

AUGUST 2023

DELIVERED MONTHLY TO 4,345 HOUSEHOLDS

# the ROYAL ROUNDUP

BRINGING MOUNT ROYAL RESIDENTS TOGETHER



**RAVEN BUTLER**

**Buying or Selling in  
Mount Royal?  
*I can help!***

real

MLS

📞 403-667-3932 ✉️ [ravenbutlerrealty@gmail.com](mailto:ravenbutlerrealty@gmail.com) 🌐 [ravenbutlerrealty.com](http://ravenbutlerrealty.com)

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

# ASTONMORRONE

DESIGNS INC.

LUXURY CUSTOM HOME DESIGN




## AWARD-WINNING DESIGN STUDIO

At AstonMorrone Designs Inc., we specialize in creating bespoke residential projects that bring your unique vision to life. We strive to make a lasting impact with every design, no matter the project's scope or scale.

Residential Design • Drafting • Interior Design

## READY TO MAKE YOUR DREAM HOME A REALITY?

### Get in Touch

 (403) 830-6492

 [info@astonmorrone.com](mailto:info@astonmorrone.com)

 #208 - 908 17th Avenue SW, Calgary, AB





## JOIN US FOR THE U/D NIGHT MARKET

LOCAL ARTISANS, LIVE MUSIC  
& ENTERTAINMENT



DON'T MISS OUR FINAL TWO NIGHT MARKETS OF THE SUMMER!  
EXPERIENCE A UNIQUE EVENING OF LIVE MUSIC, ENTERTAINMENT  
AND A DIVERSE COLLECTION OF OVER 30 LOCAL VENDORS.

AUG 30 & SEPT 27, 5-9 PM  
CENTRAL COMMONS PARK

UDNIGHTMARKET.CA

UNIVERSITY  
DISTRICT  
CALGARY

IN PARTNERSHIP WITH:

MARKETSPOT



# FITFIX INC.

FOR ALL YOUR FITNESS EQUIPMENT NEEDS

## FITNESS EQUIPMENT SALES AND SERVICE RESIDENTIAL AND COMMERCIAL

### WHAT WE OFFER:

- Fitness Equipment Repairs & Preventive Maintenance
- Secure Equipment for Moves and/or Relocation
- High-Quality Gym Flooring Options

OUR SERVICES ARE FITFIX FIX'D OR IT'S FREE! CUSTOMER SATISFACTION GUARANTEED

### GRAND OPENING

FITNESS EQUIPMENT STORE

TREADMILLS - BIKES - ELLIPTICALS -  
STRENGTH EQUIPMENT - AND MORE!

AUGUST 19-20, 2023

SAT-SUN 10:00 AM - 8:00 PM

BAY #7, 4115-61 AVE SE, CALGARY

Summer Special  
Limited Time ONLY!

Use this AD for \$50 OFF  
before October 1/2023

GET A CHANCE TO WIN A BIKE  
AT OUR GRAND OPENING!

FOR MORE  
INFORMATION

VISIT US:



@FITFIXINC






WWW.FITFIX.CA

Go online to  
book an appt now!



Or email us:  
service@fitfix.ca






MEMBER	POSITION	EMAIL
Lynn McRae	President	president@mrca.ca
Claude Durocher	Vice-President	vp@mrca.ca
Terra Renton	Secretary	secretary@mrca.ca
Andy Lam	Treasurer	treasurer@mrca.ca
Karen Locke	Station House Director	bookings@mrca.ca
Allison Long	Communications Director	communications@mrca.ca
Roy Wright	Community Development Director	development@mrca.ca
Amanda Charron	Community Events Director	events@mrca.ca
Jenn Brenner	Facility Director	facility@mrca.ca
Nancy Slukynski	Membership Director	membership@mrca.ca
Charlene Prickett	Public Open Spaces Director	publicopenspaces@mrca.ca
Michael Simonot	Safety and Traffic Director	safety@mrca.ca, traffic@mrca.ca
Shannon Murray	Heritage Director	heritage@mrca.ca
Morgan Thurlow	Director at Large - Finance and Budget Focus	
Shane Strebchuk	Director at large	

Send an email to [membeship@mountroyalstation.ca](mailto:membeship@mountroyalstation.ca) and we will add you to our email distribution list.



