

AUGUST 2024

DELIVERED MONTHLY TO 1,175 HOUSEHOLDS



PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER



CLEANUP DAY
SEPTEMBER 29



GAVIN CONWAY

#1 REALTOR IN PARKLAND 2023*

Parkland resident for over 40 years – I KNOW OUR COMMUNITY!



403.651.5141

GAVINCONWAY.CA
*Individual REALTOR®



SUPPORT YOUR COMMUNITY

LAST NAME: _____

FIRST NAME: _____

ADDRESS: _____

POSTAL CODE: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

DROP OFF AT THE COMMUNITY HALL OR MAIL TO:

PARKLAND COMMUNITY ASSOCIATION

505 PARKVALLEY ROAD SE, CALGARY, T2J 6M4

DO NOT ENCLOSE CASH

PAYMENT IS BY CHEQUE

OR

E-TRANSFER TO PARKLANDCA@TELUS.NET

ENCLOSED IS A CHEQUE FOR \$25 PAYMENT WILL BE MADE BY E-TRANSFER

ACADEMY

www.academydenture.com

DENTURE CLINIC

Modern Solutions for Missing Teeth

STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary initial consultations

NEW! Suction-Enhanced BPS® Dentures

Accepting CDCP.
Coverage starting
May 1st, 2024.
Ask about our
digital scans and
printed dentures.



Southcentre Mall
Suite 126A, 100 Anderson Rd SE

Book an Appointment
(403) 269-8308

Tues, Wed, Thur: 8:30 am - 4:30 pm
Monday by appointment only.



When You Step Out, WE Step In

Vacation and Vacant
Home Watch Service for
Insurance Requirements

Lynda Binder | Launa Germiquet | Pam Taylor

☎ 1-844-3-ATTEND ✉ info@greatattenders.com

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

Cleaning Services

- Dry Cleaning
- Tablecloths
- Napkins
- Table Skirts
- Chair Covers
- Massage Sheets
- Face Cradles
- Gym Towels
- Face Cloths
- Chef Coats
- Coveralls
- Microfibre Cloths
- Dish Rags

Mat Rentals

- Standard
- Waterhog
- Scraper
- Logo

Paper Products

- Tork Dispensers
- Paper Towel
- Centre Pulls
- Toilet Paper
- Facial Tissues

CALGARY MAT & LINEN SERVICES

Pick-Up & Drop-Off
Services



calgarymatandlinen.com | 403-279-5554



More than just a real estate
agent. As your neighbour,
I'm here to navigate you
through every step of
your real estate journey.

lindacreatestate@gmail.com

403-714-5595



Word of the Month

Mellifluous: *adjective* (muh-lif-loo-uhs)

Sweet or smooth sounding, as in a voice or
string of words.

She believed Spanish to be the most
mellifluous language in the world.



PARKLAND HALL WEEKLY CALENDAR

MAIN ROOM :

MONDAYS	9:00 to 10:00 am	Available for booking	403-278-5330
	10:00 to 11:00 am	My Tai Chi	403-271-9658
	11:00 am to 9:00 pm	Available for booking	403-278-5330
TUESDAYS	9:00 am to 9:00 pm	Available for booking	403-278-5330
WEDNESDAYS	9:00 to 10:00 am	Available for booking	403-278-5330
	10:00 to 11:00 am	My Tai Chi	403-271-9658
	11:00 am to 6:30 pm	Available for booking	403-278-5330
	6:30 to 8:00 pm	Harvest International Baptist Church	403-616-7597
THURSDAYS	9:00 am to 9:00 pm	Available for booking	403-278-5330
FRIDAYS	9:00 to 10:00 am	Available for booking	403-278-5330
	10:00 to 11:00 am	My Tai Chi	403-271-9658
	11:00 am to 9:00 pm	Available for booking	403-278-5330
SATURDAYS	12:00 to 5:00 pm	Light of Jesus - The Feast (One Saturday a month)	604-349-9573
SUNDAYS	8:30 am to 3:00 pm	Harvest International Baptist Church	403-616-7597
	3:30 to 6:30 pm	Keys of Kingdom Church	403-370-5604

MEETING ROOM:

