

OCTOBER 2026

DELIVERED MONTHLY TO 5,150 HOUSEHOLDS

YOUR DALHOUSIE



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

403-771-8771
anita@anitamortgage.ca

25¢ FLYERS

(INCLUDING DELIVERY)

- ✓ FULL COLOUR PRINTING
- ✓ DOUBLE-SIDED DESIGN
- ✓ PREMIUM 70 LB GLOSS STOCK
- ✓ FULL BLEED FOR EDGE-TO-EDGE IMPACT

Let's get your business into the hands of
thousands of local customers.

CONTACT US

403-720-0762

sales@greatnewsmedia.ca
greatnewsmedia.ca

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING



ENOUGH
Wealth Advisory



**Own your plan.
Live your life.**

MAGGIE FRIZZELL CIM® CFP®
Founder | Financial Planner

403-542-3550

maggie@enoughwealthadvisory.ca
www.enoughwealthadvisory.ca



Scan to explore a wealth
management approach rooted
in your unique version of ENOUGH



Investia

Mutual funds offered through
Investia Financial Services Inc.



HIGH-RISE LIVING IN DALHOUSIE

Blume is a stunning residential rental project in the heart of northwest Calgary, attractively positioned within a short walking distance of the Dalhousie LRT Station and Shopping Centre. Views from many residences include downtown Calgary and beautiful Rocky Mountain backdrops.

**FITNESS • MONTHLY COMMUNITY EVENTS
TENANT LOUNGE • BLUME SMART HOME**

SEE WHY RESIDENTS LOVE
LIVING HERE. BOOK YOUR TOUR.

LIVEATBLUME.CA
RESIDENCES FOR RENT

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,679

SALE \$13,879

Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$20,679

SALE \$15,679

Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms

PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



WESTERN BATHROOMS & RENOVATIONS

Serving Calgary since 1989

403-257-3222 | WWW.WESTERNBATHROOMS.CA

All Labour & Material Included

All packages pertain to standard size bathrooms



Mortgage Renewal Coming Up?

Before you sign your renewal offer, see how refinancing could help you:

- ✓ Lower payments
- ✓ Consolidate debt
- ✓ Improve cash flow
- ✓ Save thousands over time

Your lender gave you an offer — not necessarily the best one.



**ANITA
RUSSELL**

403-771-8771

anita@anitamortgage.ca



THE MORTGAGE GROUP

OFFICIAL

PLUMBING & HEATING



Furnace and A/C Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca

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

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.

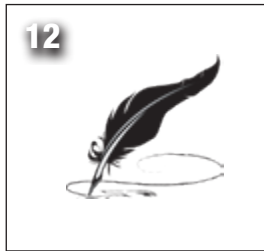
**Scan to donate or visit
gofund.me/31fdeef6f**

Any help is appreciated ♥



CONTENTS

- 6 BECOME A DALHOUSIE COMMUNITY ASSOCIATION MEMBER
- 8 HERITAGE CALGARY: GHOST STORIES OF HAUNTED INGLEWOOD
- 12 WRITE IT FORWARD: OCTOBER'S REFLECTION
- 13 YOUR CITY OF CALGARY: KEEPING BUS ZONES CLEAR NEAR SCHOOLS
- 15 BUSINESS CLASSIFIEDS



**SCAN HERE TO VIEW ADDITIONAL
DALHOUSIE CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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.



Become a Dalhousie Community Association Member

Choose a FREE Membership or the
Activity Membership you need.