"Like" us on Facebook and Stay Connected!


We currently don't have any open board positions but are looking for individuals to join our Events Committee to assist with events like our Stampede BBQ and Progressive Dinner. Email [events@mrca.ca](mailto:events@mrca.ca) to learn more.

**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.

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

**UPPER MOUNT ROYAL**



**LOWER MOUNT ROYAL**





## Membership Drive 2023

***Become an MRCA member today!  
Renew your membership!***

Mount Royal is a vibrant and diverse community with wonderful neighborhoods, parks, and amenities.

Our Community Association volunteers run events and programs (Stam pede BBQ, Skating party, Mini-Mountaineers, Progressive Dinner), manage public spaces and parks (gardening, graffiti removal), and maintain recreation facilities such as our community centre ('Station'), tennis and basketball courts, playing fields and outdoor skating rink.

MRCA volunteers advocate for safety, traffic calming, and development in our neighbourhoods.

**Becoming a member and renewing membership just got easier!  
Memberships now valid 1 year from start date (no need to wait for July 1!).  
Online Payment and auto-renewal options available!**

Use your phone to scan this  
code or visit  
[www.mrca.ca](http://www.mrca.ca)  
to join, renew or check  
membership status  
today!



Membership category and rate information available online at  
[www.mrca.ca/membership](http://www.mrca.ca/membership)

Call [403-437-0520](tel:403-437-0520) or email us at [membership@mrca.ca](mailto:membership@mrca.ca) for inquiries and non-online purchase options.



# MUNCH

## CREATIVE KITCHEN

Cooking what we **GRAVE!**

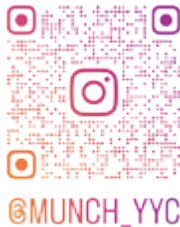
A new restaurant along 17th Ave!

1022 17TH AVENUE SW



Come in or follow us for updates of our **EVER-CHANGING MENU ITEMS!**

Scan the code to find our Favorite and Feature menu items



@MUNCH

@MUNCH\_YYC

rectangle

Getting our hands dirty since 2005.

Our team does the heavy lifting so you don't have to.

ideas . design . construction  
[www.rectangle.ca](http://www.rectangle.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](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

# 101 Ways to Reduce Stress

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

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory, write it down
- Practice preventative maintenance
- Make duplicate keys
- Say 'no' more often
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important papers
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly cat or dog
- Remember you don't have to know all the answers
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to yourself
- Visualize yourself winning
- Develop your sense of humour
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- Dance a jig
- Say 'hello' to a stranger
- Ask a friend for a hug
- Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- Watch a ballet
- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others
- Ask someone to be your sounding board
- Do it today
- Work at being optimistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Strive for excellence, not perfection
- Stretch your limits a little each day
- Look at a work of art
- Hum a tune
- Maintain your weight
- Plant a tree
- Feed the birds
- Practice grace under pressure
- Stand up and stretch
- Always have a plan B
- Learn to draw
- Memorize a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Tell someone to have a good day
- Throw a paper airplane
- Exercise everyday
- Learn the words to a new song
- Get to work early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early
- Put an air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a faraway friend
- Go to a sports event and cheer loudly
- Cook a meal and eat by candlelight
- Recognize unconditional love
- Remember that stress is an attitude
- Keep a journal
- Have a support network of people, places, and things
- Quit trying to fix other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people
- Relax, take each day as it comes

## The Trajectory of Agency: Towards a Compassionate and Egalitarian Approach to Empowering Boys in Early Childhood Education

by Rima Madi in June 2023

In every civilization throughout human history, the image of the child has evolved and influenced adults' perception of children's abilities, behaviour, milestones, temperament, and gender roles. This image has been socially translated into phrases such as "a child is a blank slate," "boys will be boys," "the innocence of childhood," and "children are our future" (Flight, 2014, p.38). "Alberta's early learning framework aims to awaken the image of a strong, resourceful, capable child—a mighty learner and citizen" (Flight, 2014, p. 38).

