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Hall Rental

We offer a variety of indoor and outdoor rental options, including bright, modern rooms in our newly expanded facility. From the brand-new Event Centre and Program Room to our modernized Lower Level and new Community Boardroom, each space was created with flexibility, function, and community spirit in mind. More information is available at myphra.com/rentals.

Room	Hourly Rate 9:00 am to 10:00 pm	Full Day Rate 9:00 am to 1:00 am
Event Centre	\$75	\$1,500
Program Centre	\$65	\$1,200
Lower Level	\$50	\$900
Boardroom	\$30	

Full Wing (Event Centre and Program Centre) Rate: \$2,500. Saturdays only.



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Panorama Hills Residents Association Rundown

If you live in Panorama Hills, there's a good chance you are a part of the Panorama Hills Residents Association (PHRA). We're a not-for-profit organization dedicated to enhancing the experience of living in this community. From maintaining beautiful, shared spaces to operating the Panorama Hills Community Centre (PHCC) and organizing programs, events, and long-term projects. We serve nearly 6,700 households.

What Does the PHRA Do?

We manage and support:

- Select community green spaces, pathways, and boulevards beyond City standards.
- The Panorama Hills Community Centre (PHCC) and outdoor park.
- A variety of community events, programs, and play amenities.

Annual Fees

Your PHRA fee is a mandatory annual payment used to directly support your neighbourhood. It's not a City tax—it stays right here in Panorama Hills. Your fee supports:

- Enhanced maintenance of green spaces and pathways.
- Operation of the Community Centre and amenities.
- Community events, youth, and family programs.
- Ongoing capital improvements (like the PHCC expansion).

Get Involved

Want to help shape our neighbourhood? The PHRA offers volunteer opportunities for residents who want to give back, develop skills, or meet neighbours. Whether you're interested in event support, community cleanups, or committee work as a member of the PHRA Board of Directors, your involvement makes a difference.



Flavours of Fitness

Wednesday, PHCC Park

Members Only

Nurture your mind, body, and spirit amidst the beauty of nature with our Flavours of Fitness sessions!

Under the open sky and surrounded by the sights and sounds of nature, you'll find peace and relaxation as you flow through a series of gentle Yoga movements, or recharge yourself with active Zumba, or perhaps it will be Tai Chi which will help you stretch your body and breathe out all the tasks of the day. Join us for an uplifting and empowering outdoor fitness experience!

Drop-In classes are from July 8 to August 26.

For an up-to-date class schedule, keep an eye on our website and register online!



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Nose Creek Preservation Society's First Annual Discovery Day Marked as a Success

We hosted our first public event to showcase the Nose Creek Valley, connect with our communities, and showcase the beauty and life that call it home. And we succeeded! Over fifty Calgarians popped by the district storm pond, and everyone commented they had no idea this natural space existed!

Everyone—including our wonderful exhibitors, local government reps, and two very young kids enjoying a planned playdate—enjoyed what turned into a beautiful day. Our soundtrack was the birdsong playing on repeat, no speaker required.

Thank you to everyone who attended. For those who couldn't make it, sign up online at savenosecreek.com for our newsletter to learn more about the Nose Creek Valley and details for the second annual Discovery Day sometime in May 2027!

News from the Friends of Nose Hill

by Anne Burke

The 1992 Master Plan Review recommended a Natural Area Management Plan for Nose Hill after a land use study. The job was to document compatible recreational opportunities because of native grasslands with some deciduous shrubs and trees. The Nose Hill Park Trail and Pathway Improvement Plan relied on the earlier research and did further consultation, before concluding that activities in the multi-use zone (top of the Hill) should be separated from all Park native vegetation. Over 86% was Western wheatgrass, Rough fescue - Parry oatgrass, Smooth brome, and Rough fescue-Golden bean. There was strong support to extend the multi-use zone towards the Edgemont entrance but increase habitat protection along the south side of Porcupine Valley. The earlier study assessed the sensitivity of vegetation from recreational trampling (foot traffic). Rough fescue-Golden bean has the greatest distribution in the Park and contributes almost 75% of the moderate to high at-risk areas. Most of the grassland is along the sloped areas of the Park's escarpment. Rough fescue grasslands are significant since they are in great abundance on Nose Hill (up to 35%) but have been lost in much of western Canada. Native Rough fescue grassland along the escarpment is prone to erosion due to more trails and off-trail uses, so having rules will help minimize impact and disturbance to reduce the invasion of non-native species (weeds). Due to its rarity, Nose Hill Park's Rough fescue is a nationally significant ecosite and preservation of the grassland is a great management concern. It is also important to consider that while the native grasslands have higher sensitivity to trampling, heavy recreational use and other disturbances also support the invasion of non-native species (weeds), for which natural recovery times could take several decades.



