

JUNE 2026

DELIVERED MONTHLY TO 2,350 HOUSEHOLDS

your



PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



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

Licensed by Avenue Financial



Freedom starts with a Reverse Mortgage

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

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



ANITA RUSSELL 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

OFFICIAL



PLUMBING & HEATING

Furnace and A/C Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca

Your Home, My Priority.



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

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

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



FORD HAYMOUR & ASSOCIATES

200, 608 - 54 St NW | Calgary, AB T2H 3A3 | T: 403.246.6664 | F: 403.229.9877



Ford Haymour & Associates L.P.
Calgary's Top Choice Real Estate
since 1984

MaxWell

Capital Realty



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

THE GO-GETTERS *A better way to spend your day.*

55+ Social Activity Centre

Play: Daily card games (Euchre, Bridge, Cribbage, Canasta, Whist)
Learn: Spring Speaker Series
Explore: Day trips/tours around town
Move: Fitness classes for all abilities

Community BINGO
Every Wednesday at 12PM
Progressive Jackpots • Pull Tickets
Soups and Sandwiches

1940 6 Ave NW
(403) 283-3720

Annual Membership \$35/person
gogetters.ca

**3 DAYS OF ADVENTURE
A LIFETIME OF IMPACT**

 **KidneyMarch**



Learn More **MARCH CREW DONATE**

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

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

KidneyMarch.ca • 403.255.6139 • kidneymarch@kidney.ca

 **kidney foundation**
Charitable registration No. 10756 7398 880001

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



wink
OPTOMETRY

- GENERAL EYE EXAMS FOR THE WHOLE FAMILY (INCLUDING INFANTS 6 MONTHS+)
- VISION THERAPY
- EYE HEALTH EXAMS & EMERGENCIES
- AND MORE

CALL TO BOOK APPOINTMENT
403-696-9465

Suite 160 - 1620 29 Street NW
Calgary • AB • T2N 4L7

Parkdale Community Association (PCA)



3512 5 Ave NW, Calgary AB T2N 0V7
403-283-5767

office@parkdaleyyc.com
www.parkdaleyyc.com

DIRECTORY

EXECUTIVE

President	Jeremy Methot president@parkdaleyyc.com
Vice-President	Stephanie Hagmann vice.president@parkdaleyyc.com
Secretary	Sheila Hyatt secretary@parkdaleyyc.com
Treasurer	Vacant treasurer@parkdaleyyc.ca

BOARD OF DIRECTORS

Rink Director	Richard Marquardt rink@parkdaleyyc.com
Events Director	Paula Espinoza events@parkdaleyyc.ca
Garden Director	Sheila Hyatt (Director) Courtney Lester (Chair) garden@parkdaleyyc.ca
Memberships Director	Kevin Thompson
Director-At-Large	Stephanie Best
Director-At-Large	David Nelson Elske
Director-At-Large	Jeff Walden

PCA STAFF

Manager, Programs and Partnerships	Vacant programs@parkdaleyyc.com
Facility and Operations	Mike Talarico facility@parkdaleyyc.com

Instagram: @parkdaleyyc

Facebook: @parkdalecommunityassociation

Treasurer

The Parkdale Community Association (PCA) is looking for a volunteer Treasurer to join our board!

If you enjoy working with numbers, keeping things organized, and helping your community, this could be a great fit. The Treasurer helps track finances, manage budgets, and ensure the association's funds are used to support programs, events, and community initiatives.

You don't need to be an accountant — just someone who is comfortable with spreadsheets and interested in making a positive impact in Parkdale.

Volunteering with the PCA is a great way to meet neighbours, support local events, and help shape the future of our community.

If you're interested or would like to learn more, please reach out to vice.president@parkdaleyyc.com.



Communications Director

Do you enjoy social media, storytelling, or keeping people informed about what's happening in the community? The Parkdale Community Association (PCA) is looking for a volunteer Communications Director to help share news, events, and opportunities with our neighbours.

In this role, you'll help manage the PCA's communications channels — from social media posts to newsletters — making sure the community knows what's happening and how to get involved.