The early learning framework emphasizes children's agency in early childhood settings. Brown and Lee (2015) define agency as the ability of individuals to make choices, take control, self-regulate, and pursue their goals, which can lead to personal or social transformation (p.84).

To put it simply, the concept of agency resonates with the transformative journey of a caterpillar inside a chrysalis, emerging as a beautiful butterfly. Despite the challenges and discomfort encountered throughout this process, the caterpillar's inherent drive and motivation to break-free, self-actualize, and discover its identity and purpose guide its remarkable transformation.

Within this context, I ponder how we can integrate agency into early childhood education by employing a developmental lens that aligns with a child's needs, temperament, and their social and physical environment.

Surprisingly, the agency of children, particularly boys, to freely express their innate disposition and their desire to take risks and experience freedom is often compromised in many structured early childhood programs. These programs often deviate from the concept of providing a "goodness of fit," which represents a true match with what children genuinely require for their physical, emotional, cognitive, and social development. Instead, they attempt to mold children to conform to social conventions of school readiness and conform to learning environments

that may not fully accommodate them. Failure to comply and conform may lead to the expulsion, suspension, and eventual placement of boys in special education (The Challenges of Boys in Early Childhood Education, 2016).

Research on child development indicates that boys' brain development and nervous system progress at a slower rate compared to girls, which can impact their attention span, activity levels, and overall academic progress (The Challenges of Boys in Early Childhood Education, 2016). Girls tend to outperform boys in language development, exhibiting a higher rate of language acquisition and better verbal abilities. In the domain of mathematics, girls also tend to perform better in early counting and problem-solving during middle childhood. Regarding social and personality differences, boys generally display more physical activity, occupy more space, and engage in rough-and-tumble play more frequently than girls. Additionally, male infants are often inclined to explore through touch (Vista et al., p. 585).

According to The Challenges of Boys in Early Childhood Education (2016), boys have a natural inclination for taking risks and engaging in activities such as rough-and-tumble play. They often exhibit a fondness for creating noise and exploring their surroundings using elements such as water, sticks, mud, and sand. Boys are commonly characterized as spontaneous, impulsive, fun-loving, and prone to making mistakes.

However, young boys often find it challenging to sit for long periods during circle time and engage in fine motor activities. They excel in hands-on and multisensory activities, as well as whole-body movements both indoors and outdoors. The Challenges of Boys in Early Childhood Education (2016) notes that "boys prefer wild, aggressive, full-body activities, constructive play, hands-on learning with concrete materials, and lots of movement. They also seem to love making a mess!" (p.2).

Instead of modifying the physical environment and providing appropriate pedagogical support in language and cognition to address the challenges young boys face in their pursuit of autonomy, identity development, and empowerment, we have developed a "fix the child" syndrome. The emphasis on early intervention, excessive assessments, and a focus on what is deemed "normal" development has resulted in the need to identify and label children who struggle in our programs. Consequently, these children develop a belief that they are incapable





of succeeding and view the program as a system that selects winners and losers (The Challenge of Boys in Early Childhood Education, 2016, p.4).

In conclusion, the labeling that many young boys often receive during their early educational journey, due to their non-compliance with standardized educational settings, can have detrimental effects on their self-esteem, emotions, and identity. This label instills a sense of failure that can impact their subsequent developmental domains and mental well-being. "Embracing the natural variability in the development of young children" (The Challenges of Boys in Early Childhood Education, 2016, p.4) and avoiding penalizing those who may naturally lag in a specific domain is the most compassionate and egalitarian approach to empower boys in early childhood education. Instead of undermining their innate potential, which may not yet be fully apparent, it is crucial to explore multiple approaches (such as working closely with parents, modifying the curriculum, differentiating activities, utilizing various learning styles, etc.) before considering the need for screening for possible special needs (The Challenges of Boys in Early Childhood Education, 2016).