PROGRAMS

Tuesday

Pickleball – Multi Sport Court

Tuesdays, July 7 to August 11

7:00 to 8:00 pm

Adult Pickleball. Participants will learn the basics of gameplay, including serving, rallying, positioning, and sportsmanship, through a mix of drills, games, and friendly competition. Whether you're a beginner, or you have some experience, you will build confidence, improve coordination, and enjoy being active while learning a fast-growing sport.

\$129 for members | \$159 for non-members

Wednesday

Sportball Soccer – Outdoor

Wednesdays, July 8 to August 26

- 5:00 to 5:55 pm, ages 3 to 5
- 6:00 to 6:55 pm, ages 6 to 9
- 7:00 to 7:55 pm, ages 9 to 12

Sportball soccer programs begin when children are two years old and continue until they are ready to enter leagues. Classes are packed with high-energy fun, using imaginative coaching techniques and a continuous flow of drills and games to keep things rolling along. Kids are challenged to develop and improve skills such as passing, throw-ins, dribbling, and goalie skills, without being discouraged by the demands of competition or differing levels of natural ability. We introduce the simple rules of fair play and the ethics of sport so that kids can have fun and feel safe while they learn to play soccer.

For un-parented drop-off programs (age four and up), parents are asked to remain at the field for the duration of the class to ensure safety at all Sportball programs.

All participants are provided with a jersey and ball.

\$179 for members | \$209 for non-members

Thursday

Progressive Tennis – Multi-Sport Court

Thursdays, July 2 to August 13 (rainout days August 20 and 27)

- 4:00 to 5:00 pm, ages 6 to 10
- 5:00 to 6:00 pm, ages 8 to 12
- 6:00 to 7:00 pm, ages 10 to 15

Progressive Tennis is used as a developmental tool to allow young children to improve their overall tennis skills faster so they can transition to the regular court with more ease. Progressive tennis allows youngsters to train and compete with courts and equipment which are better suited for their size.

\$140 for members | \$170 for non-members

Adult Tennis

Thursdays, July 2 to August 13 (rainout days August 20 and 27)

7:00 to 8:30 pm

Adult Tennis is for beginners and intermediate players looking to improve their forehands, backhands, serves, and volleys.

\$210 for members | \$240 for non-members

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UPCOMING EVENTS

Canada Day – PHCC Park

Wednesday, July 1, 12:00 to 4:00 pm.

Free, members only.

Canada Day at the Panorama Hills Community Centre is back, and it's our most anticipated event of the year! Join us for an afternoon full of excitement, community spirit, and family fun. This members-only event features something for everyone, from freshly grilled burgers and veggie options, to face painting, inflatable games, lawn games, mini golf, and live music from our DJ.

Whether you're coming for the food, the entertainment, or the festive atmosphere, this event promises to be a fantastic celebration of a Canada Day. We look forward to seeing you there!

Panorama Hills Coffee and Conversations – Members Lounge

Wednesdays, 1:00 to 3:00 pm.

Free, members can bring guests.

Panorama Hills Coffee and Conversations is a relaxed, self-led social gathering for older adults to connect and make friends. Drop in at the Membership Lounge any Wednesday, invite friends, and take part in casual chats, share memories, or talk about hobbies. It is just a welcoming space to enjoy conversation and community!

P.S. Summer Outdoor Senior Fitness runs from 1:00 to 2:00 pm. Feel free to join the workout and stay afterward for a casual chat!

Death Café – Board Room

Friday, July 10 and August 7, 6:30 to 8:00 pm.

Free, members can bring guests.

Welcome to our first Community Death Café!

In this safe space, honest conversations around death and dying, sharing personal thoughts, fears, and experiences around mortality are welcome. Our aim is to foster community connection, raise awareness of death, and normalize conversations about this universal human experience.

