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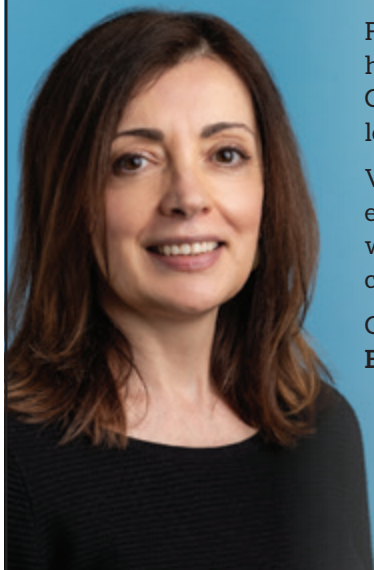


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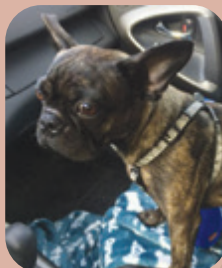
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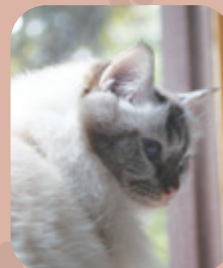
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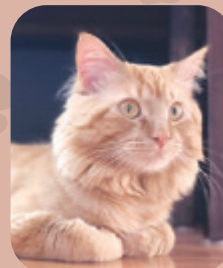
Bugsy, Dalhousie



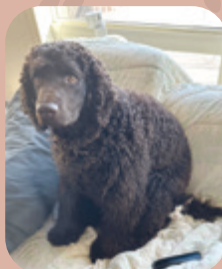
Ella, Mount Royal



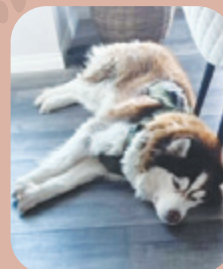
Mac, Evanston



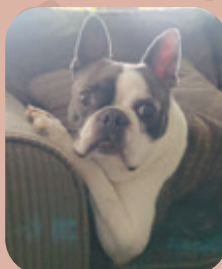
Mango, Evanston



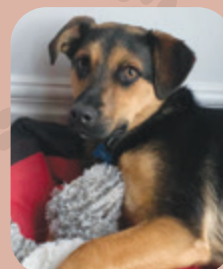
Mick and Turd,
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

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CONTENTS

- 7 PRESIDENT'S MESSAGE
- 8 MENTAL HEALTH MOMENT: LIVING WITH CHRONIC PAIN OR ILLNESS: WHAT WE WISH FRIENDS AND FAMILY KNEW
- 9 AUGUST CROSSWORD
- 10 HERITAGE STORIES: CELEBRATING CALGARY 150 - CALGARY AT WAR
- 13 TAKE ON WELLNESS: EVALUATING ONLINE HEALTH INFORMATION
- 15 BUSINESS CLASSIFIEDS



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Evanston Board Meetings

are held on the first Tuesday of every month.

All community members are welcome and encouraged to contribute.



WORD OF THE MONTH

Galumph: Verb (guh-LUMF)

To move in a noisy or awkward style.

They galumphed around the living room looking for Sara's phone.



PRESIDENT'S MESSAGE

Traffic Update for 144 Avenue

The ECCA has been working with our resource officer from the Calgary Police Service. Speed enforcement will be conducted during the summer. We brought up concerns relating to marked crosswalks and better signage especially before school returns in September. The avenue is not yet complete and there are sections that are narrow followed by wider sections with multiple lanes. If you see something that is not an emergency, please contact the non-emergency police line at 403-266-1234. If you have concerns about 144 Avenue or other areas in Evanston, contact us at board@eccacalgary.com so we may bring it up on your behalf.

Community Barbecue – Sunday, August 24, 11:30 am to 2:30 pm

The ECCA Community Barbecue returns! It will once again be held at FreshCo Evanston's parking lot. Hot dogs, chips, and pop/water will be available. Cost is free for ECCA members and \$5 per person for non-members. All proceeds will go to the ECCA. Look out for more information on our website and social media. Contact director4@eccacalgary.com if you would like to volunteer to help us out!

Food Truck Rally – Friday, September 5, 4:00 to 8:00 pm

Food trucks return to Evanston! What better way to welcome everyone back to school and back to routines than to not have to cook on a Friday night. There will be various trucks lined up on Evanston Drive (across from Shoppers Drug Mart). A portion of the sales go to the ECCA. What a great way to support your community and to indulge in some delicious food.

