

JUNE 2026

DELIVERED MONTHLY TO 2,950 HOUSEHOLDS

your BEARSPAW



Give Your Parents Comfort with a Reverse Mortgage

- Extra income, no monthly payments
- Stay in the home they love
- Leave a living inheritance

Call today to give them freedom and peace of mind.

ANITA RUSSELL

Licensed by Avenue Financial



403-771-8771

anita@anitamortgage.ca

maxgreenexteriors



WINDOWS • SIDING • ROOFING

Protect Your Home For Good!

BOOK YOUR **FREE**
CONSULTATION

MAXgreen.ca

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, 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 by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing. The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.

Scan to donate or visit gofund.me/31fdeef6

Any help is appreciated ♥



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

SHOP LOCAL



Support the local businesses that make our neighbourhood thrive, and make this publication possible.

403-720-0762

grow@greatnewsmedia.ca



SCAN ME

OFFICIAL

PLUMBING & HEATING

Furnace and A/C Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca

DIVORCE SOLUTIONS

for Professionals and Business Owners



Advantage
FAMILY LAW

- Dividing High-Value Family Real Estate
- Resolving Spousal Support
- Parenting Disputes Within High Net-Worth Families
- Analysis of Family Business



403-705-1109



advantagefamilylaw.com



info@advantagefamilylaw.com



*Christopher Bungay,
Divorce Lawyer*

HEAD IN THE CLOUDS

Clouds are heavier than you think!

The average cloud, at one cubic kilometre in size, weighs around 1.1 million pounds!



Freedom starts with a Reverse Mortgage

- Cash to renovate, travel or relax
- Stay home, no monthly payments
- Leave a living inheritance

Call today to enjoy comfort, independence, and peace of mind.



ANITA RUSSELL

403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

The Landscape Artist Inc.



403.256.2252

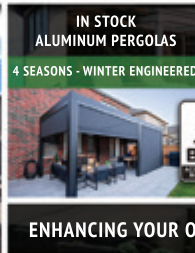
www.landartist.com

Contact us to schedule a free onsite consultation



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

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



ENHANCING YOUR OUTDOOR LIVING SPACE



Watch our interview with Bryan Baeumler

CONTENTS

- 7 A FRESH PERSPECTIVE: WHEN LOVE STARTS TO FEEL LIKE LOGISTICS
- 9 JUNE CROSSWORD
- 10 RESIDENT PERSPECTIVES: HOW CALGARY HOMEOWNERS CAN BOOST VALUE WITHOUT COSTLY RENOVATIONS
- 13 MENTAL HEALTH MOMENT: WHAT IS INTIMATE BETRAYAL TRAUMA?
- 15 BUSINESS CLASSIFIEDS



**SCAN HERE TO VIEW ADDITIONAL
BEARSPAW CONTENT**

**News, Events,
& 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.



GAMES & PUZZLES

Space Trivia

1. Which galaxy is closest to the Milky Way?
2. Which planet in our solar system has the most moons?
3. What gas is Saturn mostly made of?
4. What is the coldest planet in our solar system?
5. What was the name of the spaceship that recently flew past the moon before landing back on Earth?



Home Maintenance & Micro-Renovation

Expert Care for your Home's Small Projects & Repairs



• Maintenance & Repairs:

- Outdoor living space
- Heating system
- Plumbing fixtures
- Water system
- Electrical fixtures

• Interior finishing & touch-ups

- Climate control
- General carpentry & millwork
- Home accessibility improvements

Contact **Bobby** for reliable, fair pricing, and the personal attention your home deserves **(587) 437-3034**
bam-yyc.com

FROM SCHOOL BUS FRIENDS TO BEARSPAW EXPERTS

BEARSPAW REAL ESTATE

Before real estate, it was early mornings, the same bus route, and a first grade friendship that stuck. Decades later, that same trust is what our clients count on.

In a market full of noise, we keep it simple: honest advice, local expert knowledge, and a partnership that lasts longer than the sale.

Most of our business comes from referrals, with clients confidently introducing their friends and family to us.