Important note: Death café is not a grief support group or therapy session.

Our facilitator, Kim Riley, is a registered End-of-Life Doula and owner of Parting Journey. Feel free to invite your friends, we welcome all to attend!

Board Game Night – Membership Lounge

Thursday, July 16 and August 6, 5:00 to 7:00 pm.

Free, members can bring guests.

Calling all board game lovers! Join us for a relaxed and heartwarming evening of fun, connection, and friendly competition through board games. This is a perfect chance to meet new friends and enjoy lighthearted challenges.

Whether you're a seasoned player or just curious to try, everyone is welcome. Come roll the dice, laugh, and socialize in a welcoming and friendly atmosphere! Feel free to bring your friends!

Cricket Workshop – 55 Panora Rise

Thursday, July 23, 5:00 to 7:00 pm.

Free, members only.

Join us for an exciting Cricket workshop designed for enthusiasts of all skill levels! Whether you're a beginner or an experienced player, this workshop offers expert coaching to help you learn essential skills like batting, bowling, and fielding techniques. Participate in interactive drills that emphasize teamwork and strategy, all in a fun and friendly environment. Open to all ages, this is a great opportunity to enhance your game while making new friends. Don't miss out, register now to secure your spot!

K-Pop Themed Children's Yoga Fun Session – PHCC Park

Friday, July 24, 6:00 to 7:00 pm.

Free, members only.

Join us for a K-Pop themed children's yoga session, where movement, imagination, and fun come together! In this energetic and creative class, kids will move, stretch, and play through a series of yoga-inspired poses designed around heroic themes and music. Participants will be guided to help build strength, balance, focus, and confidence, all while having a great time!

P.S. Please bring your own mat.

Movie in the Park

- Friday, July 24, 7:00 pm, showing *The Boss Baby*. Free, members can bring guests – PHCC Park.
- Thursday, August 13, 7:00 pm, showing *Zootopia*. Free, members can bring guests – 68 Panora Square.

Join us for a relaxing movie in the park and enjoy a family-friendly animated film on a beautiful summer evening. Bring your blankets and chairs, settle in, and enjoy a fun night outdoors with family and friends! You

are welcome to bring guests along to enjoy the evening as well. We look forward to seeing you there!

Please note movie titles are subject to change.

Christopher Cool Magic Show – Event Centre

Saturday, July 25, 11:00 to 11:45 am.

Free, members only.

Join us for an unforgettable 45-minute experience filled with mesmerizing magic and captivating entertainment. Chris Cool's magic show is a spectacle of astonishing tricks and illusions that will leave you amazed and enchanted. This family-friendly event promises fun for all ages, so gather your loved ones and prepare for pure magic. Don't miss out on this incredible opportunity to witness the magic firsthand. Reserve your spot now by registering online!

Chess Night – Program Centre

Sunday, July 12, and August 16, 5:00 to 8:00 pm.

Free, members only.

Join us for an engaging chess night in partnership with the Checkmate Foundation, where you can delve into the worlds of the oldest board game still played today! Come join us to exchange insights and explore new strategies! Test your abilities in friendly matches, challenge your thinking, and connect with others who share your love for the game. Don't miss this chance to be a part of a fun and thoughtful chess community!

Creative Wooden Bookmark Workshop – Event Centre

Friday, July 17, 5:00 to 7:00 pm.

Free, members only.

Get creative at our wooden bookmark making workshop! Participants will colour and decorate their own wooden bookmarks using a variety of art materials, exploring patterns, colours, and personal designs. This relaxed, hands-on activity is suitable for all ages and skill levels, and everyone will take home a practical handmade keepsake, perfect for personal use or as a thoughtful gift!

Pub in the Park – PHCC Outdoor Park 18+

Saturday, August 15, 5:00 to 9:00.

We'll be turning the park into a licensed area just for the grown-ups. Come enjoy some craft beer and spirits, delicious food, some fun lawn and yard games, and entertainment! Government issued ID will be required for all in attendance.

Please don't drink and drive. All participants can leave their vehicles in our secure parking lot overnight if required. Staff are on hand to assist with calling for a ride if necessary.