Community Garden Harvest Day – Saturday, September 20, 1:00 to 3:00 pm

The harvest for the Calgary Food Bank will be at the Evanston Community Garden (115 Evanston Drive). Come and help harvest the beautiful root vegetables that have been growing since May. Additional donations of dry foods for the Calgary Food Bank are welcome! Contact vicepresident@eccacalgary.com for information.

Wine Tasting – Thursday, October 16

Wine Tasting returns to the ECCA. For more information and to book your spot please email board@eccacalgary.com. This is an 18+ event. Tickets will likely go on sale starting at the end of August.

Holiday Mingle and Silent Auction – Sunday, November 30, 6:00 pm

This family-friendly event has been hugely successful in the past two years. This year, we are holding it at Boston Pizza Creekside so that we can hold more people and families! We are looking for donations for the silent auction so please contact memberships@eccacalgary.com to help. Tickets for this event will go on sale in the autumn.

Join Your Association

Purchase your membership at eccacalgary.com/register/. We have a robust Membership Rewards Program that, with proof of ECCA Membership, you can be eligible for discounts at local businesses in and around Evanston!

Want To Volunteer?

Add your name to the volunteer list at eccacalgary.com/volunteer. We are always looking for enthusiastic people to help! If you are interested in joining the Board, please contact president@eccacalgary.com. Our Board is ten-strong, all volunteers and all live in Evanston. To give you an idea of our current make-up, we have a social worker, an accountant, a retiree, a homemaker, and an engineer ranging in age from 30 to 'well-seasoned'.





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Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

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

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to "cheer us up" or push us to be more positive, it helps us feel seen and validated.

We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to "fix" it. Simple statements like "I'm here," "That sounds really hard," or "You're not alone" go a long way.

Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, "Can I drop off dinner?" or "Would a short visit work today?" rather than, "Let me know if you need anything." The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.

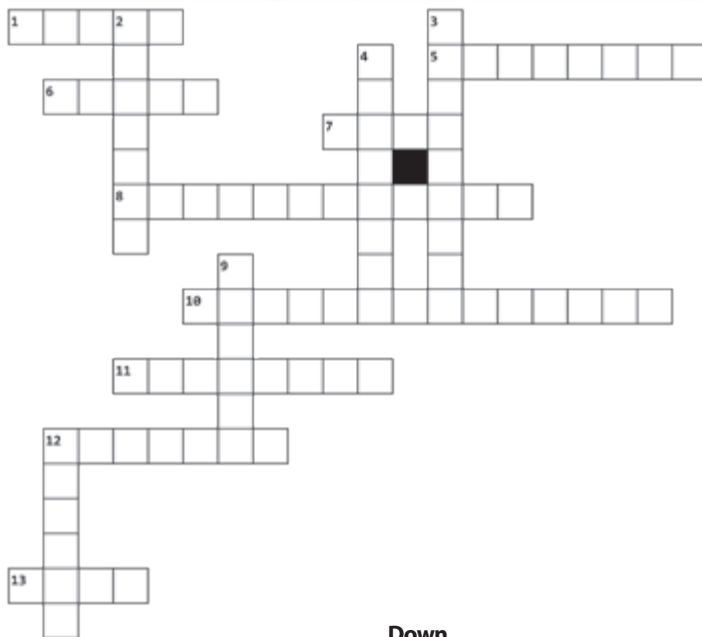


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August Crossword



Across

1. This classic Disney film about a young deer premiered in August 1942.
5. Canadian astronaut, Chris _____, was born in Sarnia, Ontario on August 29, 1959.
6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
7. *The Wizard of Oz* premiered on August 15, 1939, and was based upon the book written by Lyman Frank _____.
8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, _____.
10. In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and _____.
12. The _____ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
13. International _____ Handers Day is observed annually on August 13.

Down

2. In August 2008, the _____ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
4. Delia Owen's murder mystery novel, *Where the _____ Sing*, was published in August 2018.
9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
12. Inventor Isaac _____ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.



Celebrating Calgary 150 - Calgary at War

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

To all those who have served to protect our freedom, we are forever grateful.

During the South African War (1899-1902), Lord Strathcona formed a mounted regiment of cowboys and former NWMP officers. King Edward VII awarded the title of Royal to the NWMP. The RCMP went on to police the Klondike Gold Rush.

At Central Memorial Park National Historic Site, the "Horseman of the Plains" statue commemorates the war. Its creation paved the way for the other memorials.