*Scan to see
our website!*



JONATHAN PENDLEBURY

REALTOR® Residential & Commercial, MSc, BSc
403-815-6440
jp@bearspawrealestate.com

ANDREW MARTIN

REALTOR® & Architect, AAA, MArch, BFA
403-796-9646
am@bearspawrealestate.com



When Love Starts to Feel Like Logistics

Practical Psychology for Everyday Life

by Rebecca Pink, Registered Provisional Psychologist



It rarely happens all at once. More often it is a slow shift. Between busy schedules, work demands, and the mental load of daily life, conversations become practical. Connection gets replaced with coordination. “Did you grab the groceries?”, “What time is practice?”, “Can you handle bedtime tonight?”

And at some point, many couples find themselves wondering: When did we start feeling more like roommates than partners?

If this feels familiar, you’re not alone. This is one of the most common experiences couples share, especially as life gets busier and more demanding. It’s not necessarily a sign of deeper issues; it’s often a sign that life has simply taken up more space than the relationship.

Over time, interactions can become increasingly transactional. Necessary yes, but they can crowd out the smaller moments of connection that relationships rely on.

Connection is built in subtle ways: a comment about your day, a shared laugh about something that made

the day a little lighter, or even a small attempt to connect in the middle of a busy day. These moments are easy to miss, or just as easy to brush past when we are tired or distracted.

Rebuilding connection doesn’t require big changes. It often starts with noticing and responding to those small moments. Relationships are often built on many small moments, those shared rituals that keep connection feeling alive, meaningful, and fun.

Pausing to listen, looking up instead of away. Taking a few minutes to check in, not about tasks, but about each other. These moments may seem minor, but they add up. Over time, they help shift a relationship from simply functioning to feeling connected again.

If things have been feeling a bit distant lately, it may not mean you’ve grown apart, it may mean your connection needs a little more attention. Sometimes, even the smallest turn toward each other is where connection finds its way back, reminding us that we’re still in this together.

Divorce: Who Gets the House?

by Christopher Bungay, Divorce Lawyer

The decision of “should we or should we not” get a divorce is not easy. It is a process that involves asking yourself a lot of questions about the future. A common question people ask themselves is “If we get a divorce, who will get the house?”

Many divorcing couples own a home together. There are a lot of emotions and memories attached to the home: A child's first steps, family dinners, family movie nights, the list goes on.

Most often, the question of “who gets the house” arises from another important question: “What is best for the kids?” Children who grew up in the house likely attend schools nearby. Their friends may live in the neighbourhood.

50/50 Roadblock

One major roadblock to one parent owning the house is this: the law (in most cases) says the house is a 50/50 split after a divorce. This means that each spouse is entitled to 50% of the value of the home.

In cases such as this, there are options to avoid this 50/50 roadblock. As part of the divorce process, most couples can negotiate with each other and agree how property and other assets will be split between them. This can be seen from the following example:

- Mr. and Mrs. Lahey own a home worth \$1 million dollars. They also have investments in stocks worth \$1 million dollars.
- Mrs. Lahey wants to stay in the home with the kids. Her aging mom also lives with them. The children attend school near the house.
- Mr. Lahey is okay with moving out, but he does not want to lose out on the money tied up in the house.

Solution: they can agree that Mr. Lahey gets the \$1 million dollars in stock investments, and in turn, Mrs. Lahey becomes sole owner of the family home that is also worth \$1 million dollars.

If Spouses Can't Agree, a Judge Can Step In

If a couple cannot agree on who stays in the house, there are times when an Alberta judge will step in



and make this decision for them. Sometimes, a judge will order the house to be sold, and the proceeds split between the couple.