Planning for the Home You Love: Aging in Place for Seniors and Families – Program Centre

Saturday, August 15, 9:00 to 11:00 am.

Free, members can bring guests.

Planning for the Home You Love is an informative session designed for seniors and their adult children who want to better understand the options for aging in place with dignity, comfort, and confidence. Led by professionals in seniors' care, this session addresses the common information gap between basic government subsidies and the real cost of maintaining a high quality of life at home. Through practical insights and open discussion, families will gain clarity on how to plan ahead, have honest conversations, and explore sustainable care solutions before crisis occurs.

For members, please register at myphra.com/events.

For non-members, please email events@myphra.com.

Kid-Friendly Sewing Craft Workshop – Program Centre

Friday, August 21, 5:00 to 7:00 pm.

Free, members only.

In this fun, beginner friendly, kid-safe sewing workshop, participants will create a cute felt craft using different themed kits, such as desserts, food, or animals. Using child-safe blunt needles, kids will safely stitch the front and back pieces together and add finishing touches to complete their creation. This hands-on activity encourages creativity, focus, and fine motor skills, while allowing participants to proudly take home their handmade crafts.

Summer End Festival – 55 Panora Rise NW

Saturday, August 22, 12:00 to 3:00 pm.

Free, members only.

Join us for our Summer End Festival, a fun-filled celebration to wrap up the season together! Enjoy a variety of activities, including a relaxing wagon ride, a petting zoo, and colourful face painting for kids of all ages. This community festival is a great way to enjoy the last days of summer, connect with neighbours, and create happy memories together. Celebrate the end of summer with us!



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Date	Time	Summer Camp Title	Member Price	Non-member Price
July 6 to July 10 (5 days)	09:00 AM - 04:00 PM	Creative Adventure Camp (Ages 6-12)	\$280.00	\$320.00
July 6 to July 10 (5 days)	09:00 AM - 12:00 PM	July Sportball Multi-Sport Camp (Ages 3-6)	\$219.00	\$259.00
July 6 to July 10 (5 days)	10:00 AM - 12:00 PM	Young Rembrandts - Junior Zoo Drawing WORKSHOP CAMP (Ages 5-7)	\$156.00	\$196.00
July 6 to July 10 (5 days)	01:00 PM - 04:00 PM	Young Rembrandts - K-POP ANIME MANGA DRAWING CAMP (Ages 7-12)	\$250.00	\$290.00
July 13 to July 17 (5 days)	09:00 AM - 12:00 PM	Junior Performers Camp (Ages 6-11)	\$150.00	\$190.00
July 13 to July 17 (5 days)	09:00 AM - 04:00 PM	Little Veterinarian School Summer Camp: Future Dog and Cat Veterinarians (6 to 11 years)	\$438.00	\$478.00
July 13 to July 17 (5 days)	01:00 PM - 03:00 PM	July Youth Pickleball Camp (Ages 13-17)	\$189.00	\$229.00
July 13 to July 17 (5 days)	01:00 PM - 04:00 PM	Triple Fun Camp (Ages 3-6)	\$150.00	\$190.00
July 20 to July 23 (4 days)	09:00 AM - 10:00 AM	July Tennis Camp, 6 to 10 years	\$80.00	\$120.00
July 20 to July 23 (4 days)	10:00 AM - 11:00 AM	July Tennis Camp, 8 to 12 years	\$80.00	\$120.00
July 20 to July 23 (4 days)	11:00 AM - 12:30 PM	July Tennis Camp, 12 to 17 years	\$120.00	\$160.00
July 27 to July 31 (5 days)	09:00 AM - 04:00 PM	Little Doctor School Summer Camp: Calling All Future Doctors (6 to 12 years)	\$438.00	\$478.00
August 4 to August 7 (4 days)	09:00 AM - 12:00 PM	SUMMER ART WORKSHOP - YOUNG REMBRANDTS AT SEA Drawing Camp (Ages 6-12)	\$206.00	\$246.00
August 4 to August 7 (4 days)	01:00 PM - 04:00 PM	YOUNG REMBRANDTS - PASTEL DRAWING WORKSHOP CAMP - OCEAN LIFE (Ages 6-12)	\$206.00	\$246.00
August 10 to August 14 (5 days)	01:00 PM - 03:00 PM	Aug Youth Pickleball Camp (Ages 13-17)	\$189.00	\$229.00
August 17 to August 21 (5 days)	09:00 AM - 12:00 PM	Young Rembrandts - ANIMAL CARTOON Drawing WORKSHOP CAMP (Ages 6-12)	\$250.00	\$290.00
August 17 to August 21 (5 days)	10:00 AM - 11:00 AM	Inquisitive Outdoor Soccer camp (10 to 14 years)	\$109.00	\$149.00
August 17 to August 21 (5 days)	01:00 PM - 04:00 PM	Young Rembrandts - SCALES AND SPARKS DRAGON DRAWING CAMP (Ages 6-12)	\$250.00	\$290.00
August 24 to August 28 (5 days)	09:00 AM - 12:00 PM	Aug Sportball Multi-Sport camp (3 to 6 years)	\$219.00	\$259.00
August 24 to August 27 (4 days)	09:00 AM - 10:00 AM	Aug Tennis Camp, 6 to 10 years	\$80.00	\$120.00
August 24 to August 27 (4 days)	10:00 AM - 11:00 AM	Aug Tennis Camp, 8 to 12 years	\$80.00	\$120.00
August 24 to August 27 (4 days)	11:00 AM - 12:30 PM	Aug Tennis Camp, 12 to 17 years	\$120.00	\$160.00
August 24 to August 28 (5 days)	01:00 PM - 04:00 PM	Aug Sportball Multi-Sport camp (6 to 10 years)	\$219.00	\$259.00
August 24 to August 28 (5 days)	05:30 PM - 06:30 PM	Power Up Your Learning (Math & Language Literacy) camp (6 to 13 years)	\$109.00	\$149.00