If you like being creative, staying connected, and helping build a strong community voice, this is a great way to contribute.

Volunteering with the PCA is a fun way to meet neighbours, support local initiatives, and help bring our community together.

Reach out to vice.president@parkdaleyyc.com to learn more.

We're Looking for a New Community Association President

The Parkdale Community Association is seeking a Board President—a rewarding volunteer role helping guide and support our community.

As President, you'll work with the board to set priorities, chair meetings, support committees, and help ensure the Association runs smoothly. This role is about leadership and coordination, not doing everything on your own—you'll have a strong team alongside you.

We're looking for someone who cares about the community, enjoys working with others, and wants to make a positive impact. No prior board experience is required.

If you're interested or would like to learn more, we'd love to hear from you!

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.

Events Help



Hi Neighbours,

I'm your Events Director — Im also a busy mom of two and a nurse at the Children's Hospital. Like many of you, I'm juggling a lot, and I'm finding it challenging to do it all on my own. I care deeply about our community and would love to see it continue to thrive with fun, inclusive events for everyone.

To make that happen, I'm looking for event leads to help organize and run individual events like the Stampede Breakfast, Used Gear Sale, and Holiday Party. You won't be on your own—I'm here to support you every step of the way.

Have a new event idea you'd love to bring to Parkdale or Point McKay? I'd be so happy to help you make it happen.

If leading an event feels like too much, there are still plenty of ways to get involved. You can join the events committee or volunteer a few hours here and there—every bit helps. No experience is needed, just a willingness to pitch in and be part of what makes our community such a great place to live.

If you're interested (or even just curious), please reach out—I'd love to connect!

Sincerely,

Paula Espinoza

events@parkdaleyyc.com

SCAN HERE TO VIEW ADDITIONAL PARKDALE CONTENT

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**





THE PARKDALE COMMUNITY ASSOCIATION IS LOOKING FOR VOLUNTEERS!

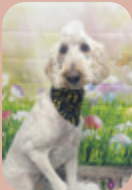
Whether you want to join a committee or volunteer once, we would love to have you! We are looking for volunteers to join the community garden, rink, planning and development, and events committees. There are also opportunities to get involved with soccer, help out at a specific event, or if you have other skills or talents that you would like to share with your community, please reach out!

garden@parkdaleyyc.com
rink@parkdaleyyc.com
events@parkdaleyyc.com
soccer@parkdaleyyc.com

Cats, Canines, & Critters of Calgary



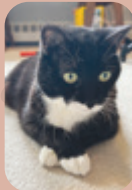
Coco,
Shawnessy



Copper,
Hidden Valley



Dino,
Hanson Ranch



Horst,
Mission



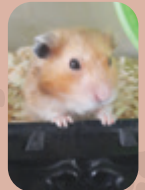
Pepper,
Evergreen



Tia,
Currie Barracks



Vincent,
Quarry Park



Yoshi,
Canyon Meadows

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

Host a Parkdale Block Party!



One of the best things about living in Parkdale is our strong sense of community—and sometimes all it takes is a simple gathering to turn familiar faces into friendly neighbours. A block party is a fun and easy way to bring people together and strengthen the connections on your street.

Block parties don't need to be complicated. Set up a few tables in a driveway or on the sidewalk, invite neighbours to bring snacks, let the kids play, and enjoy good conversation. Whether it's a casual afternoon meet-and-greet, a summer BBQ, or a potluck, the goal is simply to connect.

The Parkdale Community Association (PCA) can help make hosting easy. We can provide planning tips and help guide you through the permit process if your event requires one, such as a temporary road closure.

If you host a block party, we'd love to see it! Share photos and tag the PCA so we can celebrate neighbourhood connections happening across Parkdale.

Interested in hosting one on your street? Reach out to the PCA and we'll help you get started. Let's get to know our neighbours—one block party at a time.

Parkdale Community Association – Used Sporting Gear Sale

The Parkdale Community Association is excited to introduce a new community event coming this fall: the Used Sporting Gear Sale! This event is all about helping our community stay active while promoting reuse, affordability, and access to sport for everyone.