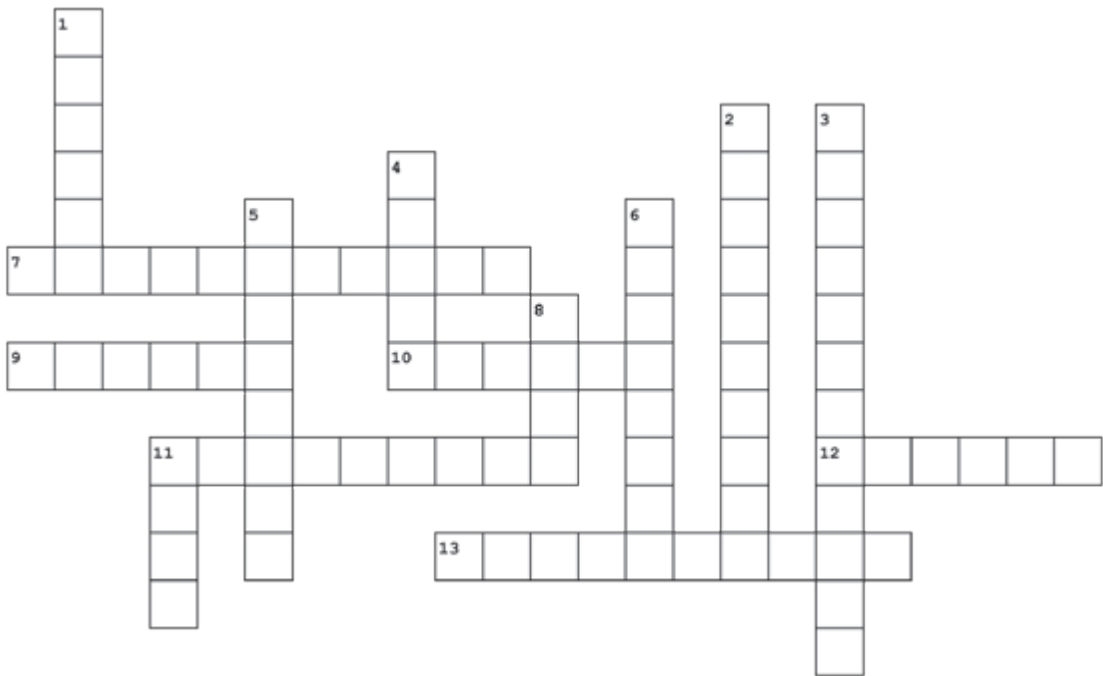
However, in other cases, a judge can issue something called an “exclusive possession order.” This is a legal directive that says, “Who lives in the house, and who does not.”

The following are circumstances where a judge might order that one spouse can live in the home:

- There is an economic imbalance – example: a stay-at-home mom has no income, and dad earns \$300,000 per year.
- The children need the home for stability – Here, educational needs, health, or extra-curricular activities may require a child to continue living in the home with one parent.

When deciding what to do with the house, it is always best if a couple can agree on something fair for each of them. However, when that is not possible, one spouse may have to go to Court and ask a judge for help.

June Crossword



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

Across

7. This colourful *My Little Pony* represents the element of loyalty.
9. June 2025 saw the premiere of this live action adaptation; *How to Train your* _____.
10. These citrus fruits can be made into a refreshing drink on a hot June day.
11. This famous author published what she claims to be her final book, *In the Unlikely Event*, on June 2, 2015.
12. This water zodiac sign covers the last of June's birthdays.
13. This holiday, established Sonora Smart Dodd occurs on June 21, 2026.

Down

1. This famous singer, _____ Grande, was born on June 26, 1993, and was recently in the 2024 movie adaptation *Wicked*.
2. National _____ Peoples Day is celebrated in Canada on June 21.
3. This classic Spielberg movie about dinosaurs was released in theatres on June 11, 1993.
4. This gem associated with wisdom is also the birthstone for June.
5. *Elvis Presley* performed this song on June 5, 1956, on the *Milton Berle Show*.
6. The summer _____ marks the beginning of longer days in the Northern Hemisphere.
8. This white bird is commonly a symbol of peace.
11. _____ is the Roman counterpart to Hera, the Greek goddess of marriage.

How Calgary Homeowners Can Boost Value Without Costly Renovations

by Virginia Cooper



Calgary homeowners getting ready to sell often run into the same real estate selling challenges: buyers expect a fresh, move-in-ready feel, but a full renovation can drain both time and your budget fast. The hardest part is the gap between what a home is truly worth and how its value is perceived during a showing. Strong pre-sale home presentation can close that gap by helping spaces read cleaner, brighter, and more cared for, often with less stress than major upgrades.

Understanding Perceived Value in a Showing

At the heart of smart pre-sale prep is a simple idea: buyers don't add up your renovation receipts, they react to what the home signals in the first few minutes. Good home staging uses light, layout, and cleanliness cues to help rooms feel easy to live in. This matters because you want the cheapest fixes to create the biggest shift in confidence. Many agents push quick exterior wins because 92% have suggested sellers improve their curb appeal before listing, which shows how powerful first impressions can be.