MONDAYS	9:00 am to 5:00 pm	Pedalheads Bike Camp	888-886-6464
	7:00 to 8:00 pm	Al Anon	403-266-5850
TUESDAYS	9:00 am to 5:00 pm	Pedalheads Bike Camp	888-886-6464
	8:00 to 9:00 pm	POSA	403-278-5330
WEDNESDAYS	9:00 am to 5:00 pm	Pedalheads Bike Camp	888-886-6464
	6:30 to 8:00 pm	Harvest International Baptist Church	403-616-7597
THURSDAYS	9:00 am to 5:00 pm	Pedalheads Bike Camp	888-886-6464
FRIDAYS	9:00 am to 5:00 pm	Pedalheads Bike Camp	888-886-6464
SATURDAYS	9:00 am to close	Available for booking	403-278-5330

Please contact Erika at parklandca@telus.net or 403-278-5330 for hall rental information or to view.
Remember: Parkland Community Association members receive a discounted rental rate.

Serving Calgary for over 30 years
Residential - Commercial



Larry J. Stadler
Owner/Operator

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.

UPCOMING EVENTS AND NEWS

Volunteer Tea

On June 8 we held our annual volunteer tea. Appreciating and thanking our volunteers is important to us, so we held a tea with sandwiches and desserts at the hall for those volunteers who were able to make the event. Thank you to the organizer, Erika Diaz and helpers Karen Connolly and Pat Teed. Everyone had a lovely time drinking tea and eating the Italian Centre's sandwiches on Pat's fine china! Thank you to our volunteers, you make our community a wonderful place to live.

Canada Day

Parkland celebrated another celebratory Canada Day! The weather held, the sun came out, and we had a great time. There were several activities for everyone; there was a vintage car parade organized by Chris Stoesz and Leanne Black, and the kids enjoyed participating in their own bike parade which started from Parkland Hall. At the hall, we had entertainment for all ages; live music from Jacquie Drew, Allen the Alpaca, (who was a huge hit), lawn games, a bouncy castle, prizes, and delicious Spolumbos sausages and buns, hotdogs, pop, and cookies. Our MLA, Myles McDougall was on site to quench our thirst by handing out water bottles. Thank you to organizers, Lana Bedard and Mary Simon Johnston both with Jamie Newton and Associates of Remax, Erika Diaz, Chris Stoesz, and Leanne Black. And as per usual, we could not put this on without our volunteer helpers who made everything happen, Royce Leal with Leal Exterior renovations, Blake Robinson, Renae Juravle, Mari Anne Godlonton, Connor Haight, Creston Andrushuck, Michelle Haist, Ryan Gaudet, Alwyn Howell, Darren Way, Lisa Gallant, Janice Schneider, Pat Teed, Devin Elkin, Josh Allen, Carolyn Kaytor, and Jayne Benham. Hope to see you next year!

Parkland Soccer

The soccer season wound up on June 26 with the wind-up party. This year we had 178 kids registered for our league! Thank you to soccer chair, Clara MacRaidl. Her willingness to volunteer ensured we were able to continue our program and we had a great season for the kids in our community and beyond.

Parkland Hall Has a Meeting Room That Can Hold Meetings, Training Sessions, and Tutoring Sessions!

Parkland hall's meeting room has audio visual equipment included as part of the rental cost. Our meeting room

holds up to 20 people and there are tables that can be folded and moved aside if need be. We have daytime spots available and some later evenings, as well as Saturday afternoons.

Give the hall a call at 403-278-5330 if interested, or email parklandca@telus.net.

Farm Stand – Shirley's Greenhouse

Shirley's Greenhouse is at the hall every Saturday from 10:00 am to 2:00 pm.

Upcoming Events Annual Cleanup

September 29



VIDEO KILLED THE RADIO STAR

On August 1, 1981, MTV made its broadcast debut and changed the landscape of music forever. The first music video they aired was "Video Killed the Radio Star" by British duo The Buggles. How fitting!



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



Parkland Cares

Parkland Cares is a community-based organization of families and neighbours committed to helping others.