On September 26 and 27, 2026, community members will have the opportunity to shop for good-quality used sporting equipment for all seasons—from hockey and skating gear to soccer, biking, skiing, and more. Whether your family is trying a new sport or your kids are quickly outgrowing their equipment, this event will make it easier to find affordable gear while keeping perfectly good equipment out of the landfill.

How It Works

In the weeks leading up to the event, we'll be collecting gently used sporting equipment from community members. If you have gear at home that is still in good condition but no longer being used, consider donating it to the sale. Your donation will help other families access affordable equipment and support local community events.

Proceeds from the sale will support KidSport, an organization that helps remove financial barriers so that all kids can participate in sports, and PCA events. Any equipment that remains unsold after the event will be donated directly to KidSport, helping even more children access the gear they need to play.

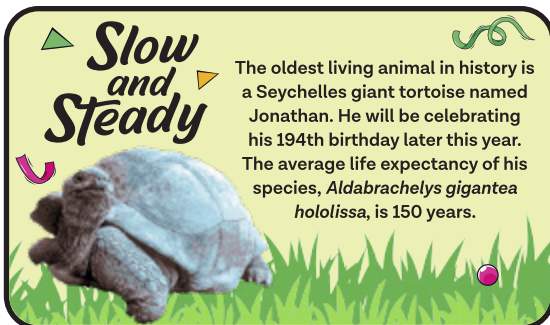
Get Involved

This event will only be possible with community support. Here are a few ways you can participate:

- Mark your calendar for September 26 to 27, 2026.
- Donate gently used sporting gear (collection begins in September).
- Volunteer to help with sorting gear, setup, sales, or cleanup.
- Spread the word to friends, neighbours, and local sports families.

By donating gear, volunteering, or shopping at the sale, you'll be helping build a stronger, more active community while ensuring that every child has the chance to play.

Stay tuned for more details about donation drop-off dates, volunteer opportunities, and event times. We look forward to seeing the community come together for this exciting new event!



HEY PARKDALE!

LET'S CONNECT



x.com/ParkdaleYYC



instagram.com/parkdalecommunityyc/



facebook.com/parkdalecommunity



parkdaleyyc.com

FOLLOW US ON OUR SOCIALS
FOR ALL THE LATEST PCA NEWS

Swish ORAL CARE

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 Jiwani. 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.



The Essentials

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



Fresh 5

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.



Cosmetic Dentistry

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



Invisalign

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



Emergencies

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

Brush up on all things *Swish*

Now open and accepting new patients.
Scan to book your Swish Experience.

Swish Oral Care
3928 University Ave NW
Calgary, AB T3B 6N7
825-540-7183

Find us online:



[swishoralcare.ca](https://www.swishoralcare.ca)



@swishoralcare

Join the Parkdale Community Association – Your Voice Matters

Becoming a member of the Parkdale Community Association (PCA) is one of the easiest and most meaningful ways to support our community and have a say in its future.

Whether you sign up as a single, family, or senior member, PCA membership gives you the right to vote at the Annual General Meeting (AGM) and Special General Meetings. This means you can directly share your opinions on how the PCA is run and help shape the programs, events, and initiatives offered in Parkdale.

Your membership also strengthens the PCA's voice on issues that matter locally, including community safety, traffic concerns, and planning and development. A strong membership shows decision-makers that Parkdale residents are engaged, informed, and united.

In addition, members can take part in popular community programs such as the Community Garden and Parkdale soccer programs and may opt in to receive weekly PCA email newsletters featuring upcoming events, volunteer opportunities, and important updates, including information about the AGM.

Support your community. Stay informed. Make your voice heard.

Join the PCA today and help shape Parkdale's future.

Community Mural

The Parkdale Community Association is exploring an exciting new idea — a community mural — and we want to hear from you!

A mural can be a vibrant way to celebrate the identity of a neighbourhood. It can reflect the history of the community, highlight the natural beauty of the Bow River and surrounding green spaces, showcase our public spaces like the garden and rink, or highlight the creativity and diversity of the people who call Parkdale home. Most importantly, a mural would be something created with input from the community, for the community.