World War I (1914-1918) saw thousands of Canadians volunteer. A military camp dubbed Sargee City trained 45,000 soldiers. Before departing, they created rock art on Signal Hill.

One Calgarian enlistee was William Ware, who served in France as part of an all-black unit. Princess Patricia's Light Infantry served at the Somme and Vimy Ridge. Today, the Canadian National Vimy Memorial is a symbol of national unity.

Meanwhile, Southern Alberta Light Horse fought in history's first tank attack while others were in the last cavalry charge in Canadian history.

During the war, Mewata Armouries was built with medieval castle features. Suspicions about immigrants from enemy countries led authorities to establish internment camps at Cave and Basin, Banff.

A sanatorium was built in Bowness in 1918 to treat returning soldiers. Baker Park is named for its head doctor.

Memorial Drive was created in 1922 as a "Road of Remembrance" to honour fallen soldiers.

The world was again at war in September 1939, with 1.1 million Canadians serving.

Princess Patricia's Light Infantry landed in Sicily and was the first Allied force to enter Amsterdam, while Calgary Highlanders liberated Dieppe.

Alberta was home to pilot training under the British Commonwealth Air Training Plan. President Roosevelt called Canada the "aerodrome of democracy". Vulcan, AB supported a training station but is famous for its connection to beloved Star Trek character, Mr. Spock.

A drill hall was constructed at McCall Field, while Renfrew's Rutledge Hanger became a training base.

In 1998, Currie Barracks closed and became a new residential neighbourhood, including Garrison Woods.

At Burnsland Cemetery, a Field of Honour holds the graves of soldiers.

May they rest in peace.

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"Lord Strathcona's Horse en route to Boer War in South Africa," [ca. 1900], (CU1195484) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Aboard S. S. 'Monterey'. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1SM0NSC>.



"Central Park [Memorial Park], Calgary, Alberta," [ca. 1914-1919], (CU183768) by Reader W. R.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OWOTYK?WS=SearchResults>.



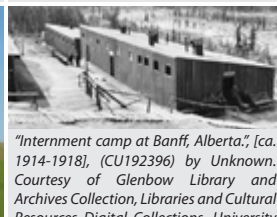
"137th Battalion, Canadian Expeditionary Force leaving by train, Calgary, Alberta," 1916-08, (CU183747) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OWOOII?WS=SearchResults>.



"Canadian soldiers at Vimy Ridge," 1917, (CU178364) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OBRU7X?WS=SearchResults>.



Vimy Ridge National Memorial, France, March 2007. Photo courtesy of Anthony Imbrogno.



"Internment camp at Banff, Alberta," [ca. 1914-1918], (CU192396) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1O1XJTU?WS=SearchResults>.



"William J. Ware in military uniform, Calgary, Alberta," [ca. 1916-1918], (CU1174787) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1SVRJ83>.



"Battle of Britain day, Calgary, Alberta," 1954-09, (CU1139806) by De Lorme, Jack. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FYEC6M?WS=SearchResults>.



Battalion Park, Calgary, 2007 (Chuck Szmurlo, via Creative Commons Attribution-Share Alike 3.0 Unported license). <https://commons.wikimedia.org/wiki/File:Battalion-Park-Szmurlo.jpg>.



Memorial Drive, Calgary, November 2013, daveblogs007 via Creative Commons Attribution 2.0 Generic license. [https://commons.wikimedia.org/wiki/File:Memorial_Drive_Calgary_\(10764720245\).jpg](https://commons.wikimedia.org/wiki/File:Memorial_Drive_Calgary_(10764720245).jpg).



Canadese militair omringd door drie vrouwen uit Marken (Canadian soldier surrounded by three women from Marken), Amsterdam, 8 May 1945 (Nationaal Archief, via Creative Commons CC0 1.0 Universal Public Domain Dedication). https://commons.wikimedia.org/wiki/File:Canadese_militair_omringd_door_drie_vrouwen_uit_Marken_-_BestanddeelNr_900-2854.jpg. <https://www.nationaalarchief.nl/onderzoeken/fotocollectie/ac087730-d0b4-102d-bcf8-003048976d84>.



"Formation flying near No. 5 Elementary Flying Training School, High River, Alberta," [ca. 1941-1945], (CU1129912) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FR0BA9?WS=SearchResults>.



Statue of the Constitution-class Federation Starship USS Enterprise, Vulcan, AB, August 2023. Photo courtesy of Anthony Imbrogno.



"Field of honour, Burnsland cemetery, Calgary, Alberta," [ca. 1920-1923], (CU183830) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://www.calgary.ca/arts-culture/heritage-sites/scripts/historic-sites.html?dhcResourceId=239>.