“Cause a little bit of summer is what the whole year is all about” - John Mayer

Sharing our great appreciation for Jamie Newton and Associates of RE/MAX! First for, once again, supporting Parkland Cares during our Community Parade of Garage Sales. We received \$50 in community donations and \$500 from the top up from Jamie Newton and Associates, for a total of \$550. The donations go directly towards supporting initiatives like: Back Packs for Back-to-School, Senior Secret Service, Warm Feet for the Street Cares Kits, Birthday Bags for the Food Bank, and more! Thank you for this amazing support.

Parkland Cares also received a cheque for \$291 from the Park96 Fun Run and Bar tip jar. We love Summerfest and the contributions from our wonderful community! Ask about coming to our next planning meeting to find out what initiatives we will support with these funds.

Parkland Cares and Bonavista Cares had a great time meeting many community members at the Calgary - Fish Creek MLA Stampede BBQ on July 6. We had an information table there and accepted donations of school supplies for our August Backpacks for Back-to-School initiative. Thanks for coming out and saying hello.

As always, we invite community members to join our planning team, don't be shy – we welcome your collaboration and shared ideas for other great community building initiatives.

We look forward to having you join any of our upcoming events.

Parkland Cares Calgary

parklandcaresyc@gmail.com

403-863-9927



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

FASTEST MAN ALIVE

Back in 2012 at the London Olympics, Usain Bolt made history by becoming the first athlete ever to win both the 100 metre and 200 metre races in consecutive Olympics. Talk about lightning speed! Bolt still holds the record for the fastest 100 meters at 9.58 seconds and the fastest 200 meters at 19.19 seconds.

SCAN HERE TO VIEW ADDITIONAL PARKLAND CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



How to 'Hold Space' for Someone

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



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and

set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.



Magnificent Jewellery Outstanding Value



Elegant Diamond Stud Earrings

- 2.02ct Total Weight Lab-Created Diamonds
- 14K White Gold
- Item Price: **\$1,600**
- Recommended Insurance: \$7,400



Classic Diamond Solitaire Ring

- 2.0ct Lab-Created Diamond
- 14K White Gold
- Item Price: **\$2,700**
- Recommended Insurance: \$10,925



Luxurious Diamond Stud Earrings

- 4.03ct Total Weight Lab-Created Diamonds
- 14K White Gold
- Item Price: **\$3,600**
- Recommended Insurance: \$14,950

www.fleetwoodjewellery.com

Atrium Heritage Square
8500 Macleod Trail SE,
Calgary, AB
403.252.8850

ALL SALES FINAL

Tues. Fri. 9am to 5pm
Sat. 10am to 4pm
Sun. & Mon. Closed



MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

📞 403-278-4444

✉️ Calgary.FishCreek@assembly.ab.ca

✂️ @MylesYYC | 📷 MLAFishCreek

I want to express my gratitude to everyone who joined us at the first Annual Stampede BBQ. It was an amazing turnout! I greatly appreciated the opportunity to connect with numerous residents of Calgary-Fish Creek. I'm already looking forward to next year!

At the BBQ, Parkland Cares and Bonavista Cares were accepting donations for back-to-school supplies. If you still want to contribute, please reach out to my office to arrange a time to deliver items to my office.

Some great news was released by the Alberta government regarding Alberta's 2023-24 year-end financial results. I'm pleased to report that, thanks to our new fiscal framework, Alberta is on strong fiscal footing.

For the third year in a row, the government has balanced the budget. Even better, this past year, Alberta posted a \$4.3 billion surplus, meaning our province has more money to spend on important priorities like health care, education, and infrastructure. The government also repaid 1.7 billion dollars of debt and earned an improved credit rating from several international credit-rating agencies.

Despite our focus on saving and debt repayment, we haven't cut back on essential services. In 2023-24, we provided significant funding to health care and education. This included more money for patient care, surgeries, doctor recruitment, and lab services. We also increased education funding, with more money for schools to hire teachers and for post-secondary institutions to add seats in high-demand areas like apprenticeship training.

This careful financial management and responsible governance has positioned Alberta for a prosperous future. By balancing the budget, cutting red tape, paying down the debt, growing the Heritage Fund, and investing in essential services, we have shown a clear vision for long-term success. Our best days are still ahead.

