

JUNE 2026

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kidney
FOUNDATION

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thrive, and make this
publication possible.

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grow@greatnewsmedia.ca



SCAN ME

☒ CHECKLIST

**9 PM
ROUTINE**

CALGARY
POLICE
SERVICE

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

Banff Trail Community Association

2115 20 Avenue NW T2M 1J1 • 403-282-2234

DIRECTORS

President	Nathan Chandler	president@banfftrailcommunity.ca
Vice President	Greg Boorman	vp@banfftrailcommunity.ca
Secretary	Vacant	secretary@banfftrailcommunity.ca
Treasurer	Kathy Quinn-Bayrack	treasurer@banfftrailcommunity.ca
Events	Vacant	events@banfftrailcommunity.ca
Planning and Development	Vacant	development@banfftrailcommunity.ca
Communications	Kristen Street	communications@banfftrailcommunity.ca
Membership	Vacant	membership@banfftrailcommunity.ca
Garden Group	Natasha Freedman	garden@banfftrailcommunity.ca
Facilities Chair	Pat Oscienny	
Director at Large	John Bannerman	
Director at Large	Alex Lush	
Director at Large	Mark Davis	
Director at Large	Zorina Dalchand	

STAFF

Hall Manager	Abi Harker	hallmanager@banfftrailcommunity.ca
Bookkeeper	Theresa Ouellette	

YOUR REPRESENTATIVES IN BANFF TRAIL

City Councillor	Myke Atkinson	Ward7@Calgary.ca
MLA	Luanne Metz (Calgary-Varsity)	Calgary.Varsity@assembly.ab.ca; 403-216-5456
MP	Corey Hogan (Calgary Confederation)	Corey.Hogan@parl.gc.ca; 403-410-2121

HOWLER SUBMISSIONS

Do you have an interesting story you think should be in *The Howler*? Know of someone living in Banff Trail who deserves to be featured in our newsletter? How about photographs of our community? If you do, please contact communications@banfftrailcommunity.ca.



Remember, www.BanffTrailCommunity.ca is the place to look for short-notice events, and more community info. Check out Banff Trail Community through social media through the following:

Facebook: @BanffTrailCommunity.ca

Instagram: @banfftrailyyc

X (Twitter): @BanffTrailYYC

JOIN THE BTCA EVENTS COMMITTEE

THE BANFF TRAIL EVENTS COMMITTEE IS
SEEKING MORE PEOPLE TO GET INVOLVED
HAVE IDEAS FOR EVENTS?
WANT TO HELP HOST AN EVENT IN THE
COMMUNITY?

EXAMPLES
CLOTHINGS SWAPS
SKATING PARTY
WATER FIGHTS

events@banfftrailcommunity.ca




JOIN OR RENEW YOUR BANFF TRAIL COMMUNITY ASSOCIATION MEMBERSHIP

2026

Did you know?

- Memberships expire every March
- Your membership must be renewed minimum 30 days to vote at the AGM
- To renew email: membership@banfftrailcommunity.ca





BEGINNER BIKE POLO

STARTING MAY 31

SIGN UP BELOW:





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!

Banff Trail Community Association

BOARD MEETING

First Wednesday of every month
From 7:00 to 9:00 pm

Executive@banfftrailcommunity.ca

Have questions about hall rentals or availability?

Contact our Facility Manager at 403-282-2234
or hallmanager@banfftrailcommunity.ca

Office hours are Tuesdays and Thursdays,
9:00 am to 5:00 pm

ONLINE VOLUNTEER REGISTRATION



Visit
www.banfftrailcommunity.ca
to find our online registration
form and get involved with
great upcoming events!

JOIN US NOW!

BTCA Memberships

Memberships in the Banff Trail Community Association are free for the year! Registration is still required.

If you would like to become a member and find out about upcoming events and ongoing activities, please fill out the web form at banfftrailcommunity.ca/membership.



