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Sundays & Holidays: Closed



**Tuscany Community Association**

Box 27030, RPO Tuscany NW  
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president@tuscanyca.ca  
www.tuscanyca.wordpress.com

**Elected Officials**



**Councillor Ward Sutherland**  
**Ward 1 Office**

P.O. Box 2100, Station M  
Calgary, AB, Canada T2P 2M5  
Phone: 403-268-2445  
Fax: 403-268-8091  
Email: ward01@calgary.ca  
Web: www.calgary.ca/ward1



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**Calgary-North West**  
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Fax: (403) 297-7121  
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Name	Age	Contact	Course
Amelia	13	403-374-0440	Yes
Amy	14	587-896-2462	No
Anika	13	403-923-3513	Yes
Breton	13	403-978-0056	Yes
Claire	14	403-208-0002	Yes
Ekene	19	403-466-1134	Yes
Ellen	12	403-532-1010	Yes
Emma	13	403-240-0169	Yes
Eunice	19	403-801-0453	Yes
Faris	15	403-402-0950	Yes
Fiona	16	403-277-9441	Yes
Janeeta	18	587-284-9642	No
Jasmin	14	403-460-0370	Yes
Jenica	14	403-919-4090	Yes
Julia	16	403-667-5984	Yes
Julia	15	403-239-1297	Yes
Kaitlyn	15	587-436-9098	Yes
Kate	39	403-690-0410	Yes
Lipi	32	403-207-5350	Yes
Megan	19	403-547-1958	Yes
Melaine & Karina	16	403-239-5811	Yes
Shannon	14	403-208-8389	Yes
Shayla	15	403-826-5506	Yes
Zachary	12	403-984-7775	Yes

**Calling All BABYSITTERS**  
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**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).

**Editorial Content DEADLINE**  
1<sup>st</sup> of each month for the next month's issue  
[news@great-news.ca](mailto:news@great-news.ca)

## YOUR COMMUNITY CONNECTIONS

### CITY PARKS & PATHWAYS

**Edgemont Ravine** – Edgebrook Dr. & Edgebrook Blvd. NW  
35.5 hectares of networking ravines in the northwest section of the city are completely surrounded by the community of Edgemont. The naturalized marsh was one of the first to be constructed as part of the water management scheme in a community development. The community and park were established in the late 1970s. Access to the ravines is available through the parking lot on the east side of Edgebrook Blvd. NW.

**Ranchlands Park** – 700 Ranchlands Blvd. NW.  
Ranchlands Park occupies about 12 hectares in the community of Ranchlands in the northwest part of the city. The park was established when the community was developed in the 1970s.

**Nose Hill Park** – 5620 14 St. NW  
Area: 1129 hectares  
Nose Hill Natural Environment Park lies in the northwest part of the city, surrounded by 12 residential communities. The park was created in 1980 and covers over 11 square kilometres. The hill most likely gets its name from the fact that, from certain locations and with a little imagination, it looks like a nose.

**Bowness Park** – 8900 48 Ave. N.W.  
Area: 30 Hectares  
Bowness Park is located in the North West part of the city and is open to the public from 5am – 11pm daily. It offers pathways and access to the Bow River, as well as seasonal activities such as paddle boating and ice skating.

### CALGARY TRANSIT

<http://tripplanning.calgarytransit.com/> 403-262-1000  
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### COMMUNITY

Crowfoot Library [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com)  
403.260.2600

Girl Guides of Canada – [www.calgarygirlguides.com](http://www.calgarygirlguides.com)  
Calgary Area

Scouts Canada – [www.myscouts.ca](http://www.myscouts.ca)  
Calgary Area 403.283.4993

Councillor Ward Sutherland [ward01@calgary.ca](mailto:ward01@calgary.ca)  
MLA Sandra Jansen [calgary.northwest@assembly.ab.ca](mailto:calgary.northwest@assembly.ab.ca)

**BRAIN GAMES**

# SUDOKU

9				6			7	
								5
	1	8	2			4		
						9	1	7
1		6	4		9	8		3
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7								
	9			8				4

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

## Covenant Living Evanston Summit

**“It’s where I’d live.”**

*Ken,  
Teacher, music lover and golfer.*

Home. It’s where we live. It’s the feeling we get from freshly folded laundry in our bedroom. It’s playing the piano and singing with friends and it’s shared moments over dinner with family. It’s feeling healthy, eating well and enjoying the community we savour with other great people. It’s looking forward to a little exercise and some laughter at the pub afterwards.