Mock Up Refresh Ideas in 10 Minutes Before You Spend

Once you know buyers are reacting to how a space feels in the first few minutes, it helps to test presentation tweaks before you commit any money. An AI drawing generator can give you fast, low risk "what if" visuals. With a generator, you can upload a photo of your current room, then create concepts that reflect easy-to-imagine improvements. When you can see which direction lifts

the room, you'll feel more confident choosing the small changes that will matter most.

Use This Pre-Sale Refresh Checklist

A strong first impression usually comes from lots of small, low-cost wins, not one big renovation. Use this checklist to turn the mock-ups you played with earlier (paint, finishes, small layout tweaks) into a focused weekend plan that helps your home feel brighter, cleaner, and easier to tour.

- Do a fast declutter sweep (15 minutes per room). Buyers aren't judging your stuff; they're trying to picture their own routines, and open space helps them do that.
- Create a simple "staging bin" system. Create a "showings" bin is for everyday items you'll need later (pet bowls, extra toiletries, small appliances) so you can do a five-minute reset before a viewing.
- Make lighting consistent and bright. Good lighting upgrades photos and makes rooms feel larger without changing a single wall.
- Spend an hour on the quick functional repairs: tighten loose handles, replace missing doorstops, silence squeaky hinges, and make sure every door latches smoothly
- Stage for function, not furniture quantity
- Clear the front walkway, shake out the doormat, wipe the front door, and add one simple seasonal touch (a tidy planter or a clean, neutral wreath).
- Choose five daily habits you can keep up for the entire

listing: empty kitchen sink, clear counters, bathroom towels replaced, and a quick floor sweep in the entry and kitchen.

Seller Questions About Low-Cost Value Boosts

Q: What are the biggest buyer turn-offs I can fix without renovating?

A: Start with what feels neglected in real walk-throughs: bad smells, burnt-out bulbs, scuffed walls, and sticky doors. If you only do one visual upgrade, a fresh coat of paint in a neutral tone is a safe bet.

Q: How do I know if an upgrade is worth it or just a home improvement myth?

A: Ask, "Will this be obvious in the first 60 seconds?" and "Does it remove a buyer objection?" Focus on cleanliness, function, and brightness before style trends. If an idea is mainly for personal taste, skip it.

Q: Should I replace flooring or just make what I have look better?

A: If floors are clean and consistent, polishing, spot repair, and tidy transitions can be enough. Replace only when damage, odour, or mismatched patches pull attention away from the rooms.

Q: Can I skip the kitchen and bathroom if I cannot afford updates?

A: Yes, as long as they feel sanitary and maintained. Re-caulk, clean grout, replace a dated light, and fix drips so buyers see "cared for," not "project."

Q: When is a renovation too expensive for resale?

A: A quick guardrail is the 30% rule, which suggests keeping remodelling costs within 30% of your property's value.

Build Buyer Confidence with Presentation-First Home Selling Moves

When it's time to sell in Calgary, it's easy to feel stuck between spending big on renovations or risking a low offer. The more reliable path is choosing presentation over renovations, enhancing home appeal so buyers notice the space, light, and care, and not a list of projects. Done well, this approach boosts perceived value, reduces doubts during showings, and supports stronger, cleaner negotiations while preparing homes for sale. Presentation sells the home you already have, not the renovations you wish you'd done.

