

AUGUST 2026

DELIVERED MONTHLY TO 8,050 HOUSEHOLDS

your EVANSTON



THE OFFICIAL EVANSTON COMMUNITY NEWSLETTER



COMMUNITY BBQ
11:30 AM TO 2:30 PM
EVANSTON PARK



Trusted Home Care, Right Where You Need It

Compassionate, reliable, and professional care designed to help you live safely, comfortably, and independently.



403-375-7242

OUR SERVICES

- ✓ Personal Care
- ✓ Respite Support
- ✓ Physiotherapy
- ✓ Family Doctor
- ✓ Companion Care
- ✓ Nursing Services
- ✓ Specialized Care

www.aglowhomehealth.ca

SCAN TO
GET STARTED





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



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



RAISING STRONGER KIDS.

BUILDING BETTER FUTURES THROUGH TAEKWONDO

TAEKWONDO IS NOT ONLY GREAT EXERCISE FOR YOUR BODY, BUT ALSO FOR YOUR MIND.

FREE TRIAL CLASS

FIRST MONTH ONLY \$50

SCAN TO BOOK NOW



Limited Spots Available



BECOME BETTER TAEKWONDO

📍 2060 SYMONS VALLEY PKWY, NW, #9004, CALGARY

📞 587.973.8989

🌐 WWW.BBTAEKWONDO.COM

✉ BBMASTERKO@GMAIL.COM

THE VISTA

AT SAGE HILL

Retirement Living Community



Summer School for Seniors

August 6 | 4:30pm–6:30pm

Silver Springs Community Association

Dinner, Presentation & Senior Resource Tables.
Free admission — Donations of school supplies or money to support kids heading back to school are appreciated.
Call to reserve your seat.

Select your apartment today!

Maintenance-Free and Independent Retirement Community

Utilities Included • Onsite Restaurant
Underground Parking • Activities

403.612.8903

3865 Sage Hill Road NW, Calgary, Alberta

Live Your Way. We Handle the Rest.



功德山
Gondesan Temple

功德山加拿大卡加利

大悲菩提祈福法會

法頌舍利灌頂加持

消災祈福 · 增福延壽 · 闔家平安



上寬下如法師

世界佛教教育青年學會 (WBY) 主席
功德山全球志願導師
臨濟正宗第四十八代傳人

第一場

2026年 9月5日 - 6日 (六·日)

⌚ 09:30 - 18:00

📍 WinSport Canada Olympic Park
151 Canada Olympic Road, SW Calgary, AB T3H 4E5

第二場

吉祥滿願 遍灑三千法會

2026年 9月7日 (一)

⌚ 10:30 開始

📍 North Glenmore Park, Calgary

法會設有

- ❖ 消災祈福牌位
- ❖ 超薦歷代祖先
- ❖ 超薦累世父母
- ❖ 超薦冤親債主
- ❖ 超薦墮胎嬰靈
- ❖ 闔家平安祈福

**大悲法雨遍灑加拿大
廣利群生同沐佛恩**

免費入場 / 素食午齋

有意報名者，請掃描二維碼



名額有限，萬勿錯過！

聯絡方式

宏金師父 (647) 718-8556 | 慧慧 (403) 830-6088 | 慧初 (587) 839-3218



**Samaritan Club
of Calgary**

Semi-Annual Super Thrift Sale

Saturday, September 26

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**

**Entry
\$2 Adults
Kids Free**



Vintage and Boutique items

**Get great deals on household goods,
clothing & shoes for all, fashion accessories,
vintage & boutique items, collectibles,
art, books, toys & much more**

Don't forget to bring your tote bag

Back by popular demand:

- Concession
- Parcel Pickup



**For More Information:
samaritanclub.ca**

**All proceeds will benefit
Calgarians in need**

Cash Only

CONTENTS

- 7 WHY JOIN THE EVANSTON-CREEKSIDE COMMUNITY ASSOCIATION
- 8 MENTAL HEALTH MOMENT: DATING SAFELY: RECOGNIZING THE RED FLAGS OF AN UNSAFE RELATIONSHIP
- 10 NEWS FROM THE FRIENDS OF NOSE HILL
- 13 COLOURING PAGE
- 15 BUSINESS CLASSIFIEDS