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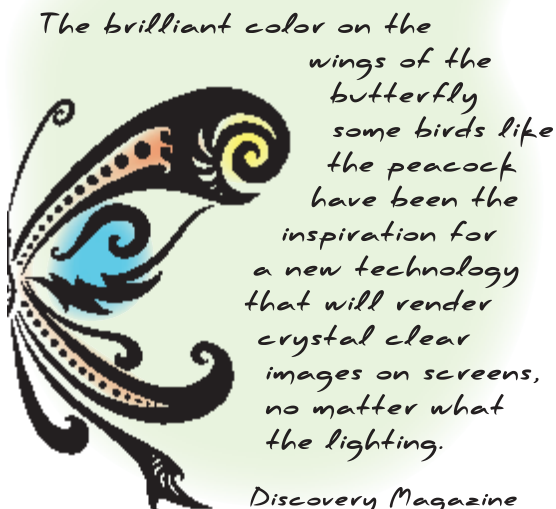
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## Insects and Technology



Discovery Magazine

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## IN & AROUND CALGARY

### How safe is your backyard fire pit?

Backyard fire pits are great places to gather and share good times in Calgary's summer months, but these great times can quickly become tragic if you aren't safe.

The City of Calgary has bylaw standards to help minimize some of the dangers of your backyard fire pit, or outdoor fireplace, wood burning oven or chimneys. The Calgary Fire Department also has a number of tips to help prevent anyone from getting hurt.

#### Safety tips and bylaw regulations

- Backyard fire pits should be built into the ground, on brick or stone, or in a fire-resistant container.
- Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck.
- Fire pits must be at least two metres away from your property line, house, garage, or fence.
- Fire pits must not be under any trees, branches, plants or other materials that can catch fire.
- Always have a way to put out the fire close to your fire pit. Easy options are your watering hose or a bucket of water.
- All fires in your fire pit must be kept to a reasonable size; under 1 metre high and wide. This helps ensure the fire's embers, sparks or smoke do not harm anyone or cause a nuisance to neighbouring properties.
- All fires in your fire pit must be continually supervised.
- Fires may only be burned in fire pits from 10 a.m. to 1 a.m., unless prohibited in a fire ban.

#### Do not burn:

- Painted, treated or lumber containing glue or resin
- Wet, or green/fresh cut wood
- Yard waste (cut grass or leaves)
- Garbage
- Rubber
- Plastic
- Furniture

Always check [www.calgary.ca/firebans](http://www.calgary.ca/firebans) to ensure no fire bans are in effect, which may caution against or forbid using fire pits. Remember, you can be fined from \$500 to \$5,000 for not following Calgary's fire pit bylaws (5M2004) or the instructions of fire bans. Learn more about Calgary fire pit safety and Bylaws by visiting [calgary.ca](http://calgary.ca) and searching the term 'fire pits'.

## New School Location & Tuition Incentives

North Point School for Boys taps into boys' natural curiosity and energy as a foundation for life-long learning. North Point is excited to announce our new central location in SW Calgary beginning in the Fall of 2016.

**2445 – 23 Avenue S.W.**

North Point School is extremely sensitive to the current state of the economy and its impact on the people of our province. We are pleased to announce that all students registering for this upcoming school year (2016-17) will receive 50% off of base tuition for the 2016-17 school year.