FREE Basic Valid 2 years

- Stay connected
- Enjoy free DCA programs
- Help shape your community
- Vote at the AGM

Activity

Valid Sept 1 to Aug 31

Required for:

- DOSC & Preschool
- Soccer & Camps
- Craft, Games & Movie Nights
- Cribbage

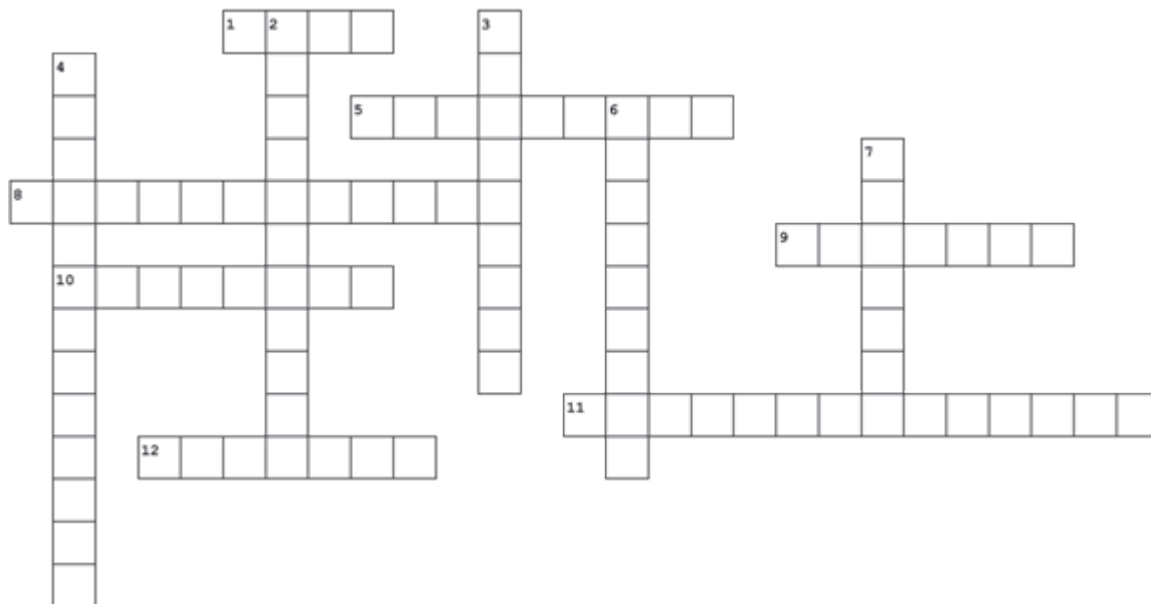
**Activity Memberships include member
rates, discounts & select free access.**

**JOIN or
RENEW!**

dalhousiecalgary.ca



October Crossword

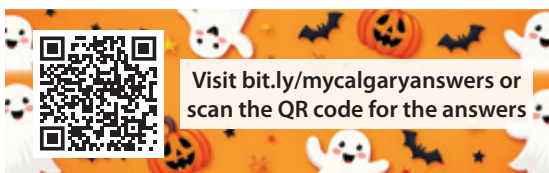


Across

1. Known as October's birth stone, this iridescent gem is sometimes worn by artists to inspire creativity.
5. These tall, friendly faces are full of straw and often seen in the middle of corn fields.
8. Celebrated this year on October 12, this holiday encourages generosity, connection, and the consumption of a delicious meal.
9. This large orange squash is traditionally carved the night before Halloween
10. Twists and turns; this fall activity is generally held in large fields of a certain tall grain.
11. This Oscar-winning actress was the "final girl" in the classic horror movie series, *Halloween*.
12. Known as the Greek Goddess of harvest, she is the mother to Persephone.

Down

2. Bright red and sour, the seeds of this fruit were consumed by Persephone in Greek myths.
3. These bright yellow and red flowers are the birth flowers of October, representing joy, warmth, and remembrance.
4. Horace Walpole's *The Castle of Otranto*, published in 1764, is most famously known as the first novel of this literary genre.
6. "In Rainbows" an album released October 10, 2007, was the seventh studio album for this alternative rock band.
7. This monster has a variety of features but is most often depicted with long fangs and red eyes.





Ghost Stories of Haunted Inglewood

Even though Calgary is a young city, it has its fair share of historic buildings—and where there are old buildings, there are bound to be ghost stories! This month we explore a few ghost stories from Inglewood, Calgary's oldest community.