HAVE YOUR PHOTOS FEATURED IN THE
E-NEWSLETTER

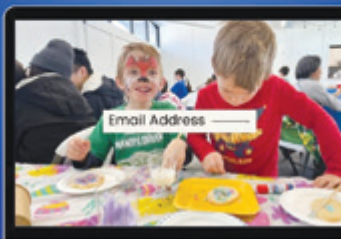
CALLING ALL PHOTOGRAPHERS

Have you taken a photo in the community that
deserves to be shared? The BTCA would like to feature
your photo in the Banff Trail Bulletin.



DON'T MISS A THING!

Did you know BTCA has a monthly
E-Newsletter? Sign up now and stay in the loop!



Why Volunteering in Your Community Matters

Volunteering is one of the most impactful ways to strengthen and support your community. By giving just a little of your time, you can help create a connected, vibrant, and welcoming neighbourhood. Plus, the benefits of volunteering go both ways—it not only helps others but also brings a sense of fulfillment and joy to you.

Why Volunteer?

- **Build Connections:** Volunteering helps you meet new people and build friendships with neighbours you might not have known otherwise.
- **Make a Difference:** Your efforts can create positive change, whether it is by organizing events, maintaining local spaces, or helping community programs thrive.
- **Learn New Skills:** Volunteering provides an opportunity to develop new abilities and gain valuable experiences that can be useful in other areas of your life.
- **Feel Good:** Giving back boosts your mood and overall well-being, bringing a sense of purpose and community pride.

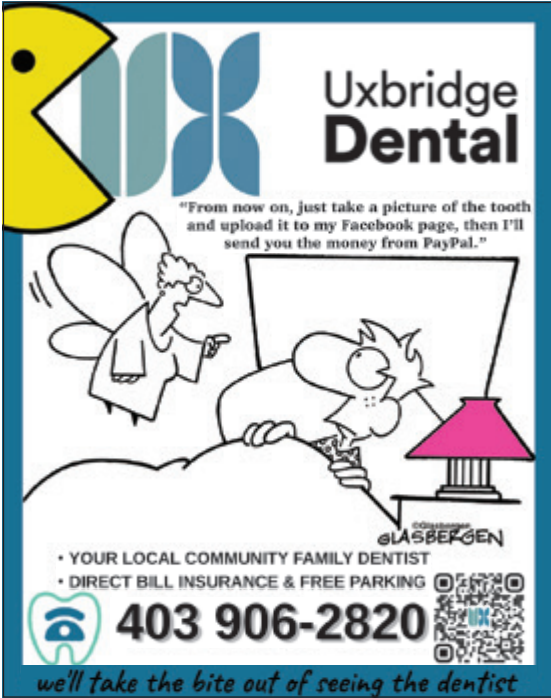
Ways to Get Involved

- **Event Support:** Help at BTCA events like community events, holiday celebrations, committees, or seasonal activities.
- **Community Garden:** Join in on maintaining our community garden—grow fresh produce while fostering environmental awareness.
- **Youth Programs:** Mentor or assist with youth sports, educational workshops, or art programs. We need volunteers for soccer!
- **Local Cleanups:** Participate in community cleanups to keep parks and public spaces beautiful.
- **Board and Committees:** Consider joining the community association's board or a committee to help shape future initiatives and events.

Your time and effort can make a lasting impact. Ready to get involved? Reach out to learn about upcoming volunteer opportunities in our community!

Email communications@banfftrailcommunity.ca to learn more.

Thanks, from all of us at BTCA!



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News, Events, & More



Crime Statistics



Real Estate Statistics



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News from the Friends of Nose Hill