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SCAN ME

Letting Go of Space: A Guide to Downsizing

by Christopher Matlashewski, Calgary Realtor and Downsizing Specialist



Have you been thinking about downsizing lately? Maybe the kids have moved out and now you're walking past empty rooms every day. Maybe the yard work and upkeep just feel like too much. Or maybe you're ready to tap into the equity in your home and put it to better use—whether that's boosting retirement savings, traveling, or just simplifying life. Whatever your reason, if the home you're living in no longer fits the life you're living, you're not alone.

The idea of downsizing can be both exciting and overwhelming. Because let's face it, you're not just moving. You're sorting through years—sometimes decades—of memories. Deciding what to take and what to part with can feel like a full-time job. And even once you've chosen a new home, trying to figure out where everything goes can be just as stressful. Here's the good news: when you move into a more accommodating space, you're not taking everything—you're taking the best. The best pieces. The best memories. The things that truly matter. And today, I want to share a few simple, calming strategies to help take the anxiety out of downsizing and help you move forward with confidence.

1. Start by Defining What's Most Important

Begin by deciding on your non-negotiables. That might be a favourite reading chair, a family heirloom table, or your go-to sofa. Know what's essential before you even start packing or shopping for your next place.

2. Take Only Furniture That Truly Fits

Remember, you're not just eliminating space, you're

creating flow. In a smaller home, space needs to work for you. That means no oversized furniture. Make sure pieces allow for conversation without needing to raise your voice. Keep furniture heights consistent, as this helps the room feel cohesive and balanced.

3. Curate Your Artwork Thoughtfully

Choose one focal piece per room. Something meaningful and calming. And don't hang it too high—art should sit roughly at eye level when standing, not floating toward the ceiling. As with everything else, only the best comes with you.

4. Be Selective with Accessories

Accessories are where the memories live. But this is also the perfect time to let go of things that are broken, no longer relevant, or that you've outgrown. It's not that you're erasing the past but curating what moves forward with you.

5. Use Lighting to Reflect Your New Lifestyle

Lighting can completely change how your home feels. Think beyond just overhead bulbs. Use directional lighting, recessed lights, and well-placed lamps or mirrors to create warmth, highlight favourite spots, and help a smaller space feel bigger.

I get it, downsizing is more than just moving. It's emotional. It's a big change. But with a little sorting, a bit of planning, and the right support, it doesn't have to be stressful. And here's what I've seen again and again: the moment you step into your new right-sized home, you breathe easier. You feel lighter. You've brought the best with you. And you've made space for what's next.

Evaluating Online Health Information

by Alberta Health Services

Many Canadians go online to search for medical and health-related information. The internet is the first source of information for many people, before even speaking to a doctor or other healthcare provider.

Online health information can have many positive impacts on our health knowledge, behaviours, and well-being. Unfortunately, the quality and accuracy of online health information is not consistent, including social media where information quality can be very low.

Being able to evaluate online health information is an important skill.

How Do I Evaluate Online Health Information?

Use the steps below to evaluate the health information you find online.

- **Check the Date:** Look to see when the website was created or last updated. Health information should be up to date to make sure it is relevant and accurate. Even if the information has not changed, it should be regularly reviewed.
- **Check the Author:** Identify the author to determine if they have the necessary background, experience, or training to accurately discuss the topic.
- **Look For the Evidence:** Health information should be based on facts rather than opinion, rumours, or personal stories. Authors and websites should clearly list their sources, so that you can check the information for yourself.
- **Understand the Purpose:** Read a website's "About Us" page to understand the website's purpose and who runs it. Are they credible and unbiased? Be cautious of websites selling a product. Their information may already be biased, as the goal is to make profit rather than present clear facts. Often product claims are too good to be true.
- **Be Critical of the Details:** Be skeptical of websites that look outdated, contain broken links, or have spelling and grammar errors. Patient information should be written in plain language, making it easy to follow.



- **Protect Your Privacy:** Be careful when sharing your personal information. Look for a privacy policy to find out how and why your information is being used, stored, or shared.

You should carefully consider the source of the information you find on the internet and discuss that health information with your healthcare provider.

Learn more about evaluating online health information from <https://acalibrary.libguides.com/friendly.php?s=patients/evaluatingohi>.

Misinformation and Disinformation

Finding information online is faster and easier than ever before. While the information you find online can often be helpful and trustworthy, it is important to keep in mind that the internet also allows for rapid and widespread distribution of false and misleading information.