At this stage, the project is in the very early planning phases. Before moving forward, we want to understand whether there is interest in the idea and gather suggestions for what neighbours would like to see represented in a mural.

Share Your Ideas

We'd love to hear your thoughts on questions such as:

- What themes or images represent Parkdale to you?
- Should the mural highlight nature, community life, local history, or something else?
- Are there colours, symbols, or ideas you feel would make a meaningful addition to our neighbourhood?
- Would you be interested in helping with planning or participating in the project?

Community murals can become a lasting landmark and point of pride, bringing neighbours together through creativity and collaboration. Whether you're an artist, someone with a great idea, or simply someone who loves public art, your voice can help shape the vision.

Get Involved

If you have ideas to share or would like to express interest in the project, we'd love to hear from you. Please reach out to: publicart@parkdaleyyc.com.

Your feedback will help guide whether this project moves forward and what it could become. Together, we can create something that reflects the spirit and creativity of Parkdale!



Surely You Joust?

The official sport of the state of Maryland is jousting! Maryland was the first state to adopt an official sport back in 1962 and still holds jousting tournaments to this day!



Parkdale Community Garden: Growing Together

The Parkdale Community Garden is more than just a place to grow plants — it's a place where neighbours connect, families spend time outdoors, and our community grows stronger together. Throughout the season, volunteers help care for the garden's perennial beds, food forest, rain garden, and shared spaces, creating a welcoming environment for everyone to enjoy.

Whether you're an experienced gardener or just curious to lend a hand, our community workdays are a fun and flexible way to get involved. You can join for one day or several — every bit of help makes a difference. These programs thrive thanks to volunteers who give their time to help maintain and beautify the space.

Community Garden Workdays

We invite neighbours of all ages to join us on the following days:

Saturday, June 20 – Garden Care Day

General care of the perennial beds and food forest.

Saturday, July 25 – Garden Beautification

Mulching and care for the herb circle, rain garden, food forest, and perennial beds.

Saturday, August 22 – Garden Care Day

General care of the perennial beds and food forest.

Saturday, September 19 – Final Community Workday

Help winterize the garden and prepare it for the colder months ahead.

A Space for Everyone

These workdays are designed to be welcoming and family friendly. Kids are encouraged to come along — they can play in the sandbox, explore the garden, paint rocks, or read books from the Little Library while parents volunteer.

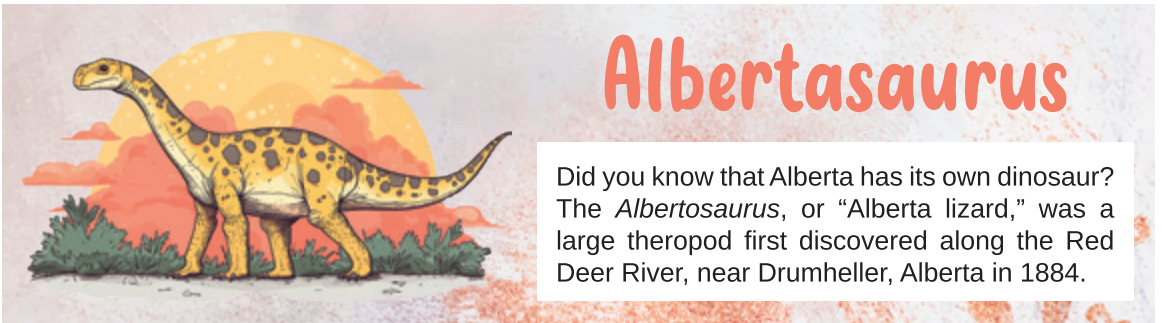
We're also looking for volunteers to help set up the painting station, making this a great opportunity for individuals or families who want to contribute in a simple but meaningful way.

Get Involved

Spending time in the garden is a wonderful way to get outside, meet your neighbours, and support a shared community space. Whether you can help for an hour or stay the whole day, your participation helps keep these programs running.