The Prairie Bluebell

by H.N Wells



Campanula rotundifolia, also known as the bellflower or harebell, is a native wildflower that blooms in mid-summer to early autumn. This plant may also be referred to as *Campanula alaskana*, although there are debates as to whether the two plants are different at all. It was originally classified as *Campanula rotundifolia* var. *alaskana* by Asa Gray in 1886 but was later designated as an individual species by William Wright in 1918. In truth, the primary difference between *Campanula rotundifolia* and *Campanula alaskana* relates to their respective growth regions, rather than physical characteristics. As can be inferred from its taxonomic name, *Campanula alaskana* is strongly associated with North America, while *Campanula rotundifolia* may refer to both the North American plant and its Eurasian counterpart. However, as far as that debate is concerned, I'll leave it up to the botanists.

The plant can be found in most regions within the Northern Hemisphere, including North America, Europe, and northern Asia. Historic uses of the flower include herbal remedies such as teas or poultices for a myriad of illnesses, namely respiratory issues, earaches, and sore eyes. The roots of the plant may be crushed for use on minor wounds and abrasions. Further, the petals can be used to create blue dye.

As a native plant species, the bellflower is increasingly important to our prairie ecosystem and is the (nearly) exclusive pollen source for the oligolectic Little Black Sweat Bee, or *Dufourea maura*. The flower can be found in most wild spaces, including Nose Hill Park, Fish Creek Park, the Nose Creek River Valley, and other localized green spaces. Further information on native plants, including *Campanula rotundifolia*, can be found through the City of Calgary's YardSmart program.

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

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[gofund.me/31fdeef6f](https://www.gofundme.com/31fdeef6f)

Any help is appreciated ❤️



Fireworks

Out enjoying fireworks on Canada Day? Did you know that fireworks originated in China over 2,000 years ago? Ancient firecrackers came to be when bamboo stalks exploded after being thrown into firepits.



The Half-Finished Things Taking Up More Space Than You Think

by Shayla Moulton



By July, most of us have settled into the rhythm of the year. The ambitious goals we set in January have either become habits or quietly disappeared. Summer calendars are booked up. Vacation plans are underway. Work remains busy. Life keeps moving.

On the surface, everything seems manageable.

Yet many people carry a lingering feeling that they can't quite shake. A sense that there's always something they should be doing. Something they forgot. Something waiting for their attention.

Often, the source of that feeling isn't a major problem. It's the accumulation of half-finished things.