Inglewood was first established on the east side of the Elbow River in 1875, following the construction of Fort Calgary. When the Canadian Pacific Railway chose undeveloped land to the west for its route (near where the Calgary Tower stands today) the town centre shifted west with it. The community rebounded by the early 1900s and by 1911 it was renamed from East Calgary to Inglewood after Colonel James Walker's estate and ranch.

A.E. Cross was a prominent early Calgarian who formed the Calgary Brewing and Malting Company in 1892 and was one of the "Big Four" sponsors of the first Calgary Stampede in 1912. He lived in Inglewood even after other wealthy early Calgarians moved west of the river. His home at 1240 8 Ave SE was built in 1891 and is now home to the Rouge Restaurant – along with reportedly the ghosts of two of his children. The Cross family was struck by a diphtheria outbreak in 1904 and were stuck waiting for medicine. Sadly, two of his three children passed before the medicine arrived. People visiting the Cross Residence have reported seeing a young girl sitting in front of the fireplace. Others have heard eerie laughter coming from the basement.

Another local favourite, the Hose and Hound, is housed in Fire Station No. 3 (1028 9 Ave SE). Built in 1906 in an ornate Edwardian Commercial style, it served Calgary as a fire station until 1952 when a new one was built in East Inglewood.

Calgary first fire chief, James "Cappy" Smart spent a lot of time at this station. Cappy Smart was a colourful and eccentric person and was known for his appreciation of exotic pets. At one point, Smart had a pet monkey that he would bring in to work on field trip days for students of the nearby Alexandra School. An incident occurred one day when the monkey attacked and bit a child, which led to the monkey being put down. The ghost of



the monkey is said to inhabit the fire station and cause all sorts of mischief: throwing cans off the shelves, starting the dishwasher, and messing around with the pool tables.

The fire station is also believed to be haunted by one of Cappy Smart's horses, Lightning, who died in a fire. Some people claim to have heard the sound of Lightning's hooves outside of the station. When it was still a fire station, firefighters working there swore they heard horses neighing in the moments leading up to a call about a fire.

While the CPR depot was in downtown Calgary, its yards were just south of Inglewood, so there were a lot of working-class families in the area. The Suitor Residence at 1004 8 Ave SE had spent part of its life as a boarding house for new arrivals to Calgary. A young couple stayed there for some time, with the husband working with CPR while they saved up for a home of their own. One day while jumping onto a train car – something rail workers did all the time to get to the railyards – he slipped off and died. His wife, distraught, died shortly afterwards. To this day, her ghost is said to haunt the Suitor Residence.

Do you know of a haunted heritage building in Calgary? Tell us your ghost story here: <https://www.heritagecalgary.ca/tell-us-your-story>.

Thankfulness in the Everyday

by Rebecca Pink



October invites us to think about gratitude and all the things that we are grateful for. It can be meaningful to pause and reflect on the moments that stay with us, and become a part of us. So often, they aren't the big, planned out moments, or the stuff you have accumulated over time. Have you ever noticed that some of the moments you're most grateful for, are often the simplest, most spontaneous, or most genuine ones?

Sometimes, what stays with us is the feeling of an experience more than the experience itself. The laughter, the unexpected conversation, a great meal together, and in my house, the beautiful messiness of everyday life. These are the memories that stay with us, not because they were perfect, but because they were lived. They become the treasures that never gather dust, quietly weaving themselves into our stories.

The challenge is that when we're busy, overwhelmed, or anxious, our attention can so easily move toward what's next. We anticipate, plan, problem-solve, and manage, sometimes leaving less room to notice what is happening right in front of us. We can spend so much time anticipating

the future, or reliving the past, that we can miss what is happening right in front of us. There is nothing unusual about this; our minds are simply trying to keep up with the demands of life.

Being present doesn't always come naturally; it takes intention. Sometimes it is as simple as putting down the phone, taking a deep breath, looking around, and allowing ourselves to actually take in what is happening. This may be part of the experience of thankfulness, too. Not simply identifying what we appreciate but being present enough to experience it.

As thanksgiving approaches, maybe we don't need to search for something extraordinary to be grateful for. Maybe we simply need to slow down enough to notice what is already here.