**SCAN HERE TO VIEW ADDITIONAL
EVANSTON 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.





EVANSTON-CREEKSIDE COMMUNITY ASSOCIATION

EvanstonCreekside
Community Association

ECCA

PO Box 47059
20 – 12192 Symons Valley Road NW, Calgary, Alberta T3P 0B9
eccacalgary.com

OFFICERS	REPRESENTATIVE
President	Mike Stiles
Co-Vice Presidents	Sandra Taylor and Jamie Fisher
Secretary	April Hallikas
Treasurer	Renee Vilneff
DIRECTORS	REPRESENTATIVE
Director of Memberships	Maricel McDonald
Director of Communications	Brooke Snelgrove
Director of Events	Mikee Laberge
Director of Public Spaces	Tristin Stiles and Tim Huston
Director of Safety	Bobby Kooner
Director of Fundraising	Open
Director of Grants	Open
Director at Large/Garden Coordinator	Sharon Todd
Director at Large	Debbie Zurowski
Director at Large	Sukhdeep Sukhi

Evanston Board Meetings

are held on the first Tuesday of every month.

All community members are welcome and encouraged to contribute.

Players ages 4 - 19

northsidesoccer.ca

BIG HISTORY. LITTLE ARMS

Want to know something cool? SUE the T. Rex is the most well-preserved *Tyrannosaurus rex* ever found, and she is currently right here in Calgary. Spanning over 5,000 square feet, this fossil is 90% intact. Pretty good for something over six million years old.



Evanston & Creekside

♥ Why Join ECCA?

Because strong communities don't happen by accident—
they're built together.



Exclusive Community Events

Family fun, seasonal celebrations, kids' activities, and events that bring us all together.



Community Garden Access

Grow, connect, and dig into something meaningful—right in your own neighbourhood.



Local Business Discounts

Enjoy special member-only savings from amazing local businesses that support our community.



Programs & Initiatives

From wellness to youth programs, we invest in what matters most.



A Stronger Voice

Membership helps support advocacy, improvements, and future projects for our area.



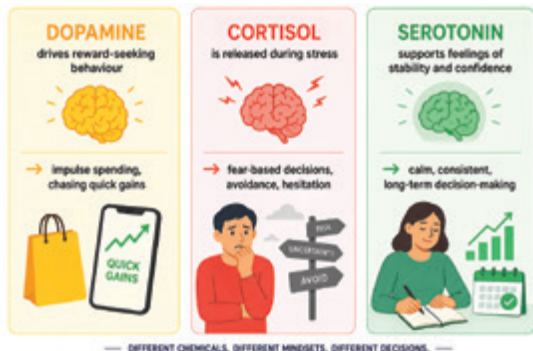
And so much more...

Because community is more than a place—it's a feeling.

Email memberships@eccacalgary.com for more information

The Emotional Side of Money: Fear, Confidence, Stress, and the Roles They Play

by Karen Boudewyn, Senior Wealth Advisor



Money decisions are rarely driven by logic alone. While we often tell ourselves we'll act based on facts and analysis, emotions tend to lead, with logic following behind to justify the decision. Fear, confidence, stress, and subtle daily triggers all influence how we spend, save, and invest and often without conscious awareness.

Understanding this isn't about removing emotion from financial decisions. It's about recognizing its role so we can respond more intentionally rather than react automatically.

Fear and Financial Paralysis

Fear is one of the most powerful forces in financial decision-making, and it often shows up quietly as hesitation rather than panic.

It can lead to:

- Delaying investing decisions.
- Avoiding financial planning conversations.
- Holding excessive cash for "safety."
- Not reviewing accounts or progress.

For example, after a market downturn, many investors step back and wait for things to feel more stable. The challenge is that markets often recover before confidence returns, meaning opportunities are missed. Fear is designed to protect us but in financial planning, it can also keep us stuck.

Confidence and the Ability to Act

On the other side of fear is confidence. Financial confidence allows individuals to make decisions, stay consistent, and navigate uncertainty more effectively.

Confidence often shows up as:

- Following a long-term plan despite market volatility.
- Making timely financial decisions.
- Staying invested during uncertain periods.
- Focusing on strategy rather than short-term noise.

Importantly, confidence doesn't come from knowing everything. It comes from having clarity and structure. A well-designed financial plan reduces uncertainty and provides a framework for decision-making, even when emotions are present.

Emotional Triggers and Everyday Spending

Many financial decisions happen in small, everyday moments not major life events. These decisions are often emotionally driven.