If you have any questions or input, please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca.

BUSINESS CLASSIFIEDS

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 Parkland. 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.

PARKLAND 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.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265- 4769 | YardBustersLandscaping.com.

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.

PARKLAND CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Parkland. 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.

YOUR HANDYMAN: All kinds of work around your house, including interior and exterior. Any type of job: small job, good job, big job, awesome job. 23 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email marcinj09@gmail.com.

ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Parkland? 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.

AFFORDABLE DENTAL CARE MINUTES FROM PARKLAND! Dental doesn't need to break the bank! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

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.

continued on next page

BUSINESS CLASSIFIEDS

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

CAPSTONE ENGINEERING ACADEMY: Enroll now for grades 1 to 9 STEM education at Vivo for Healthier Generations Rec. Centre! Featuring a full Alberta curriculum with immersive, hands-on Engineering and Technology focus. Secure your spot for September classes now! See our website for more information and to apply: www.capstoneacad.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, 403-269-2707.

PARKLAND HANDYMAN SERVICES: 30 years of residential building and renovation experience to repair, maintain and update your home. Your neighbourhood contractor offers quality craftsmanship and affordable services with a 10% discount for seniors. No deposits required. Contact Cam at 403-807-9200 to discuss your needs, big or small. (Insured and WCB).

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

TRANSFORM YOUR OUTDOOR SPACE WITH KORU CONTRACTING! With 18 years' expertise, we specialize in decks, fences, pergolas, gazebos, and concrete. Owner oversight ensures personalized service from quotes to completion. Elevate your outdoor living with top-notch craftsmanship. From decks to gazebos, trust our experience for exceptional results. Contact us today at Koru4u@gmail.com or 403-804-1505. Korudecksandfences.ca.

PARKLAND HOUSE AND CAT SITTING/SECURITY HOME CHECK: Going out of town? Need someone to check your house so you have peace of mind in case of an insurance claim? We will check your house while you're gone for water leaks, take care of your plants and we will cuddle and feed your cats! Long time Parkland residents; call 403-852-1668 or email erikadiaz@shaw.ca. References supplied.

LANDSCAPING PARKLAND: Landscape Gardener Journeymen living and working in Lake Bonavista. Consultation and installation of all landscape construction: fencing, decks, paving stones, retaining walls, hot tub base prep, fire pits, sod, hedge/shrub/tree pruning, shaping, and planting. 10% discount for seniors. Please call or text Scott at 403-860-0337. S Bright Construction. Let's make your yard sing!

SMITH PROPERTY RENOVATIONS: Experienced general contractor with high attention to detail. From kitchens to bathrooms, and everything in between. Check out my website and homestars page for pictures and reviews. Free estimates, licensed and insured. Website: sp-renos.ca, phone: 587-333-5568, email: craig@sp-renos.ca.

THE GREAT ATTENDERS DOWNSIZING/DECLUTTERING SERVICE: You may know us from our home watch services that we have been providing for over 6 years; but did you know The Great Attenders can help you declutter and/or downsize too! Contact us for a complimentary personal home visit at 1-844-3ATTEND (844-328-8363) or info@greatattenders.com.

HERITAGE WEST PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers and gasfitters. Water heaters, furnaces, boilers, drain cleaning, leaks, and renovations! 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.

IMAGINE! LASER REJUVENATION & TATTOO REMOVAL: Are you interested in laser hair removal but afraid of the pain? I have a unique and painless system for your comfort. I also provide Q-switch tattoo removal. All in a private setting in my home. Call Jane at 403-701-1192.



the Gutter Doctor 403-714-0711
gutterdoctor.ca

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

Trick Dogs

Get ready to be amazed by our talented trick dogs! Join us for an incredible showcase of canine skills and entertainment. Don't miss the chance to witness these furry performers in action!

Thursday, August 8th at 2:00pm

Location: LBV Courtyard



Banana Split Day

Indulge in sweetness and celebrate Banana Split Day with us! Join us for a tantalizing treat that's sure to split your tastebuds wide open.

Thursday, August 22th at 2:30pm

Location: LBV Dining Room



Please call to reserve your space today!