An ordinary moment can become a lasting memory, one that still makes you smile years later and brings you back to the people and the experiences that matter most. Looking back, those are often the moments I feel most thankful for. Happy Thanksgiving and Happy Spooky Season!





Magic Carpet Ride

Family Literacy Program



A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.

FREE! Contact us to learn more:

famlit@canlearnsociety.ca
(403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride



Registration Open!

Kindergarten & ECS
for children with disabilities
2026-2027 School Year
Door-to-door Busing Available!

**Contact us
today!**

587.287.5746
renfrew@renfreweducation.org
www.renfreweducation.org



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

Tommy Gun's 1/2 PRICE!

original barbershop

Bring this coupon in to receive 50% off your haircut
Valid Monday - Thursday October 1st - 31st, 2026
Valid at Market Mall Tommy Gun's Only
587-231-0335 (Cannot be combined with other offers)



October's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

Write about a goal you achieved. What did you learn on the road toward the destination?

Dear reader,

I've learned that achieving a small goal can sometimes be a big deal. I'm the type of person who likes to set attainable goals. This way, after proving what I am capable of, I feel more motivated because it reminds me of my ability to grow. Achieving the first goal motivates me toward a new, more challenging goal. It makes me think, "Hey, since I hit that goal, why not go a bit further?"

My health and fitness journey has followed this path.

If you had asked me ten years ago if I'd be as committed to my fitness as I am now, I would not have believed it. Ten years ago, I had a five-year-old and a three-year-old. In other words, I was in the throes of parental exhaustion with no desire, time, or energy to commit to new fitness habits.

Once my kids were a more manageable age, life settled down, and I had both the desire and breathing room to work toward a fitness goal. I started small: two days a week of lifting weights at home. My goal at the beginning was to show up; not to lose weight, not to get jacked, it was simply to form the habit. This was motivating for me because I learned that I could feel a sense of accomplishment just from checking a box.

What happened next was quite interesting. After a while, I liked it and slowly built my routine to exercise three days a week, then four, and so on. Not only did I begin to look forward to working out, but I also felt more energetic, slept better, and had more self-confidence. I realized the previous bias I held that exercise was a chore was incorrect. I came to realize that it is a wonderful treat I need to feel whole.

This experience taught me to be open to new challenges and reinforced the importance of noticing how I perceive them. Sometimes my negativity or fear isn't justified, and it holds me back. I also learned that when I start small and build on goals, it helps lock them in on autopilot.

Your turn! Write in your journal or to your pen pal about a goal you achieved and what you learned.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



Keeping Bus Zones Clear Near Schools

by The City of Calgary



School and transit buses rely on clear bus zones to safely load and unload passengers. When vehicles stop or park in bus zones, buses may be forced to stop in traffic, putting children and passengers at risk. Bus zones are designated safety areas that must remain clear at all times. Respecting these zones helps protect children, supports accessible transit, and keeps traffic moving predictably. Parking legally and avoiding bus zones—even for short stops—helps create safer school environments for everyone. Learn more: calgaryparking.com/safeschools.

The School Patrol Program helps improve safety in school zones by focusing on education first.

School zones are designed to protect children. Parking rules help:

- Keep crosswalks and corners visible.
- Reduce congestion and sudden stops.
- Support safer crossings for kids and families.

Parking safety and compliance officers attend schools during busy dropoff and pickup times to:

- Remind drivers about safe and legal parking.
- Explain why certain rules exist.
- Answer questions from parents, caregivers, and school communities.

With over 150 elementary schools across the city, patrols can't be everywhere every day. Unsafe parking, like blocking crosswalks, doubleparking or stopping in no parking zones makes it harder for drivers to see children and for children to see cars.

Firework Safety: A Message from Calgary Fire Department



Fireworks safety is a year-round issue in Calgary. Whether you're celebrating a holiday, festival, or special occasion, it's important to understand the rules and choose safe ways to celebrate.