Common triggers include:

- Stress: "I deserve this" spending.
- Boredom: impulse purchases.
- Celebration: reward spending.
- Comparison: keeping up with others.

In the moment, these behaviours feel justified. Over time, they can create patterns that quietly impact long-term financial outcomes.

The Impact of Stress on Financial Thinking

Stress has a direct effect on how we make decisions. When stress levels rise, our thinking becomes more reactive and short-term focused.

This can lead to:

- Avoiding financial decisions altogether.
- Making quick, emotionally driven purchases.
- Abandoning long-term plans during uncertainty.
- Focusing on immediate relief instead of future outcomes.

Stress narrows our perspective, making it harder to evaluate decisions clearly or stay aligned with long-term goals.

The Brain Chemistry Behind Money Decisions

There is also a biological layer influencing financial

behaviour. Our brains use chemical signals that affect how we respond to money-related situations.

- Dopamine drives reward-seeking behaviour (impulse spending, chasing quick gains).
- Cortisol is released during stress (fear-based decisions, avoidance, hesitation).
- Serotonin supports feelings of stability and confidence (calm, consistent, long-term decision-making).

These systems are essential for survival, but they are not designed for long-term financial planning. Understanding them helps explain why even well-intentioned individuals sometimes act against their own best interests.

Bringing Awareness to Emotional Patterns

The goal is not to eliminate emotion that's neither realistic nor necessary. Instead, the objective is to build awareness and create structure, so emotions don't dictate decisions.

Simple strategies can make a meaningful difference:

- Pausing before making financial decisions.
- Noticing patterns around spending and stress.
- Creating a clear financial plan with defined goals.
- Automating savings and investment contributions.

Over time, consistency matters more than perfection. Small, intentional actions help build both confidence and better financial habits. Money is not just mathematical, it's emotional. When you begin to understand how fear, confidence, and stress shape your financial behaviour, you gain more control over your decisions and your long-term outcomes.

The goal isn't to remove emotion, it's to make better decisions alongside it.

Let's Canvas

the Situation

On August 21, 1911, Leonardo da Vinci's Mona Lisa was stolen from the Louvre. It took twenty-eight months for the painting to be returned. Today, the Mona Lisa is valued so highly that most would simply call it priceless.



Cats, Canines, & Critters of Calgary



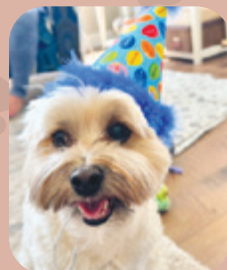
Bear, Cranston



Chico, Richmond



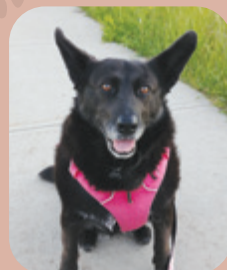
Dexter, Tuscany



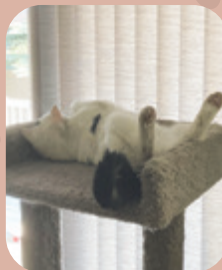
Ferland, Cranston



Honey, Cranston



Kenna, Bridlewood



Pixel, Chaparral



Tui, Hillhurst Sunnyside

To have your pet featured, email news@mycalgary.com

Rain Barrel Rebates Are Still Available

by The City of Calgary



Hot, dry summer weather can increase outdoor water use. A rain barrel is a simple way to collect rainwater from your roof and use it later on trees, shrubs, and flowers. Using rainwater first can help reduce how much treated City water you use outdoors. Rain barrels can also help reduce stormwater runoff to creeks and rivers. The City of Calgary's 2026 Rain Barrel Rebate is still available through Green Calgary. Eligible Calgary households can receive \$50 back per eligible rain barrel, up to three rebates per household, while funding lasts. Applications are open until October 31, 2026, or until funding is fully allocated. Up to 3,500 rebates are available on a first-come, first-served basis.

The rebate applies to the rain barrel storage container only. Accessories and add-ons are not eligible, and rain barrels must be an original sale (not resale). Receipts must be dated within 12 months of the date you apply. For full eligibility, required documents, and the application link, visit calgary.ca/rainbarrel.