The Calgary Foundation

by Anne Burke



The Calgary Foundation provides grants which must benefit Calgary and area communities for grassroots community initiatives and other purposes. Its mission is to inspire philanthropy, support the charitable sector, and build a permanent endowment for the current and future needs of people living within these boundaries. The organization was incorporated provincially in 1955 as the Calgary Community Foundation, and is a registered charity. It launched with an endowment of \$100,000, from twenty donors each pledging \$5,000, and its first grants totalled \$1,500. The first Board Chair was author and historian Grant MacEwan (1902 to 1986) who was a Calgary Alderman, Mayor of Calgary, MLA and Party Leader, then Lieutenant-Governor of Alberta. He was invested with the Order of Canada in 1975. Daryl K. "Doc" Seaman was described as a hero, icon, pioneer, philanthropist, visionary, and legend. Donor legacies, such as the Grant MacEwan Nature Protection Fund, the Daryl K. Seaman Canadian Hockey Fund, and MacEwan Family Charity Fund, made larger-scale grants possible. By its 70th anniversary, support for community priorities increased with grants to an estimated 1,313 groups. The organization remains focused on reducing poverty, stronger relations with Indigenous communities, creative living, boosting mental health, and a sustainable future. Today the organization carries on its mandate, with scholarships, awards like the Brenda Strathern Writing Prize, and bursaries. Major grants significantly benefit large-scale initiatives with transformational impact to broadly enrich the community. The Community Grants Program aims to strengthen the charitable sector and engage communities. Strategic Opportunity Grants provide support to small charities. Grassroots Grants like Stepping Stones and Neighbour Grants are smaller amounts. Since 1990, The Sherling Animal Welfare Fund pays for capital projects, animal or public education programs, or services for animals brought to a shelter.

3 DAYS OF ADVENTURE A LIFETIME OF IMPACT



1 in 10 Canadians has kidney disease.
Most don't even know it until it's too late.
We're marching to change that.
You could too.

Join us this September for a life-changing **100KM** journey
in support of kidney disease & organ donation.



KidneyMarch

MARCH • CREW • DONATE
KIDNEYS MAY FAIL, WE WON'T

KidneyMarch.ca

403.255.6139 • kidneymarch@kidney.ca



**You might be at risk
of kidney disease.**

Don't wait until it's too late.
Know your risk and learn how to
prevent kidney failure with our
10-minute risk awareness quiz
at kidney.ca/risk

Charitable registration
No. 30756 7198 910053



the
Gutter Doctor Home Exterior Services

Gutter Clean/Fix/Install • Leaf Screens
Window Cleaning • Fascia/Soffit/Siding
Pressure/Soft Wash • Cladding
Permanent Lights • Roofing

Senior Discount • Warranty • WCB • Insured

403-714-0711 • gutterdoctor.ca



Albertosaurus

Did you know that Alberta has its own dinosaur?
The *Albertosaurus*, or "Alberta lizard," was a
large theropod first discovered along the Red
Deer River, near Drumheller, Alberta in 1884.

Strawberry Skies Forever



The first full moon of summer is called a
Strawberry Moon! It may occasionally
appear to have a reddish hue when
close to the horizon. This year, the
Strawberry Moon will peak on June 29!

What is Intimate Betrayal Trauma?

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



Intimate betrayal trauma occurs when someone you deeply trust—most often a romantic partner—violates the emotional, physical, or relational safety of the relationship. This can include infidelity, compulsive sexual behaviour, hidden relationships, financial deception, or ongoing dishonesty. What makes this type of trauma so uniquely painful is not just the behaviour itself, but who it comes from: the person you rely on for safety, connection, and truth.

This isn't just "being hurt" or "going through a breakup." Intimate betrayal trauma disrupts your sense of reality. Many people describe it as having the ground pulled out from beneath them. The relationship you thought you were in suddenly feels uncertain or even false, and your nervous system reacts accordingly.

What It Feels Like

The experience can be overwhelming and disorienting. Emotionally, there may be waves of shock, anger, grief, anxiety, and deep sadness—sometimes all within the same hour. Many people feel obsessive, unable to stop thinking about what happened, replaying conversations, or searching for more information.

Cognitively, confusion is common. You may question your judgment, your memory, or your ability to trust yourself. Thoughts like "How did I not see this?" or "What else don't I know?" can become constant companions.

Physically, betrayal trauma often shows up in the body. Sleep disruption, loss of appetite, nausea, fatigue, and heightened startle responses are common. Your body is reacting to a perceived threat—because, in many ways, your sense of emotional safety has been threatened.

Relationally, you may feel torn. Part of you may want answers, closeness, or repair, while another part wants distance or protection. This internal push-pull can feel exhausting and confusing.

All of this is a normal response to an abnormal situation. Your system is trying to make sense of something that doesn't fit.

1. Slow Things Down

You don't need to decide the future of your relationship right now. Give yourself permission to pause. Trauma creates urgency, but clarity comes with time and regulation.