If you're interested in volunteering, please reach out to garden@parkdaleyyc.com for the garden and events@parkdaleyyc.com for painting or other events.

We hope to see you in the garden this season!



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

Farm Stand Coming to Parkdale



We're excited to welcome the Farm Stand Program to our community this season! This City of Calgary initiative helps connect neighbours with fresh, locally and regionally grown food while supporting local farmers and strengthening our local economy. It's all part of a broader effort to improve access to healthy food and build a more resilient food system across Calgary.

Joining us this year is Broxburn Vegetables, known for their high-quality, locally grown produce. Broxburn grows a wide variety of fruits and vegetables in both field and greenhouse settings, using environmentally responsible practices. In their greenhouses, they use natural predators instead of chemical pesticides—supporting healthy, sustainable growing methods while delivering great-tasting produce.

You can find the farm stand at the Parkdale Community Centre every Saturday from June 6 to September 6, from 3:00 to 6:00 pm.

Stop by to pick up fresh produce, support local farmers, and enjoy a simple way to eat well and shop close to home!

Celebrating Our Amazing Volunteers



We recently had the pleasure of hosting a Volunteer Appreciation event, and it was such a wonderful opportunity to recognize the people who make our community so special.

The afternoon included small thank you gifts, fun door prizes, and activities for kids, — something for everyone to enjoy. A big thank you to Westcor for generously providing the BBQ and helping create a warm, welcoming atmosphere for all who attended.

Our volunteers are at the heart of everything we do. From organizing events to maintaining spaces and supporting programs, their time and energy truly make a difference—we are so grateful for each and every one of you.

If you've been thinking about getting involved, we'd love to have you join us! There are opportunities in the community garden, skating rink, events, casino, and planning and development committee—whether you can give a little time or take on a bigger role, it all helps.

Interested in joining this incredible group? Please reach out at programs@parkdaleyyc.com—we'd love to hear from you!

Joke of the Month

What do you call a noisy horse?
A heard animal.





Stampede Breakfast is Back!

We're excited to welcome back our annual Stampede Breakfast on July 12 from 9:00 to 11:00 am!

This year's event will be a little smaller and more local—but just as fun. It's a great chance to connect with neighbours, enjoy some pancakes, and celebrate community spirit together. PCA members receive VIP front of the line access, a pass will be emailed to active members the week before. Breakfast will be available for the first 500 attendees, so be sure to come early!

We're also proud to be supporting the Calgary Food Bank, so please consider bringing a donation if you're able.

To make this event a success, we're looking for volunteers to help out. If you can lend a hand, please reach out to events@parkdaleyyc.com—we'd love your support.

A big thank you to our neighbours at EFW and Woods Homes for helping bring this event to life. If you're a local business interested in supporting or volunteering, we'd be happy to hear from you as well.

We can't wait to see everyone there!



