye. Image-guided test may also use sedation or anaesthesia (medicine to numb an area or make you sleepy and comfortable). When you or your



child has one of these tests, you might have questions about health and safety.

Your imaging healthcare team will watch you closely to keep you safe. Ask them any questions you have about health and safety. You can also talk to your healthcare provider to learn more about safety and imaging tests.

The Healthcare Team

When you have an imaging test, you'll meet a technologist. Technologists are healthcare professionals who work in a diagnostic imaging department. They're often the ones who use the equipment and machines to do your test. They make sure the pictures show the right amount of detail and information to help the radiologist make a diagnosis.

Radiologists are doctors who work in a diagnostic imaging department.

- Diagnostic radiologists diagnose diseases. They look at your test results and let other doctors know what they find.
- Interventional radiologists treat diseases with therapeutic imaging procedures. They use imaging tests to guide needles, probes, or other tools inside the body.

Diagnostic imaging departments may also include nurses. Nurses help prepare you for your procedure, support the radiologist, and keep you as comfortable as possible during the procedure. They're also the healthcare team members who watch you as you recover after any type of imaging test or procedure.

Find out more about medical specialists on healthcare teams (<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=spec>).



South Trail

CHIROPRACTIC

YOU'RE INVITED!

**CELEBRATING 25 YEARS
OF SERVING SE CALGARY!**

AUGUST 2025 OPEN HOUSE



Scan the QR Code OR text "STC25" to 403-257-7913 for information about the date and location. Whether you are a current practice member, past practice member, or curious about what chiropractic care can do for you, we would love to see you!



Helping Families Stay Healthy for a Lifetime

Dr. Jeff and his team feel blessed to have served SE Calgary for so long. For 25 years, South Trail Chiropractic has been a trusted part of our community. Helping families live to their full God-given potential through natural chiropractic care. We believe that when your body functions at its best, you and your family can live healthier, happier lives for a lifetime.

Reconnect with familiar faces, meet our team, enjoy family-friendly activities, and celebrate a legacy of health and healing. We would love to see you!

Let's celebrate 25 years of keeping SE Calgary healthy.

*South Trail Chiropractic
Health from the Inside Out.*



403-257-7913 | info@drjeff.ca | #61 - 4307 130th Ave SE | www.drjeff.ca

Downtown Summer Festivals and Events

by The City of Calgary



Calgary's Summer Festival Season is in full-swing and downtown is where you'll find the electric energy as people come to experience the ultimate celebration of community, creativity, and culture. With over 100 festivals and events happening downtown this summer, the heart of our city will be bursting with fun and entertainment for everyone.

Whether you are a resident or a visitor, this is your invitation to immerse yourself in the vibrant spirit of our Downtown Summer Festival Season. Downtown is home to some of our proudest landmarks and our biggest celebrations, like Canada Day, Stampede, Carifest, and the Calgary Folk Music Festival. The best of our city is reflected in these festivals and events, as people come together to have fun, celebrate, and enjoy life's moments.

With a wide variety of entertainment, the Downtown Summer Festival Season has something for everyone and this year, we want to make sure you're just a click away from staying connected. That's why we've created the Downtown Summer Festival Itinerary; a guide to keep you informed about the festivals and events happening downtown from now until the end of September.

Mark your calendars, gather your friends and family, and get ready for an unforgettable Downtown Summer Festival Season. Ready, set, explore! To learn more about the exciting festivals and events happening downtown, visit calgary.ca/exploredowntown.

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. 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 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.

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 and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

MAHOGANY CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Legacy. 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.

MAHOGANY PAINTER: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

BUSINESS CLASSIFIEDS

STAMPEDE PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers, gasfitters & HVAC technicians. Water heaters, furnaces, boilers, air conditioning/heat pumps, drain cleaning, leaks, and renovations! Competitive prices with quality, 24-hour service! Stampede Plumbing and Heating. Established 1998. Call 403-225-1037. www.stampedeplumbingandheating.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 to book a free consultation.