News from the Friends of Nose Hill

by Anne Burke

As I write, it is Calgary Aboriginal Awareness Week. In 1979, the Native Urban Affairs Committee was established to represent Aboriginal issues and concerns. In 1987, the name was changed to the Calgary Aboriginal Urban Affairs Committee. I was contacted by a grade nine Math and Social Studies teacher who wanted to plan a tour of Nose Hill by a First Nations guide. There are a few documents related to the protocol for inviting Indigenous Elders. If you are in the Calgary area and need to connect with an Elder or Knowledge Keeper, you can consult the City of Calgary Indigenous Collaboration policy or the CBE Indigenous Education Protocol for local guidance. In First Nations, Métis, and Inuit cultures, the Elders are leaders, teachers, role models, and mentors. The CBE Indigenous Education team has kept wisdom and teachings shared orally from Elders and community Knowledge Keepers for several years. The CBE document represents a summary of those teachings. It also includes knowledge gained from other organizations and districts. The Alberta Teachers Association offers a guide to accompany the Association's Stepping Stones, Truth and Reconciliation resources. Crystal Manyfingers and her family are all members of the Kainai Nation of the great Blackfoot Confederacy who signed Treaty 7 in 1877. Crystal holds a B.A., B.Ed., and a Master's degree in Education (Adult and Workplace Learning) from the University of Calgary. She has written numerous magazine articles, published a children's book, and was awarded the Faculty of the Year Award for 2020 from Bow Valley College as a Learning Design Consultant for Indigenization and Decolonization of Curriculum, Research, and Innovation. Crystal serves on the Board of Directors for the Calgary Public Library as well as the Alberta Library Trustees Association.



Nose Creek Watchers

Community stepping into the watershed collecting valuable data that keeps an eye on the health of the Nose Creek watershed.

by Kristina Stephens, NCPS Council Member



Since 2023, the Nose Creek Preservation Society has been testing the waters of Nose Creek in partnership with the Alberta RiverWatch Institute's CreekWatch program. CreekWatch empowers citizen scientists to perform water quality tests and sample invertebrate diversity to provide the institute with valuable information on the health of our waterways.

Our scientifically accurate data is shared with the government and conservation organizations, which can aid in supporting sustainable watershed management. Our hope is that information we have been gathering about Nose Creek will aid in its preservation, especially in the wake of future developments.

Volunteers test the water on a weekly basis throughout the summer months (May to October). Tests are designed so that anyone can follow the step-by-step sampling guide, and gather accurate water quality data that includes:

- pH,
- dissolved oxygen,
- chloride,
- phosphates,
- ammonia,
- and turbidity.

There is a thing as too salty.

As a freshwater water source, Nose Creek should naturally have very little salt. However, the draining from agricultural fields and roadways within Nose Creek's thousand square kilometre watershed area

has increased the salinity of the watershed. This has been shown through one of our most important water metrics, chlorine.

This increase in chlorine data has been evident at our 15 Street Bridge testing location in Northeast Calgary. It has consistently been above the 120mg/mL maximum that the Alberta Surface Waters' Environmental Quality Guidelines recommends for maintaining a healthy freshwater ecosystem. Increased salinity reduces the health of Nose Creek and will impact the plant, fish, and invertebrate diversity in the creek over time.

CreekWatch teams also sample for diversity of invertebrates, such as insects, snails, clams, and worms, where their presence, or lack thereof, as well as their abundance are important indicators of the quality of the water. Using a fine mesh sieve to catch invertebrates floating in the water and those that are stirred up from the creek bed, we identify and roughly count invertebrates that are present such as:

- caddisfly larvae,
- midges,
- water boatman,
- and the invasive Northern Crayfish.

Thankfully our team has been finding several types of pollution-sensitive invertebrates in Nose Creek, which indicates that the water is healthy enough for them to live and reproduce.

The more we know, the better choices we can make along the Nose Creek Watershed.

Our dream is to have several testing locations along the trajectory of both West Nose Creek and Nose Creek to monitor how the water quality is changing overtime, but we need an army of volunteers to make that dream a reality!

So far, our only active testing site is the 15 Street Bridge in Calgary, but we would love to have a consistent testing location in Airdrie in the Nose Creek Regional Park; where West Nose Creek meets Nose Creek in West Nose Creek Park; and at the confluence of Nose Creek and the Bow River by the Wilder Institute Calgary Zoo.

If you are interested in volunteering with our Creek Watch team, you can sign up on our website savenosecreek.com/creek-watch. We would love to see you out on the creek!