by Anne Burke

The City Nature Challenge is a global community citizen science event wherein community groups, experts, and residents collaborate to find all types of nature around them. In the Calgary Metropolitan Region, the top 150 users in 2024 surpassed 10,000 observations. By then, they had uploaded a total of nearly 40,000 observations of Calgary's local flora and fauna. The year marked the tenth anniversary of both iNaturalist and the City Nature Challenge. For the Calgary Area, in 2025, there were 15,923 observations, 28,462 identifications, 891 species, 659 identifiers, and 356 observers. In 2026, the eighth annual Calgary City Nature Challenge focused on data quality for plants, insects, fungi, and wildlife. All information on Calgary's natural areas posted on iNaturalist can be used to revise and update the 1980 Calgary "Green Book" by 2030. Although you do not need an expert to lead a nature walk, John McFaul of Nature Calgary, in cooperation with Bird Friendly Alberta, guided field trips on Nose Hill. The group met near the 64 Ave and 14 Street NW parking lot. Much of their trip was off paved trails and on unlevel ground. A previous walk started at the Berkley Gate and 14 Street NW entrance. Calgary was one of the first certified Nature Canada Bird Friendly Cities. Injured birds can be rescued, in early morning and at night, but, of course, prevention is preferred. The aim is to identify and reduce threats since, in an urban environment, city lights and reflections cause collisions. Window treatments can help. Also turning off unnecessary lights. During fall and spring migrations, downtown is unsafe due to tall buildings, especially at night. Wildlife cameras examine how birds travel and weather radar is used to predict flight directions to support conservation and research. Learn more at <https://birdcast.org/>.

BRAIN GAMES

SUDOKU

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

×××× BTCA PRESENTS ××××

STAMPEDE BBQ

THURSDAY, JULY 2 2026
5 – 9 PM

BBQ 5-7 PM
ONLY 300 PLATES AVAILABLE
PRICE IS TBD

MUSIC, FACE PAINTING,
OUTDOOR GAMES

BRING YOUR LAWN CHAIR OR
LAWN BLANKET

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2 HR SHIFTS & GET A FREE SUPPER!

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Watch our socia media for
more informaiton!

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Oral Care, Meet Self Care.

Four years and two locations later, Swish 3.0 is making moves this June, right in the heart of Mission. Sign up for our waitlist to get early access to fresh appointments when they drop.

Stay in Touch



swishoralcare.ca

[@swishoralcare](https://www.instagram.com/swishoralcare)

Why Book With Swish?

Since opening our doors in 2022, we've earned over 700 5-Star Reviews for our people-first, hospitality-inspired approach to dentistry.

Humanizing Healthcare

Built around a genuine connection of shared wellbeing and a deeply human-centred approach to healthcare. A simple belief that when people feel cared for, they take better care of themselves.

It's a Lifestyle

Self-care isn't a luxury, it's a part of everyday. With hospitality at the core, this is a space where living well goes beyond the visit.

Intentional by Design

Nothing here happened by accident. This is an experience-first space, curated around considered moments. From our clinic design to the latest technology, every investment is made deliberately and with intention.



Sign up for the waitlist to get first dibs on Mission bookings when they land.



360° Wellness Starts Here.

Thinking of switching to Swish? Here's your step-by-step guide to becoming a Swisher.



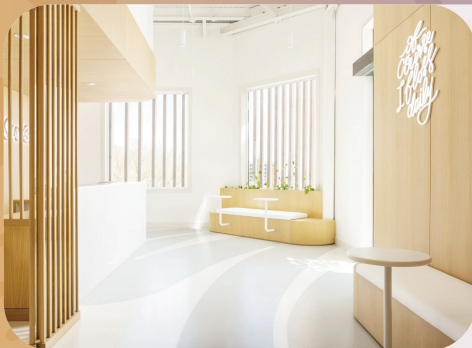
Join the Waitlist.

Simply scan this QR code to be first in line when bookings open. After all, our waitlist will get first access to new appointments.



Book Online.

Ahead of Opening Day, we'll send you a booking link for you to book online. Schedule everything from your cleaning, to your whitening, to your kids' appointments.



A Special Sneak Peek.

As our new neighbour, you get the 411 on our new location. **Meet Very Well by Swish:** A curated lifestyle shop and listening lounge, tucked just inside Swish Mission. Think lifestyle books, magazines, and wellness products, curated by our Founder Adam Jiواني. Get ready to settle in and take a breath, because everything is well and good.

Say ahhh...

Swish specializes in all things dental for all ages, from essentials to emergencies.



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A comprehensive dental exam, cleaning, 3D wellness scan, x-rays, complimentary oral cancer screening, and free whitening.