2. Get Support—But Choose Carefully

It's important to not go through this alone, but be mindful about who you tell. Well-meaning friends or family may react strongly, offer advice that doesn't fit, or unintentionally increase your distress. Look for grounded, non-reactive support. A therapist trained in betrayal trauma can be especially helpful.

3. Prioritize Your Nervous System

Focus on basics: sleep, hydration, nutrition, and gentle movement. Even if you don't feel like eating or resting, small consistent efforts matter. Grounding practices—like slow breathing, going for a walk, or placing your feet firmly on the floor—can help regulate overwhelming emotions.

4. Limit Information Overload

The urge to know everything immediately is understandable. However, excessive questioning, checking, or investigating can intensify distress. Work toward pacing information in a way that feels manageable, ideally with professional support.

5. Create Immediate Safety

Ask yourself: What do I need right now to feel a bit safer? This might mean emotional boundaries, physical space, or clarity about immediate next steps. Safety doesn't have to be permanent—it just needs to help you get through the moment.

6. Be Cautious with Big Decisions

Avoid making major choices (like ending the relationship, moving out, or making financial decisions) while in acute shock. Your thinking will likely shift as the intensity settles.

7. Remind Yourself: Your Reactions Make Sense

You are not "overreacting." Your mind and body are responding to a rupture in trust and safety. This is what trauma looks like.

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

SCAN THE QR CODE
FOR THE SOLUTION



Space. Privacy. Bearspaw.

Homes here are worth investing in.



You chose this neighbourhood for a reason.
Your home should reflect that standard.

Luxury Renovations | Additions | Whole-Home Remodels
Specializing in Calgary's established neighbourhoods.



MASTERCRAFT
BUILDS

587.880.2856 | mcabuilds.com

Your Home, My Priority.



REALTOR® and Estate Lawyer helping you make confident decisions
about your home and the legacy you leave behind.

Let's have a chat, even if you're not sure you want to sell. No pressure.
No obligation. Just honest guidance and qualified advice.

Jason Ford Residential & Commercial REALTOR® & Lawyer
403.827.6464 | homes@landandlaw.ca | landandlaw.ca



FORD HAYMOUR
& ASSOCIATES

Springbank Airport | 7384 Avon Lane | Calgary, AB T2T 1S5
T: 403-245-8464 | F: 403-229-9322



Ford Haymour &
Associates L.P.
Calgary's
Top Rated
Real Estate
Broker of 2018



Capital Realty

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.

BEARSPAW 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.

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.stampepeplumbingandheating.com.

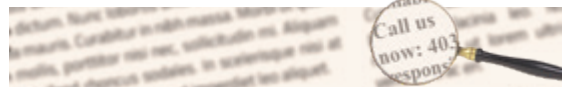
NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

FALCONER HANDYMAN SERVICES LTD: New decks, fences, and repairs. Stucco patching, restucco, 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.

JAKES TREE SERVICE: ISA Certified Arborist offering professional tree services in your area. Services include tree cutting and removal, tree/hedge pruning or maintenance, and stump grinding. For a free quote call or text 403-667-3878 or visit jakestreeservice.jobbersites.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.

PEST CONTROL: Treating seasonal pest problems: voles, mice, cockroaches, bed bugs, ants, wasps, squirrels, skunks and more. Support a locally owned and operated small business. Competitive rates and prompt service by licensed technicians. Annual residential protection packages also available. Call Tom at 403-815-8930.



FREE Estimates. Call 403.899.2172

**Asphalt Paving | Sealcoating
Crackfilling | Repairs**

Your Driveway Specialists!

403.287.3252

**LAMBERT BROS.
PAVING**

lambertpaving.com

mountainview PAINTERS



hassle-free

painting solutions.

Mountain View Painters is a full-service painting company, specializing in all things relating to painting.

We are skilled and have access to a wide array of top-quality products that are proven to improve the durability and appearance of your property, guaranteed!

the leading professionals in:

Residential &
Commercial
Exterior & Interior
Stucco Paint & Repair
Staining & Lacquer
Application
Kitchen Cabinetry
Refinishing

and much more!

mvpcanada.ca
info@mvpcanada.ca
403.607.0316

THANK
YOU
CALGARY!