#### References

- Brown, H.D. & H. Lee. 2015. Principles of language learning and teaching. White Plains, NY: Pearson Education.
- Makovichuk, L; Hewes, J; Lirette, P; & Thomas, N. (2014). Flight: Alberta's early learning and care framework. Library and Archives Canada.
- The Challenge of Boys in Early Childhood Education. 2016. Community Playthings. <https://www.communityplaythings.com/resources/articles/boys-in-early-childhood-education>
- Vasta, R. & Haith, M; M. & Miller, A; S. (1995). Child psychology. (2nd edition). New York. Authentic care is a partnership.

## Cats, Canines, & Critters of Calgary



Baloo and Walter, *Springbank Hill*



JC Cat, *Evanston*



Pepper, *Evergreen*



Tuxedo Joe, *Cranston*

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

# Stay Away from Cyanobacteria (Blue-Green Algae)

from Alberta Health Services

Cyanobacteria (also referred to as blue-green algae) is a type of bacteria found in many lakes, ponds, and reservoirs. Cyanobacteria can multiply a lot in the summer, causing extensive growths called blooms. The blooms cause scum on the surface of water and can be blue-green or greenish-brown and often smell musty or grassy.

Some bloom-forming types of cyanobacteria produce toxins. When toxic blooms die and decay, toxic chemicals may be released into the water. Some toxins can be in the water at low levels for many months after a bloom forms. Some blooms are so bad that they cause livestock deaths. Some blooms don't contain toxins, but you can't tell if a bloom is harmful or not from how it looks. If you see a bloom, always take precautions as if it is toxic.

### How does cyanobacteria affect human health?

Children might be more at risk for getting sick from cyanobacteria because they often spend more time in the water and may swallow contaminated water by accident.

If you have contact (e.g., swimming, boating) with water containing cyanobacteria, you may experience:

- Skin irritation and rash
- Sore throat
- Sore, red eyes
- Swelling of the lips
- Hay fever symptoms (e.g., stuffy nose)

If you drink water containing cyanobacteria, you may experience:

- Headache
- Diarrhea
- Weakness
- Liver damage
- Fever (temperature more than 38.5°C or 101.3°F)
- Nausea and vomiting
- Muscle and joint pain
- Stomach cramps

Treat all cyanobacteria blooms with caution. Call Health Link at 811 if you have been in contact with water that has a cyanobacteria bloom and are having symptoms.



### How does cyanobacteria affect livestock and pets?

Lakes contaminated with cyanobacteria can be deadly if toxins are present. Some illnesses and deaths of livestock and wildlife have been linked to animals drinking water containing cyanobacteria. Keep animals away from natural water sources that contain cyanobacteria blooms because animals aren't concerned about how water looks or smells before they drink it. Don't let animals eat whole fish or trimmings (any waste from filleting a fish including the head, bones, intestines, or skin) from affected lakes.

### What about watering my vegetable garden?

Don't use water with cyanobacteria to water edible plants (especially plants with edible parts exposed to the ground surface, such as cabbage, lettuce, tomatoes, and other salad vegetables). It is not known if fruits and vegetables absorb toxins from contaminated water.

### Is it safe to cook with water that might contain cyanobacteria?

Boiling water doesn't remove cyanobacteria toxins. Don't cook with water that might contain cyanobacteria.

### What else do I need to think about?

- Treat any cyanobacteria bloom as if it is contaminated.
- Don't swim or wade in water with scum on the surface.
- Don't drink water if it might be contaminated with cyanobacteria.
- Have another source of drinking water for pets and livestock.
- If you see a bloom or have questions about cyanobacteria, call Environmental Public Health at 1-833-476-4743.
- Call Health Link at 811 if you have been in contact with contaminated water and have any of the symptoms listed above.
- Call a vet if your pet has been in contact with contaminated water.

[www.kilbco.com](http://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

Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554

*Calgary*  
Mat & Linen Services



### MATS

Commercial mat rentals and purchases



### HOSPITALITY SERVICES

Linens for tables, chairs, and napkins. Laundry and pressing services



### WORKWEAR

Workwear and cleaning of uniforms and coveralls



### CLEANING

One-stop service for cleaning supplies and paper products

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

The Landscape Artist Inc.