LEN T WONG + ASSOCIATES

RE/MAX
COMPLETE REALTY

YOUR HOME SOLD GUARANTEED!*

**Call to find out more about our
Innovative Consumer Programs**

Virtual Tours

Guaranteed Sale Program*

Trade Up Program*

Blanket Home Warranty Program*

Accepting Crypto Currency

**Call us to help you navigate through
the changing real estate world**

Call or Text 403-606-8888

Email len@lentwong.com

*Terms and Conditions Apply.

August's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

List your favourite hobbies. Pick one that gives you great fulfillment. Why is it so special to you?

Dear reader,

It has taken me some time to figure out who I am and which pastimes I need to feel truly content. My favourite hobbies are reading, gardening, camping, hiking, and jigsaw puzzles. To properly nourish our whole selves, I surmise we each need a combination of hobbies that embody various aspects of our lives. For example, we need something active to move our bodies, something to challenge and sharpen our minds, something social to connect us to others, and something peaceful to help us relax.

Gardening is particularly special to me, fulfilling both my active and relaxation needs. I have had a deep affinity for the outdoors and growing things since childhood, heavily influenced by my parents. My dad always tended to the vegetable garden, while my mom creatively landscaped their farm in Southern Ontario.

Working with the earth is a natural lesson in hard work and reward. One morning this spring, I was roaming the backyard with my hot cup of tea, impatiently wondering when my peas would finally begin to sprout. When I noticed a flash of green, I was elated. A single pea shoot was poking proudly out of the soil, and my heart was happy.

However, gardening also requires realistic expectations and acceptance of things entirely outside of our control. Since those peas sprouted, I've had to battle hungry birds and mischievous squirrels. Losing plants to hail, insects, and other pests is simply part of the deal.

Gardening in a climate with a short growing season requires flexibility. It forces me to accept that hours of hard work could be thwarted on any given day by Mother Nature. Honestly, if I hadn't learned to accept that reality, I likely would have quit by now! Yet, despite the frequent challenges, it remains deeply rewarding. Soon enough, I will be eating fresh peas, lettuce, herbs, raspberries, and other delicious food that I managed to nurture, protect, and keep alive.

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.





MLA, Calgary-Foothills

Court Ellingson

Shadow Minister for Finance

202-1829 Ranchlands Blvd NW, Calgary

☎ 403 216 5444

✉ Calgary.Foothills@assembly.ab.ca

📘 facebook.com/CourtEllingsonYYC

📞 [@courtellingson](https://courtellingson) 📷 [@CourtEllingson_](https://CourtEllingson_)

Greetings residents of Calgary-Foothills!

I hope you've been enjoying your summer! It's been fun (and busy) for me – I've attended neighbourhood events, participated in Stampede Breakfasts, and supported community association events hosted by local volunteers. I encourage you to become a member of your local community association - they play an important role in creating opportunities for residents and families to get together.

An important date coming up: the UCP Government has officially set a referendum voting date of October 19, 2026. If you are a resident of Alberta eligible to vote in a provincial election, you can vote in this referendum. Premier Smith has created ten long and detailed questions for you to respond to. One on separation, several related to immigration, and provincial control on policies. I recommend reading the full list on Elections Alberta's referendum website.

People have asked me where I stand – Alberta New Democrats and I (as your local MLA/provincial representative) empathetically believe **Alberta should remain within Canada, and I will be voting “no” to the other nine questions.** Contact my office for more information.

As always, we hope not to be impacted by extreme weather such as floods, hail, and wildfires, but each year has reminded us that we must take preventative action to protect our homes and mitigate damage from various storms. If you have concerns regarding your insurance, you can **contact the Insurance Bureau of Canada at 1-844-2ask-IBC or ibc.ca.**

Meanwhile, don't hesitate to contact my office to learn how your MLA can support you! Ask about our e-newsletter list to stay updated on local events, changes to provincial legislation, and referendum information. If you would like to volunteer with my office or have questions, please contact my email above and follow my work on social media. Until next time!



MLA, Calgary-Acadia

Diana Batten

Shadow Minister for Children & Family Services

105, 10333 Southport Road SW, Calgary

☎ 403-640-1363

✉ Calgary.acadia@assembly.ab.ca

📘 facebook.com/dianabattenmla

📞 [@dianabatten](https://dianabatten) 📷 @DianaBatten

Happy Summer, Calgary-Acadia!