As you look online for health information, you need to watch for both misinformation and disinformation.

- Misinformation is inaccurate information. In other words, it means getting the facts wrong.
- Disinformation is false information that is deliberately meant to mislead.

Getting Help

Alberta Health Services Knowledge Resource Service library staff are available at healthcare facilities across the province. They can work with you to help you find and evaluate online health information.

The Knowledge Resource Service also offers a free online course for patients and caregivers on evaluating online health information. Find more information and register at: krs.ahs.ca/patients/evaluatingohi.



MLA, Calgary-Foothills
Court Ellingson
 Shadow Minister for Finance
 202-1829 Ranchlands Blvd NW, Calgary
 ☎ 403 216 5444
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Greetings Residents of Calgary-Foothills!

I hope you've been enjoying your summer! It's been fun and busy for me - I've attended summer events, participated in Stampede Breakfasts, and supported community association events put on by local volunteers.

I highly encourage you to become a member of your local community association as they play an important role in improving our local neighbourhoods.

With cost of living continuing to be a challenge, 2025 has been a difficult year for many. There have been growing concerns on various issues; ranging from the government making it easier to hold a referendum on Albertan separatism, education workers feeling burned out and unappreciated, questions about the UCP government's integrity around healthcare contracts, and the impact of trade uncertainty due to US tariffs.

In response to these concerns, I, as your local MLA and provincial representative, along with my Alberta New Democrats Caucus colleagues can empathetically say that we firmly believe Alberta should remain with Team Canada. Our New Democrat caucus will always invest in, and support public healthcare and education workers, and we believe economic diversification, innovation, and local investment are more critical than ever with the ongoing threat of tariffs.

To discuss this and more, I invite you to another "Ask Me Anything" Town Hall that I'm hosting at Arbour Lake Residents Association from 7:15 to 8:30 pm on Thursday, September 25. I hope to see you there! To RSVP, visit albertasfuture.ca/events/calgaryfoothillsamabettogether.

Meanwhile, don't hesitate to contact Calgary.foothills@assembly.ab.ca to learn how your MLA can support you! Please request to be added to our e-newsletter list so that we can keep you updated on local events, and changes to provincial legislation.

If you have any questions or would like to volunteer with my office, please contact me! A reminder you can follow my work by connecting on social media: @CourtEllingson.



MLA Calgary-North
Hon. Muhammad Yaseen
 104 – 200 Country Hills Landing NW T3K 5P3
 ✉ calgary.north@assembly.ab.ca
 📘 @muhammadyaseenyc

Happy summer greetings to you!

Whether you're soaking up the sun, enjoying a cool breeze, or just taking it easy, I hope this season brings you lots of joy and relaxation.

Alberta's government is investing \$2.8 million to extend the Trade Accelerator Program (TAP) for five more years, helping up to 650 small- and medium-sized businesses grow through exports and job creation. Since 2017, TAP has supported over 550 Alberta companies in expanding to international markets. This investment, delivered through Calgary Economic Development, reinforces Alberta's global reputation for quality products and entrepreneurial strength.

Through Emissions Reduction Alberta, \$5 million is being invested from the industry-led TIER program to help Deep Sky in the design, build, and operation of the world's first direct air capture innovation and commercialization centre in Innisfail. This funding will help Alberta keep showing the world how to reduce emissions while creating jobs and increasing responsible energy production. Deep Sky is helping establish Alberta as a global leader in carbon removal – an emerging field that is expected to grow exponentially over the next decade.

To improve patient support, Alberta's FAST (Facilitated Access to Specialized Treatment) program offers a central phone line (1-833-553-3278) for patients and physicians to access referral information and support, Monday to Friday (excluding statutory holidays). FAST is a Primary Care Alberta program that streamlines surgical referrals by centralizing intake, verifying completeness, and directing them to specialists. Team members can access referral status via Alberta Netcare and Connect Care once a patient's health information and address have been verified, though in some cases, patients or doctors may need to contact the specialist directly.

Lake Windermere

by Garth Paul Ukrainetz

Through the Valley of Columbia
Ribbon blue flows from her hair
To her west the Purcell Mountains
On her eastside Rockies flair

Lovely lake, a charming daughter
Princess Windermere her name
Children playing, laughing water
Cooling heatwave summer game

Golden sunrise, glowing sunset
Alpine peaks tiara high
Fair her mirror of the valley
Gazing midnight starry sky

Gentle waves from glistened water
Holding sunshine near and dear
Captivating is the feeling
Princess true, Lake Windermere

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