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The Fresh 5 is a flat-rate version of our essential services, featuring cavity-detecting x-rays and two units of scaling.



Dental Work

Cavities, wisdom teeth, root canals, crowns, implants, and more. Thorough, yet gentle on tough stuff.



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Form meets function. Botox, whitening, veneers, and more.



Invisalign

Complimentary scans and detailed consults from the team dedicated to straighter smiles.



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Broken or chipped tooth? Extreme toothaches? Say no more – we're on it.

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swishoralcare.ca



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BANFF TRAIL COMMUNITY ASSOCIATION

STAMPEDE BBQ VOLUNTEER CALL OUT

NEED:
VOLUNTEERS FOR
2 HOUR SHIFTS

WHEN:
THURSDAY
JULY 2, 2026

TIME:
4 - 10PM

ENJOY THE
EVENING, FREE
MEAL PROVIDED

EMAIL:
HALLMANAGER@BANFFTRAILCOMMUNITY.CA



BTCA
Banff Trail Community Association

BTCA presents
FREE Community Movement Classes

Stay tuned for more FREE
Community Movement Classes with BTCA!

Our last Pilates session filled up fast—only 25 spots!

- Watch our social media for the next class, announcement, and registration link.
- Don't miss out: sign up early to save your spot and move with us!
- If your interested in volunteering your time to teach a 45-60 minute class please reach out: communications@banfftrailcommunity.ca



BANFF TRAIL COMMUNITY ASSOCIATION
PRESENTS

JAZZ & SWING AFTERNOON

Music • Dance • Community

FREE COMMUNITY EVENT
LIMITED CAPACITY

SATURDAY, JUNE 20TH

BANFF TRAIL COMMUNITY ASSOCIATION

2PM - 3PM =
SWING DANCE
BEGINNER CLASS
Reserve your spot!

3PM - 5PM =
SWING DANCE
OPEN FLOOR
* LIVE MUSIC BY
The Fledgehogs

Complimentary Refreshments

RESERVE YOUR SPOT FOR THE BEGINNER CLASS
Scan the QR code or register online!
btca.link/jazz-swing-afternoon

Walk-ins welcome for swing dance!
Door support available for those unable to register online.

Let's dance, connect,
and celebrate community!

HOSTED BY
BANFF TRAIL
COMMUNITY ASSOCIATION



BTCA invites you to

Community Board Game Night

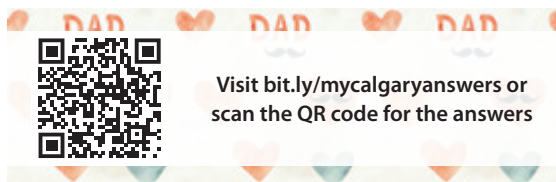
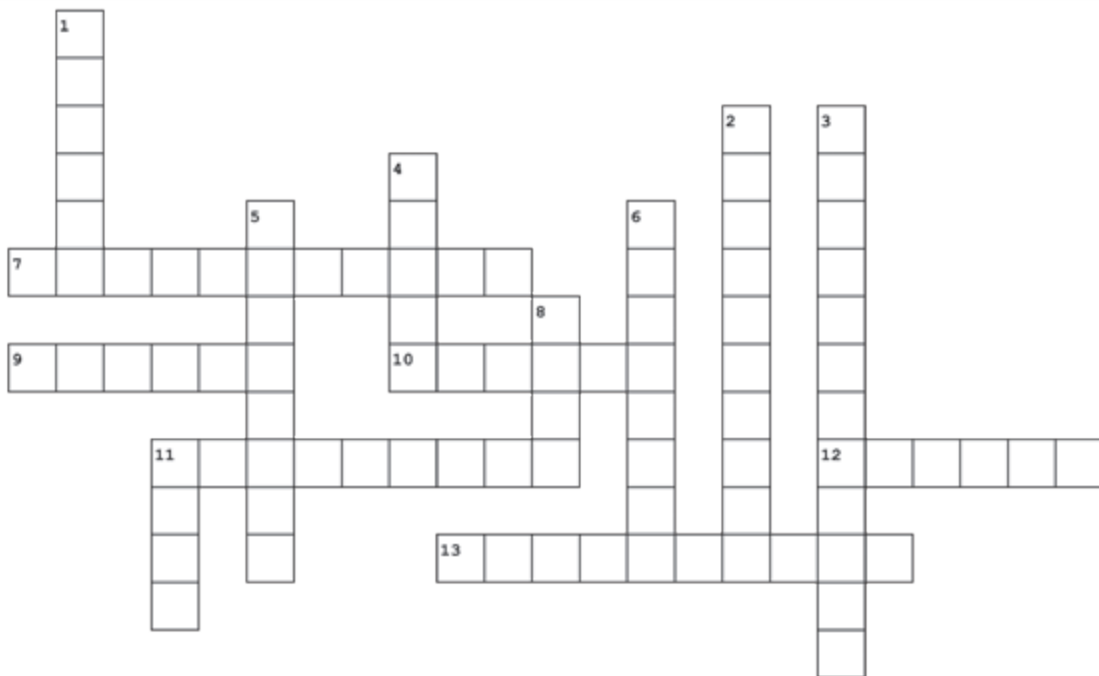
**FRIDAY
JUNE
12TH
7-9 PM**