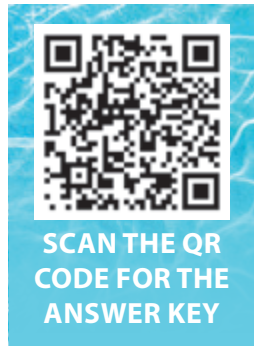
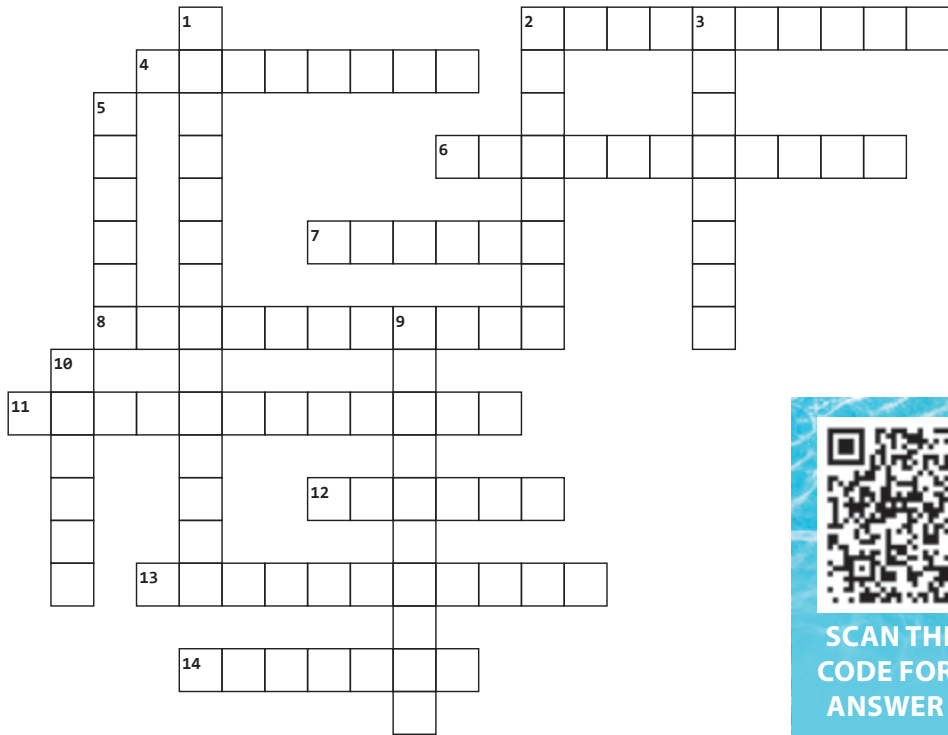


Award-winning design and construction



TREE FERTILIZATION FROM THE PROS - FROM \$149 **CALL NOW TO BOOK** 403.256.2252

# August Crossword



## Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and \_\_\_\_\_ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National \_\_\_\_\_ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National \_\_\_\_\_ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

## Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the \_\_\_\_\_ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.

# Hawaiian Rice Bowl

by Jennifer Puri



**Ingredients:**

- 2 medium size carrots
- 2 small beetroots
- 2 mini cucumbers
- 2 avocados
- 1 can pineapple tidbits
- 20 jumbo size shrimp (shelled and de-veined)
- 2 cups shredded lettuce
- 4 cups cooked white, brown, or black rice
- 6 tbsps. mayo
- 2 tbsps. siracha sauce
- 2 tbsps. rice vinegar
- 2 tbsps. olive oil
- 2 tbsps. soya sauce
- 4 tbsps. of coriander leaves or nori nori (dry seaweed)

**Directions:**

- Wash and peel carrots and beetroots and then cut, along with the cucumbers into small even sized pieces.
- Drain pineapple tidbits and set aside. Cut each avocado into half and then slice each half into four pieces.
- In a small bowl prepare dressing by combining the mayo, siracha, and rice vinegar.
- Heat two tbsps. of olive oil in a skillet or wok and then add the shrimp and stirfry for three to four minutes or until the shrimp turn pink and are cooked. Add two tbsps. of soya sauce and toss the shrimp in it and then remove from heat.
- Assemble four bowls by placing a cup of warm rice in each one and arranging the pineapple bits, carrots, cucumbers, beetroots, and lettuce around the edges of each bowl. Add the shrimp and avocado slices and top with siracha mayo dressing. Garnish with coriander leaves or nori nori if desired.