Additionally, North Point School is also offering **sibling discounts of 50% for as long as those siblings remain at Northpoint, for the first 25 families** who register a child for the 2016-17 school year.

visit our website [www.northpoint.school](http://www.northpoint.school)



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## JUNE 1 AND 2 POPS IN THE PARK

Celebrate the arrival of warmer weather and longer days with a picnic and concert in the park. This annual light-hearted, musical evening includes a western barbeque and plenty of music. [www.calgaryphil.com](http://www.calgaryphil.com)



## JUNE 5 LILAC FESTIVAL

The festival kicks off with a parade down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. [www.lilacfestival.net](http://www.lilacfestival.net)



## JUNE 24 TEDXYC

Bringing Calgary's largest and most well-attended, independently-organized TED event to stage, we are thrilled to announce TEDxYYC is returning to Calgary. [www.tedxyc.ca](http://www.tedxyc.ca)



## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **May 18 to June 1 – Ginapalooza:** This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. [www.ginapalooza.com](http://www.ginapalooza.com)
- **June 2 - 12th Annual Evening of Wine and Wishes:** This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. [www.rainbowsociety.ab.ca](http://www.rainbowsociety.ab.ca)
- **June 2 to 4 - Revv52: California:** Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. [www.revv52.com](http://www.revv52.com)
- **June 3 and 4 - As Heard On TV:** This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. [www.calgaryphil.com](http://www.calgaryphil.com)
- **June 4 - 2016 Eddies Short Film Festival:** The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. [www.bigrockbeer.com](http://www.bigrockbeer.com)
- **June 4 and 5 - Calgary Ukrainian Festival:** The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. [www.calgaryukrainianfestival.ca](http://www.calgaryukrainianfestival.ca)
- **June 4 to August 28 - Afternoon Tea on the Verandah:** Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. [www.heritagepark.ca](http://www.heritagepark.ca)
- **June 17 and 18 - Vintage With Flair:** Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. [www.vintagewithflair.blogspot.ca](http://www.vintagewithflair.blogspot.ca)
- **June 22 to 26 – Sled Island:** The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. [www.sledisland.com](http://www.sledisland.com)



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# Do you want to play better golf in 2016?

Routine and structure (with a dabble of spontaneity!) is important in our lives. But did you know that having a strong routine is also important in the game of golf? For the best players in the world and for the rest of us, having strong routines are important when you are practicing as well as when you are playing and is necessary to perform at your best, regardless of your ability. Having a strong “pre-shot routine” and doing it all the time, the same way all the time develops consistency ... through repetition. It also benefits you by mentally placing no more importance on any 1 shot, whether it be a practice shot or a shot during a game. By making all golf shots equal mentally, you tend not to succumb to pressure situations like hitting it over the lake, etc. You should perform your pre-shot routine always, whether you are hitting your driver, 7 iron, chipping or putting. It is ok if your putting routine isn't exactly the same as your full swing routine. In fact, I suggest you have a full swing routine, a chipping/pitching routine and a putting routine. These three different areas of the game should have specific routines but are still similar in nature. It is also ok if your routine is not exactly the same as someone else's as you will notice the next time you watch some professional golf on TV. Your game will improve because developing and performing your personal pre-shot routines will ensure that you are always:

1. Assessing your lie, assessing the wind conditions and direction, assessing the risk (bunkers, water, trees, etc.), assessing the yardage, etc.

2. Choosing the best club selection based upon these assessments.
3. Taking one or two practice swings with the target in mind and having positive imagery.
4. Starting from behind the ball prior to setting up.
5. Aiming the clubface first, then positioning your feet and the rest of your body.
6. Staring at the target and only “glancing” at the ball so your mind is always focused more on the target.
7. Having no more than one or two swing thoughts just prior to initiating the swing such as “full turn back and finish in balance”
8. Perform the shot, assess both the swing/stroke (in particular your balance and finish position) and your result.
9. Finally, and most importantly, having a good routine will ensure you are focused on your routine, your target and only one (two at most) swing thoughts. You want no mechanics in your mind when attempting to hit a shot. Mechanics are developed during specific and focused practice sessions and through drills. You want to play the game more with your instincts and by feel while keeping your mechanics on “auto pilot”.