Seats are limited. If you have any questions or would like to book a tour, please call Jan or Dana at

403-258-1849

11800 Lake Fraser Drive SE, Calgary
www.verveseniorliving.com



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

SHERWIN BRIERTON

sherwinbrierton@royallepage.ca

403.813.1535

"A Sure Win"

I can help if you need:

- To buy or sell
- A free home evaluation
- Free market information

#205, 264 Midpark Way SE, Calgary, AB T2X 1J6
Independently Owned and Operated

This is not intended to solicit properties already for sale.

ROYAL LEPAGE

www.sherwinbrierton.com

The Community of Parkland



<p>FOR SALE</p> 	<p>LARGE PIE LOT</p> 	<p>COMING SOON</p> <p>TOP FLOOR, 1,200 SF, 2 BEDROOMS, 2 PIE-SHAPED BALCONIES, CITY VIEWS, 2 INDOOR PARKING SPACES</p>	<p>JUST LISTED TOO SOON FOR PICTURES</p> <p>1,526 SF 3 BEDROOM BUNGALOW DOUBLE ATTACHED GARAGE</p>	<p>EXCLUSIVE RIDGE HOME</p> <p>72' X 125' LOT, 3BDRM, LOFT, MAIN FLOOR DEN, DEV DWN, DOUBLE ATTACHED GARAGE</p>
--	---	---	---	--

143 PARKVIEW GREEN SE

402-40 PARKRIDGE VIEW SE

252 PARKSIDE WAY SE

YOKI'S FRUIT TRIFLE:

NOT CALORIE WISE, BUT LIGHT & SUMMER FRUITY

DIRECTIONS

INGREDIENTS

- 2 PKGS OF INSTANT ORANGE JELLO
- 1.5 PINT OF WHIPPING CREAM (*KEEP SOME ASIDE*)
- 1 TIN OF MANDARIN ORANGES (*KEEP JUICE*)
- 1 TIN OF PINEAPPLE CHUNKS (*KEEP JUICE*)
- MINT FOR GARNISH

- MAKE JELLO AS PER INSTRUCTIONS, SUBSTITUTING FRUIT JUICES FOR COLD WATER
- ADD FRUIT. LET SIT UNTIL FIRM
- WHIP PINT OF CREAM, THEN WHIP/BLEND WHIPPED CREAM INTO JELLO/FRUIT MIXTURE
- LET SET AGAIN (ABOUT AN HOUR)
- SPOON INTO GLASS OR PARFAIT DISHES. GARNISH WITH A DOLLOP OF WHIPPED CREAM AND PLACE MANDARIN PIECES, MINT LEAF, OR PIECE OF CHOCOLATE ON TOP
- MAKES ABOUT 6-12OZ. GLASS DISHES

*VARIATION: LAYER WITH JELLO AND TRIFLE OR PLACE TRIFLE MIX IN CHOCOLATE SHELL/CUPS, GARNISH

- * CALGARY WITNESSES A COMPETITIVE MARKET DUE TO LOW INVENTORY
- * SALES IMPROVE FOR HOMES ABOVE \$700,000
- * SLIGHT ACTIVITY DECLINE UNDER \$700,000
- * UNADJUSTED BENCHMARK PRICE FOR DETACHED HOMES @ \$767,600
- * UNADJUSTED BENCHMARK PRICE FOR APARTMENT CONDOS @ \$344,700
- * UNADJUSTED BENCHMARK PRICE FOR CITY OF CALGARY - ALL STYLES @ \$608,000

**IF YOU ARE THINKING OF BUYING OR SELLING,
LET US HELP GUIDE YOU THROUGH THE PROCESS**

Yoki & Jeff Nichol

FROM ONE GENERATION TO THE NEXT
"Both of us working for you"

Over 60 Years Combined Experience
CHAIRMAN'S CLUB LIFETIME MEMBER NATIONAL TOP 1%

ROYAL LEPAGE Solutions



Relocation
Specialist



Relocation
Specialist



"To give real service you must add something which cannot be bought or measured with money-sincerity and integrity"

403-852-1992 | 403-870-1892

Not intended to solicit properties already listed for sale