\*You can substitute the shrimp for tofu and edamame or corn if you would prefer a vegetarian option.

Bon Appétit!

Rice is a grain that grows to 4ft. in height, produces small edible seeds, and thrives in warm, wet climates.

It is the world’s largest food crop and evidence of rice farming, dating back ten thousand years, has been found in the Yangtze River valley of China.

There are two types of rice – Asian Rice and African Rice and the length and width of the rice (once it is cooked) determines if it is short, medium, or long.

White rice is more commonly consumed than brown, black, or red due to its ease of cooking and long shelf life. Rice should always be washed before cooking as it will rid the rice of any starch that may be attached to the grain. It also prevents the grains from sticking to each other during the cooking process.

China is the world’s largest producer and contributes to the daily rice intake of 3.5 billion people in Asia, Africa, and South America.

Steamed, boiled, fried, or ground, rice shows up as an ingredient in Spain (paella), Italy (risotto), Japan (sushi), India (pillau), Malaysia (nasi lemak), Korea (bibimbap), Africa (jolloff), Brazil (galinhada), or in its simplest form poke or Hawaiian Rice Bowl.

**Prep Time:** 25 minutes

**Cook Time:** 5 minutes

**Servings:** 4

# Mount Royal



## Real Estate Update

Last 12 Months Mount Royal  
MLS Real Estate Sale Price Update

	Median Asking Price	Median Sold Price
June 2023	\$ 1,695,000	\$ 1,650,000
May 2023	\$ 1,507,500	\$ 1,472,500
April 2023	\$ 2,599,999	\$ 2,400,000
March 2023	\$ 1,825,000	\$ 1,750,000
February 2023	\$ 1,015,000	\$ 880,000
January 2023	\$ 2,495,000	\$ 2,750,000
December 2022	\$ 999,000	\$ 985,000
November 2022	\$ 0	\$ 0
October 2022	\$ 2,999,900	\$ 2,650,000
September 2022	\$ 2,999,999	\$ 3,000,000
August 2022	\$ 954,000	\$ 927,825
July 2022	\$ 1,618,450	\$ 1,557,500

Last 12 Months Mount Royal  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2023	11	7
May 2023	10	8
April 2023	11	7
March 2023	7	3
February 2023	4	2
January 2023	3	1
December 2022	2	1
November 2022	2	0
October 2022	1	1
September 2022	4	3
August 2022	6	4
July 2022	1	2

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



Fresh Jock

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

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



### OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT  
**403-726-9301**  
[calgaryfreshjock.com](http://calgaryfreshjock.com)

# BUSINESS CLASSIFIEDS

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

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

**MOUNT ROYAL 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 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.

**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.

**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](http://YardBustersLandscaping.com).

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**PROFESSIONAL ACCOUNTANTS IN MOUNT ROYAL:** Personal and corporate income tax preparation and e-filing, accounting services such as bookkeeping, financial statements, GST, payroll, T4/T5 slips. CPAs with 20 years' experience, personable, reasonable rates, convenient location. Call Padgett Business Services at 403-220-1570 for your half-hour free consultation. 1511 – 10 Street SW, Calgary, AB T2R 1E8, or go to [www.padgettcalgary.com](http://www.padgettcalgary.com) for more information.



In the 1940s, American naval engineer Richard T. James accidentally knocked a spring off a shelf. The spring arched and flipped over itself, landing on several surfaces before falling back into a coil. This inspired his invention of the ever-popular "Slinky" spring toy. As a result, August 30 is National Slinky Day in the US!



No one  
has to  
face  
cancer  
alone.



Wellspring Alberta is a registered charity that provides free professionally-led programs and support for anyone living with cancer, including caregivers, and family members. Our programs are available online, in-person, or over the phone.

At Wellspring Alberta, you'll find a place to connect with others, be yourself, and find the support you need to face cancer.

[wellspringalberta.ca](http://wellspringalberta.ca) | 1.866.682.3135 | Charitable Reg. #809013675RR0001