Check out these two links to reinforce these ideas and you will soon see better results out there on the links!  
[www.youtube.com/watch?v=pY3S4aMzgXy&feature=fv](http://www.youtube.com/watch?v=pY3S4aMzgXy&feature=fv)  
[www.youtube.com/watch?v=VF-LITV1iRA&feature=related](http://www.youtube.com/watch?v=VF-LITV1iRA&feature=related)

By Alan Killian, CFP PGA of Canada

## Mom in the Fast Lane

Elisabeth Fayt

How often must something happen, before it occurs to you?

A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, “Hey, let's have a race and see who can run the fastest” and we both started to run. After a few seconds, he stopped dead in his tracks and said “Mom, why are we racing?”

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded “Good question, we're not going to race anymore.” Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn't serving me well.

How often did this happen, before it occurred to me? I'd hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a call-out to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won't miss anything. Trust me, I know from experience.

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**SUDOKU**

9	3	4	5	6	1	2	7	8
2	6	7	8	9	4	1	3	5
5	1	8	2	3	7	4	6	9
8	4	5	3	2	6	9	1	7
1	7	6	4	5	9	8	2	3
3	2	9	7	1	8	5	4	6
4	5	2	9	7	3	6	8	1
7	8	1	6	4	5	3	9	2
6	9	3	1	8	2	7	5	4



## Alberta Guide Dog Services

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email [sandra.cramer@albertaguidedog.com](mailto:sandra.cramer@albertaguidedog.com).

Photo Credit: Alberta Guide Dogs





FENG SHUI

Barbara Shorrock

Feng Shui is on my mind again. Perhaps it is because of the “clutter” thing. Maybe because winter causes us to look more inside our homes than outside. Whatever the reason, this is a good time of year to review some Feng Shui principles. There are, of course, far too many to cover in a short article, but let’s focus on just a couple.

We’ll get the “clutter” thing out of the way first, excuse the play on words. Many of us love to decorate our homes, both inside and out. We are well past the Christmas season, with all its colour and beauty and significant things. By spring, this season is safely back in its boxes in the basement. Spring is upon us and time to be ruthless with the other “stuff”. If you don’t love it, need it, use it, or wear it, get rid of it. Give it to charity, sell it, pass it on to someone who will love it, or throw it out. The principle is simple; the action not so easy. So take one room at a time and remember that Feng Shui says that everything has chi or energy. Too many things create chaos in the energy field, and our life can reflect this chaos. Here is a good place to start - hang a wind chime near your front door and remove absolutely all clutter from the entry to your home (inside and out).

Living things have their own chi, and healthy house plants are carriers of vital energy and add life to our homes. They also provide a benevolent cleaning of the air by absorbing carbon dioxide and giving off oxygen. Plants with a soft graceful appearance are preferred to sharp spiky ones. If you are fond of cactus and their cousins, group them together with other friendlier va-

rieties, and away from the people places in the house. Fresh flowers also add colour and sensuality to a room. They elevate the mood and perfume the air. Dried flowers are an alternative that some people like, but their life isn’t as long as you might think. In fact, it is believed they lose their vitality after a mere three or four months, and many Feng Shui practitioners advise against them. Dead flowers can actually deplete the energy in a space, rather than enhance it.

Pets are natural batteries of chi, and they bring the loving spirit out in just about anyone. It is well known that visiting pets enhance the well-being of residents of long term care and retirement homes, and we intuitively understand that a clean and healthy pet contributes to the energy of a home.

Flowers Story

A client bought a new home and her real estate agent sent flowers to mark the occasion. The flowers arrived at her home and the card said “Rest in Peace”. The owner was dismayed and called the florist to complain. After he learned of the obvious mistake, the florist said, “Madam, I am really sorry for the mistake but rather than getting upset you should imagine this: somewhere there is a funeral taking place today, and they have flowers with a note saying “Congratulations on your new home”.