GUNTHERCLEAN: We do residential cleaning on a move in/out or scheduled basis using natural products. Insured and police checked. Introductory promotional prices available for new customers. Contact Max at 403-370-1172 or guntherclean73@gmail.com.

AFFORDABLE DENTAL CARE MINUTES FROM MAHOGANY! No fluff, no frills, accessible and essential dentistry! All insurances accepted OAC. Tax receipts issued. Why not save money, smile wider and live better? Come in for your free goodie bag. Call 403-287-6453 or 403-272-7272 today or visit www.calgarydentalcenters.com. Enjoy life while you still have your smile.

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.

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.

GUTTER DOCTOR! Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

FENCING & DECKING, DRYWALL & FRAMING, BASEMENT, KITCHEN, BATHROOM RENOVATIONS, HANDYMAN SERVICES: We take all the stress out of your fencing & decking, drywall & framing, basement, bathroom, kitchen, handyman services needs around your home. Free consultations and estimates. Please contact Robertson Watt Construction Services for friendly, clean and on time service. Call 403-200-6192 or email info@robertsonwatt.ca.



GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.
We bring you more customers.
We grow your sales.**

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

SCAN ME




BLAST THROUGH DIRT WITH
IN
TRUE NORTH TIDY

SPECIAL OFFER

SUMMER CLEANING Sale!

Book more and save with our Summer Savings*:

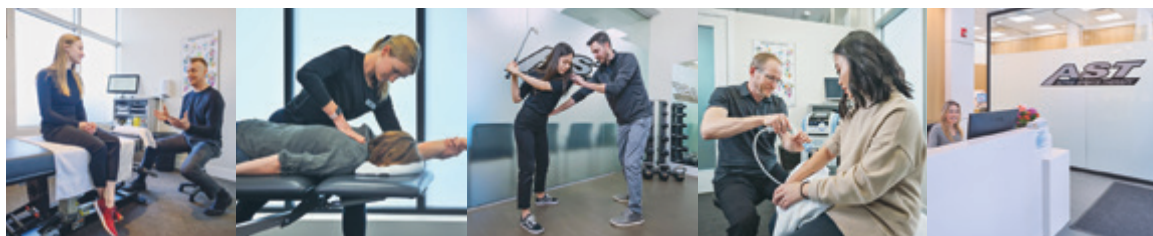
Book 5–7 hours: \$5 off/person/hour
 Book 8–11 hours: \$10 off/person/hour
 Book 12+ hours: \$15 off/person/hour

*Purchase blocks of hours for the month



Email for a quote
cleanteam@truenorthtidy.com

Website



Active Sports Therapy

WILLOW PARK

WESTMAN VILLAGE

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> • Chiropractic • Physiotherapy • Massage • Laser Therapy | <ul style="list-style-type: none"> • Active Release Techniques • Muscle Activation Technique • Integrated Medicine • Naturopathic Medicine | <ul style="list-style-type: none"> • Shockwave • Exercise Rehab • Holistic Nutritional Consulting • Traditional Chinese Medicine |
|---|--|--|



ActiveSportsTherapy.ca



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

SOUTH FAMILY DENTAL

FREE TEETH WHITENING OR ELECTRIC TOOTHBRUSH

*With complete exam, x-rays, & cleaning



CALGARY
OWNED AND
OPERATED

BOOK YOUR CHECK-UP AND CLEANING TODAY!



403.262.3235

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 – General Dentists | Dr. A. Sharma, BSc, DMD, DHSc, FRCD(c) – Orthodontist



Over 1300 Homes
SOLD since 2003!



56 Mahogany Park SE



1102, 11 Mahogany Row SE



214 Mahogany Bay SE



205 Marquis Lane SE



411 New Brighton Place SE



117 Marine Drive SE



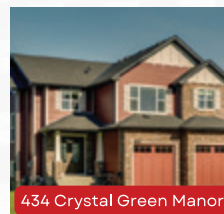
224 Marina Landing SE



245 Marina Cove SE



47 Copperstone Circle SE



434 Crystal Green Manor



Next Event
in Mahogany
Beach Blaster
July 19th



LivingInMahogany.com
403-257-6688

RE/MAX
REALTY
Professionals