It has been a whirlwind couple of months spending quality time connecting with you and your neighbours in the community. Through the wind, rain, and hail, we celebrated Neighbour Day across the riding, supporting young entrepreneurs at their lemonade stands, channelling our creative juices into painting tiles and wood blocks, and enjoying the live music when the weather permitted. It was a blast, and I am so grateful for the community associations and all the volunteer hours spent creating events like these.

This Canada Day felt especially significant as Alberta faces a referendum on its place in confederation. I am a proud Canadian and a proud Albertan, and vast majority of constituents have told me they feel the same. Many have expressed frustration with the referendum, particularly its cost and limited return, and would rather see those dollars invested toward strengthening public education and public health care, priorities that directly support families and communities.

From the Calgary Stampede and Folkfest to parades of garage sales, summer offers countless ways to come together and celebrate our thriving communities. Our third annual Haysboro Stampede Breakfast was part of that spirit, bringing thousands of neighbours out for pancakes, connection, and conversation with the Alberta NDP Caucus.

Your voices are essential, and it is a true privilege to serve Calgary Acadia. I am here to represent you, and the perspectives you share help shape the work I do every day. As the referendum approaches, I encourage everyone to stay engaged, take the issue seriously, and make the time to get informed about what is at stake for our province and our future. Please continue to share your thoughts and perspectives with me.

Wishing you a safe and enjoyable rest of the summer.

Cheers,

Diana

**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



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

**TRUE NORTH ACCOUNTING
NOSEHILL**

We handle tax preparation and filing, full-cycle bookkeeping, and more for individuals, sole proprietors, and corporations - so you can focus on running your business.

We Are Located In Evanston Towne Centre

Get In Touch with Us: ☎ 425-257-5669 ✉ nosehill@truenorthaccounting.com

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.

EVANSTON 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.

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

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

HELPING OUR COMMUNITY PROTECT WHAT MATTERS MOST: Personalized insurance and investment solutions to help individuals and families achieve financial security and build lasting wealth. Career opportunity! Join our team as a licensed insurance advisor with mentorship, flexible work, and attractive earning potential. Call today! 403-510-6019.

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.



For your convenience we accept **direct billing** and follow the ADA Fee Guide.

- Family Dentistry
- Dental Cleanings & Check-ups
- Crowns, Bridges and Implants
- Root Canal Treatments
- Wisdom Tooth Extractions
- Cosmetic + Therapeutic Botox® and Dysport®
- Invisalign®
- Cosmetic & Restorative Smile Makeovers
- Same Day Emergencies



Dr. Christina Coakwell + Associates

www.sagemeadowsdental.com

Mon-Wed: 9:30am-6pm | Th-F: 8am-4:30pm | Sat (alt): 8am-2pm

#210, 2971 136 Avenue NW, Calgary, AB T3P 1N7

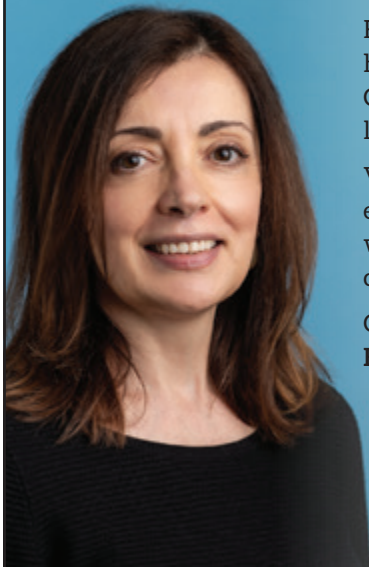
587-315-7118

SCAN ME!



To book an appointment

Part of your community.



For 30 years, **Shibley & Company** has supported our northwest Calgary neighbours in all their legal matters.

Vilma and her team deliver effective legal counsel combined with personalised service, for all client circumstances.

Conveniently located in the **Beddington Towne Centre Mall**.

SCAN TO
VISIT US
ONLINE



WILLS AND ESTATES

REAL ESTATE AND FAMILY LAW

NOTARIES AND COMMISSIONS

**INCORPORATIONS, CONTRACTS,
AND ANNUAL RETURNS**

219, 8120 Beddington Blvd. NW,

Calgary, Alberta T3K 2A8

Phone: 403.275.3230

Web: ShibleyandCompany.ca

**SHIBLEY
& COMPANY**

BARRISTERS, SOLICITORS & NOTARIES PUBLIC