Barbara Shorrock is a writer, reader, traveler, ESL coach, and avid gardener. You can find her at the Queensland Garden Club the first Wednesday of most months.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
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- ◆ Forty word limit

MAY MOON CALENDAR



New Moon  
May 6



First Quarter  
May 13



Full Moon  
May 21



Last Quarter  
May 29

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# Muskrats

## Hardy Little Creatures

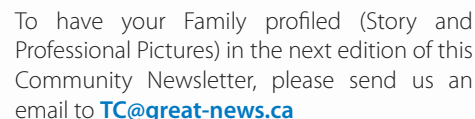
These animals have a round, portly body covered with rich waterproof fur made up of a short dense silky under coat and a longer, coarse glossy guard coat. Their fur covers small ears and provides buoyancy in the water. Fur colour ranges from a dark brown head to a light grey belly. Their feet are mostly hairless; the hind feet acting like paddles during swimming and described as semi-webbed, with the four longest toes of each foot having a fringe of specialized hairs along each side, giving the foot a paddle like effect in use. The front feet are used like hands to build lodges, hold food and dig burrows and channels. There are five toes on all feet but the inner toes of front feet are small so rarely show in tracks. Full grown large adults can weigh from 1 – 2 kgs (2 – 5 lbs) and are up to 60 cm (24 in) long (including the tail). Their tail is slender, flattened vertically (to act as a rudder when swimming) and covered with scaly skin to protect it from damaging easily. The muskrat has special teeth that protrude ahead of the cheeks and lips, which can close behind them, permitting the animal to

Muskrats typically live in freshwater marshes, marshy areas of lakes, slow-moving streams, dugouts, ponds, and watery areas controlled by beaver dams. The water must be deep enough to not freeze to the bottom during winter, but shallow enough to allow for the growth of aquatic vegetation. Areas with good food sources such as bulrushes, cattails, pondweeds, or sedges are preferred.

After freeze up muskrats chew through the ice, and push up plant matter to cover the hole with a dome to make a miniature lodge, which is used as a feeding station and resting place when searching for food underwater. They can remain underwater up to 15 minutes by reducing their heart rate and relaxing their muscles when submerged, thus reducing oxygen use by their body.

- They are more widely dispersed across North American (north to south, east to west) than any other mammal.
- They were introduced to Europe in 1905 and are now common there too.
- If normal plant food is not available, and animal food is abundant, they are known to become carnivorous (eating fish, frogs, clams)!
- Numbers decrease dramatically every 7 to 10 years. This is believed to be the result of cyclical health declines, deaths and reproductive failure.
- Muskrats appear to thrive even when harvested heavily for fur, impacted by agricultural draining of wetlands and increases in industrial activity! They can even adapt to brackish (salty) water. Hardy little creatures aren't they?

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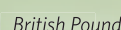
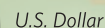
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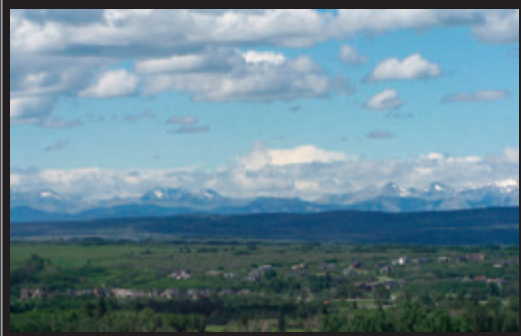




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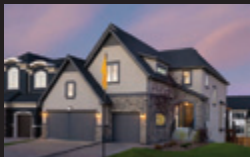
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Bi-Level	1	\$439,000
Bungalow	3	\$514,000
Two Storey/Two Storey Split	54	\$546,945
Townhouse	9	\$320,478
Condo	8	\$372,113
Villa	0	-
<b>TOTAL</b>	<b>75</b>	
Average days on Market	<b>34 days</b>	

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307 Tusslewood Terrace NW

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- bonus room, hardwood, fully finished

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- hardwood, vaulted ceilings, 3 full baths
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TEXT T843993 TO 85377



**\$639,900**

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- maple kitchen, built-ins, across from ravine

TEXT T971207 TO 85377



**\$999,900**

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