News from the Friends of Nose Hill

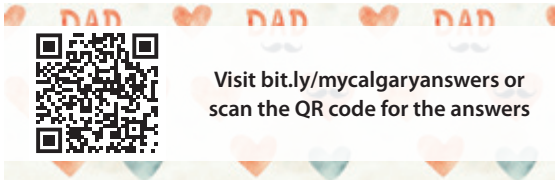
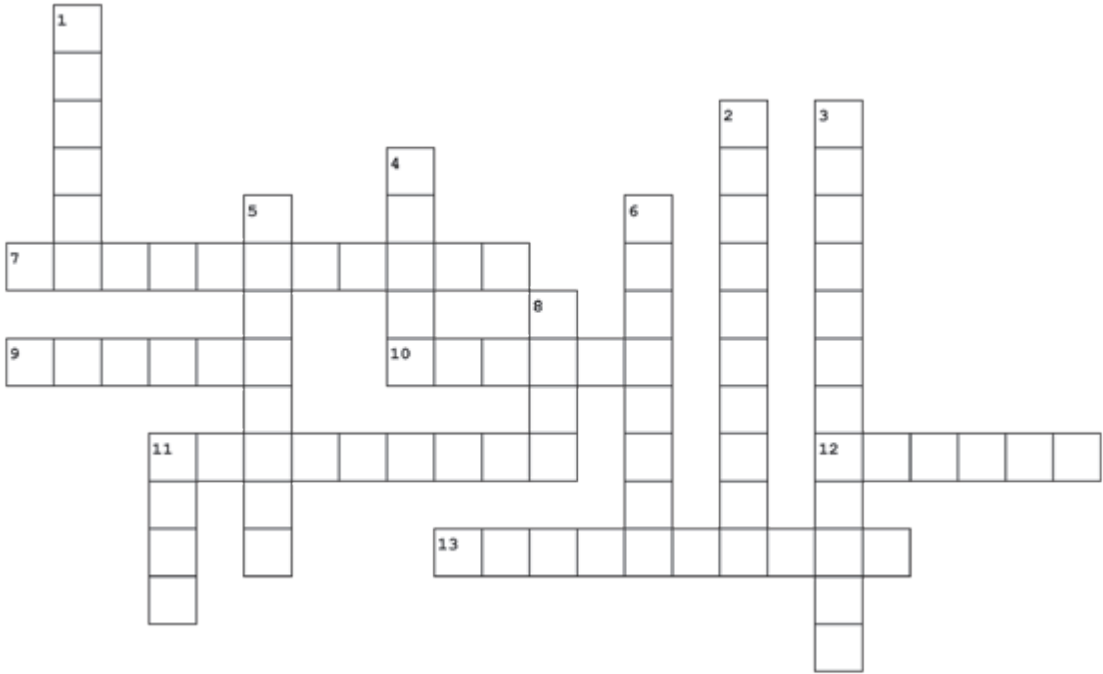
by Anne Burke

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/>.

DAD June Crossword

DAD

DAD



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.

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



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

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, life-threatening, and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing. The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

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



Scan to donate or visit [gofund.me/31fdeef6f](https://gofundme.com/31fdeef6f)
Any help is appreciated ❤️

Point McKay DENTAL CARE

*New patients receive a
free Sonicare toothbrush
with: full exam, X-rays
and cleaning*

East Riverside Tower
#4 - 145 Point Drive NW
Calgary, AB T3B 4W1
403.283.7829

General Dentistry

Cosmetic

Implants

Invisalign

Botox

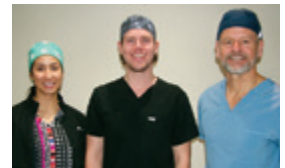
Oral Surgery

Children's
Dentistry

Restorative
Root Canals

Wisdom Teeth
Extraction

Experience the Difference



At Point McKay Dental Care, we're committed to creating a friendly, comfortable experience for every patient that comes through our doors.

Led by Dr. Jess McKie, Dr. Paul Hul and Dr. Sheila Lipinski, our team takes pride in delivering high-quality, patient-centered care you can trust.

Book your appointment today!

Monday - Tuesday: 1 pm - 8 pm

Wednesday: 7 am - 8 pm

Thursday: 7 am - 3 pm

Friday: 8 am - 4 pm

Emergencies - Direct Billing - Extended Hours - Full Family Dentistry - New Patients Welcome



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.

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.

PARKDALE 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.

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.

EXPERT RENOVATIONS & PROPERTY MAINTENANCE SOLUTIONS: Interior/exterior; simple fixes to more complex projects. Plumbing & electrical fixes; full reno for bathrooms, basements, kitchen upgrades & more. Specializing in older homes, pre-sale updates, stone & tile work, Smart toilet installations, & general home maintenance. Local, licensed, insured. Call 403-992-5574. <https://everhaus.ca/>.

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.



Trusted Family Dentist in NW Calgary

#220 - 1620 29 St NW, Calgary, AB T2N 4L7

www.foothillsdental.ca

**We accept all insurances and the new
Canadian Dental Care Plan (CDCP)**

**We follow the Alberta
Dental Fee Guide**



Dentistry for the whole family

**We accept
new patients,
plan your visit
today!**

Call us today at 403-926-9203!

**Scan to
book your
appointment**