Join us for a night full
of fun, laughter, and
friendly competition!
Bring your favourite
game or play one of the
30+ games available.

2115 20 Ave NW

**ALL AGES ARE
WELCOME!**

**FREE
ENTRY!**



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.

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.

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.



Banff Trail Community Garden

Invites you to a special event honouring the founders
Dale & Mary Jean Jacobson

Commemoration Ceremony & Music in the Garden

Kick off summer with us !

**SATURDAY
JUNE
13**

Speeches *LIVE*
family fun *MUSIC*

in the Garden
Banff Trail Community Centre
2115 20 Ave NW

12pm - 4pm

Featuring:

- City of Calgary mobile Book Truck
- Green Calgary
- Horticultural Society
- Live Music





OPEN BTCA BOARD POSITIONS

- Secretary
- Planning & Development
- Events
- Director at Large

JOIN US!

PLEASE EMAIL:
president@banfftrailcommunity.ca
communications@banfftrailcommunity.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 (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and 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 by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f

Any help is appreciated ♥





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.



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 Permanent Lights • Roofing

Senior Discount • Warranty • WCB • Insured

403-714-0711 • gutterdoctor.ca



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!



MP Calgary Confederation
Corey Hogan, MP
 207-1717 10th St NW
 Calgary, AB T2M 4S2
 ☎ 403-410-2121
 ✉ corey.hogan@parl.gc.ca

Calgary is a city that builds, competes, volunteers, and shows up. That is why I was pleased to see the Spring Economic Update include \$755 million in sports funding. This investment will help more kids and families become active, support community programs and facilities, and back the world-class athletes who make Canadians proud.

Sport is community-building. It is where youth learn teamwork, where families connect, and where local organizations create belonging — on fields, rinks, courts, and tracks.

The update also includes measures that matter for affordable housing in Calgary. At Midfield Heights, 176 new homes received \$20 million through the Alberta Housing Partnership Program, part of a ten-year, \$678 million cost-matched investment to get homes built for Albertans. These are safe, affordable homes made possible through partnership, showing what happens when governments and community organizations work together to move housing from idea to reality.

The Spring Economic Update continues that work nationally, with measures to unlock new housing supply, accelerate low-cost financing for rental homes, support factory-built housing, and help provinces and territories remove construction barriers. For Calgary families, that means more homes, more options, and stronger, more connected communities.

There is also support for workers and young people, including Team Canada Strong, which will help train and hire the skilled trades we need for housing, infrastructure, and major projects. The update builds on 175,000 employment and work-integrated learning opportunities through Canada Summer Jobs, the Youth Employment and Skills Strategy, and the Student Work Placement Program.

For Calgary, these measures mean stronger communities, more affordable homes, more opportunities for youth, and better pathways into skilled trades. As your MP, my focus is making sure federal policy keeps delivering to build a Calgary, Alberta, and Canada strong for all of us.

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