- A passport renewal that still needs to be submitted.
- A dental appointment that hasn't been booked.
- The pile of paperwork on the kitchen counter.
- The quotes you need to get to fix the garage door.
- The email that requires a response.
- The donations that have been sitting in your trunk for months.

None of these tasks are particularly difficult. Most could be completed in a few hours. Yet they remain unfinished, quietly occupying mental space day after day.

What makes these tasks so draining is not the amount of time they require. It's the fact that our brains continue to track them. Every unfinished task becomes an open tab. We may not be actively thinking about it, but part of our attention remains attached to it.

Over time, dozens of small open tabs can create a surprising amount of mental clutter.

This is one reason so many people feel busy even when they haven't accomplished anything particularly

demanding. Their energy is being divided among countless loose ends.

I've noticed that when people feel overwhelmed, they often assume they need a vacation, a new productivity system, or a complete life overhaul. Sometimes what they actually need is far simpler.

They need to close a few open tabs. July is an ideal time to do exactly that.

The halfway point of the year offers a natural opportunity to revisit the tasks and responsibilities that have been quietly following us for months. Not everything needs immediate attention, but most of us can identify a handful of lingering items that would bring an immediate sense of relief if they were finally completed.

A useful place to start is with appointments. Health checkups, vehicle maintenance, home services, and routine administrative tasks are often postponed because they feel inconvenient to schedule. Yet once they are booked, the mental burden often disappears.

The second area is paperwork. Forms, renewals, applications, and documents have a way of accumulating until they feel far more intimidating than they actually are.

Third, consider household projects. Not the major renovations, but the small repairs and organizational tasks that repeatedly catch your attention every time you walk past them.

Next, look at financial loose ends. Unused subscriptions, unanswered insurance questions, budget reviews, or savings goals that haven't been revisited since the start of the year.

Finally, take inventory of the decisions you've been avoiding. Some unfinished tasks are not tasks at all. They are decisions waiting to be made. The longer they remain unresolved, the more energy they consume.

The purpose of a mid-year reset isn't to become more productive. It's to create more breathing room.

Sometimes the biggest improvement we can make is not adding something new to our lives. It's finally completing the things that have been quietly following us around for months.

As the second half of the year begins, that may be the most valuable fresh start of all!

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NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Panorama Hills and Country Hills. 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.

PANORAMA | COUNTRY HILLS 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.

LANDSCAPING & MAINTENANCE: 20+ years' experience with lawncare and snow removal for year-round yard, sidewalk and driveway maintenance. Lawn cutting & edging, tree brush trimming, removal of all trimmings, mulch. All yard needs, landscaping, rock gardens, sod replacement, fall cleanup. Decks, fencing, handyman work, drain cleaning sump and frog ponds. Fully insured. Mark 587-998-1316 mark@bluefrogservices.ca. Office 403-651-1649 info@bluefrogservices.ca.

CADILLAC LAWN CARE: Sod installation, rock and mulch beds, professional, insured, and owneroperated. Free quotes, 4037969377 sheldonporter@live.com.

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.

FALCONER HANDYMAN SERVICES LTD: New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

STAMPEDE PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers, gasfitters, refrigeration & HVAC technicians. Water heaters, furnaces, boilers, air conditioning/heat pumps, drain cleaning, leaks, POLY-B replacement, new construction and renovations! Competitive prices with quality, 24-hour service! Established 1998. Call 403-225-1037. www.stampedeplumbingandheating.com.

GUTTER DOCTOR: Home Exterior Services. Gutter cleaning/repair/installation, window cleaning, gutter guards/leaf screens, fascia, soffit, siding, permanent outdoor holiday lighting, roofing, cladding, heat cables, pressure/soft washing. Local business since 2003 with more than 70,000 happy customers! Licensed, insured, WCB, A+ rated BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



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**PANORAMA
HILLS**



**COUNTRY
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STAMPEDE 2026 CELEBRATION
LIVE MUSIC SESSION
FRIDAY, JULY 10, 2026
10:00 AM – 1:00 PM
AT BEDDINGTON TOWNE CENTRE

LIVE MUSIC

COMMUNITY VIBES | LOCAL TALENT | STAMPEDE SPIRIT

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Calgary 

53% of YYC homes have pets

Under 10% of low-cost rentals allow pets

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 **Calgary Humane Society**