Personal fireworks are not permitted because they can quickly ignite fires, damage property, and put people at risk. Consumer fireworks, display fireworks, and firecrackers are all prohibited, even if purchased outside Calgary. Only novelty devices with limited effects, such as sparklers and party poppers, are allowed. Any fireworks, pyrotechnics, or movie special effects must be installed, ignited or fired by a trained and certified professional operating under a valid fireworks permit. Permits are required for all fireworks and pyrotechnic displays.

The Calgary Fire Department responds to many fireworks-related incidents every year. In 2025, personal fireworks caused four major fires — two vehicle fires and two residential building fires — and generated more than 200 complaints in Calgary. Fires can spread rapidly from balconies, yards, vehicles, and nearby vegetation, putting neighbours and their property at risk. There are so many ways to celebrate without fireworks! Enjoy local events, connect with family and friends, explore cultural traditions, or brighten the occasion with festive lights and displays. To report illegal fireworks, contact 3-1-1 and include the location. Call 9-1-1 if fireworks have caused an out-of-control fire or emergency. Learn more at calgary.ca/fireworks.

Joyride
AUTOMOTIVE

MAINTENANCE • DIAGNOSTICS
GENERAL REPAIRS • INSPECTIONS



403.247.8618

JOYRIDEAUTOMOTIVE.COM  

4645 Varsity Dr. NW Calgary, AB, T3A 0G1

NOW OPEN



Uxbridge
Dental



 (403) 906-2820

we'll take the bite out of seeing the dentist



MEGA PIZZA AND WINGS

TASTIEST PIZZA IN TOWN

\$9.99 DEAL*

1 MEDIUM PIZZA

with 3 toppings of your choice.

Upgrade to Large \$3.99

Upgrade to X-Large \$6.99



\$19.99 DEAL*

**1LB OF WINGS &
1 LARGE PIZZA**

with 3 toppings of your choice.

*For pick-up only at our Calgary location,
Unit #110 - 8210 Edgebrook Drive NW.

CALL US NOW:

(403) 764-4222

megapizzaandwings.ca



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.

DALHOUSIE MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbours 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.

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.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. Since 2012, WCB, CQT, Master Electrician, licensed, insured. Competitive rates for quality electrical work. Panel upgrades from 60amp to 200amp. Car chargers, aluminum rewiring, custom lighting and LED install. Call for estimates. www.cejelectric.com. Clayton Jeffrey. 403-970-5441.

PAINTERSERVICINGDALHOUSIE: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.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.

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.

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.

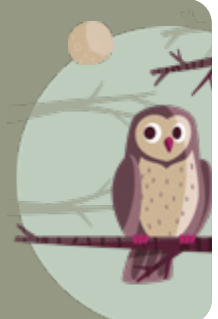
HAMMERTIME ROOFING: Award-winning roofing, siding, soffit, fascia, & eavestrough specialists. Premium roofing systems backed by manufacturer warranties on both materials and workmanship. Free inspections, detailed quotes, and professional installation. Serving Calgary and area. Call 403-493-9599, email calgary@hammertimerroofing.ca, or visit www.hammertimerroofing.ca.



Hooting Season

Whoo's That Calling?

Did you know that autumn is a great time to hear owls? Known as hooting season, owls hoot more frequently to claim and defend territory and find mating partners. The cooler, quieter nights of fall also helps the sound of their hoots carry farther!





Colin Ongyerth

BComm. (Finance)

403.690.9677

colin.ongyerth@shaw.ca

Top 100 Agent in Western Canada January - November 2024

16 Years of Experience

Sold 30 Homes in 2025

Free Home Evaluations (No Obligation)



\$614,900

Hillhurst Townhouse



\$679,900
PENDING

Updated Bungalow Varsity Acres



\$649,900

5801 Dalgleish Road



\$639,900

5803 Dalgleish Road



\$874,900
SOLD

Large 2-Storey in Edgemont



\$999,900

Large 2-Storey in Varsity Village



\$1,149,900
SOLD

Sizable 2-Storey Varsity Estates



\$599,900
SOLD

Top Floor 2 Bedroom Apartment University District

RE/MAX Real Estate (Mountain View) Suite 201, 4600 Crowchild Trail NW, T3A 2L6