

AUGUST 2025

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Square Dance Program

Intro to Today's
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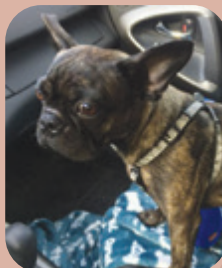
Tuesday, August 5,
12, 19 & 26

6:30 PM to 7:30 PM

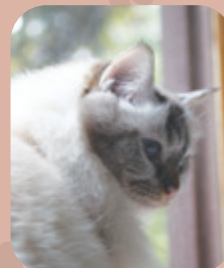
FREE



Cats, Canines, & Critters of Calgary



Bugsy, Dalhousie



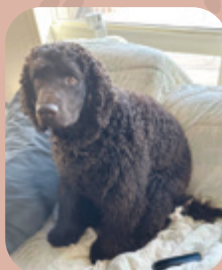
Ella, Mount Royal



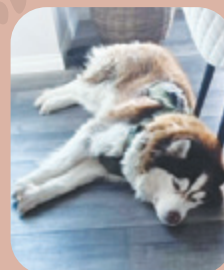
Mac, Evanston



Mango, Evanston



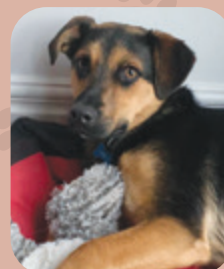
Mick and Turd,
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

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Happy Birthday



Born in St. Matthews, South Carolina, Viola Davis is one of the most incredible actresses of our time. She was born on August 11, 1965, making this date a very important one in pop culture! How will you be celebrating this Woman King?



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Calgary Hail

by Garth Paul Ukrainetz

They say it starts from tips of mountains
Ice and snow on summits high
Taken by the gales of summer
Blown towards the prairie sky

Across the foothills with a vengeance
Hard blizzard grows within the cloud
Alberta you must run for cover
Distant rumbling growing loud

Big city, heed the alpine warning
Keep rivers clean and clear within
The Rockies send a stark reminder
From glaciers pure it all begins

Thru flashing lightning, thunder shaking
High avalanche comes crashing down
They say it starts from tips of mountains
And ends in Calgary on the ground

☒ CHECKLIST

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

9 PM
ROUTINE

CALGARY
POLICE
SERVICE



CONTENTS

- 6 NEWS FROM THE FRIENDS OF NOSE HILL
- 8 RESIDENT PERSPECTIVES: FINDING THE RIGHT COUNSELLING SUPPORT IN YOUR CALGARY COMMUNITY
- 10 REAL ESTATE UPDATE
- 12 TAKE ON WELLNESS: EVALUATING ONLINE HEALTH INFORMATION
- 15 BUSINESS CLASSIFIEDS



SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

THORNCLIFFE



GREENVIEW



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News from the Friends of Nose Hill

by Anne Burke

Long ago, what we know as Alberta was underwater, covered by the ocean and surrounded by tropical forests. As many as 20 major glacial advances and retreats reshaped the landscape, including the continuous plateau of Nose Hill and Lake Calgary. Nose Hill provides spectacular views of the Bow River Valley and the uplands across the valley. Their geological history began in the floodplain of the Bow River which flowed at the top level of the present Hill where the river deposited gravel, sand, and mud. These are relatively thin on the steeper slopes. Nose Hill is bounded by the overflow spillway system, now Beddington and Nose Creek. Big Hill Springs Coulee is what remains.

Erratics are stones, boulders, or big blocks picked up and moved from one place to another during the last ice age. There are many in Nose Hill Park traced to a landslide from Mount Edith Cavell in Jasper National Park; they are part of a series across the Foothills region of Alberta. The Foothills Erratics Train runs from near Hinton, Alberta, to the Montana border. Some large boulders, such as the Nose Hill Buffalo Rubbing Stone, were used centuries ago. You can hike up to the Nose Hill 64 Avenue Glacial Erratic from the parking lot off 14 Street NW. At the top of Nose Hill Park there are several scattered glacial erratics of different sizes grouped close together. The Nose Hill Brisebois Glacial Erratic is between the south Nose Hill Parking Lot at Brisebois Drive and John Laurie Blvd. The Nose Hill Tower Glacial Erratic is on the top of the hill near transmission poles and a small building. Access is by an uphill hike from the North Hill SE Parking Lot along an old access road.

YOUR CITY OF CALGARY

What Really Happens to Your Green Cart Waste?

by The City of Calgary Waste and Recycling Services



Food and yard waste collected through the Green Cart program is turned into nutrient-rich compost for use by farmers, gardeners, and landscapers.

If you don't separate your food scraps from your garbage it will end up buried in the landfill where it doesn't break down or turn into soil.

Separating your food scraps in your green bin makes a big difference.

Follow these tips for separating food scraps and using your green cart:

- Remove food from its packaging before putting it in your green cart.
- Use a kitchen pail or reuse any container with a lid (like an ice cream bucket) to store food scraps until you throw them in your green cart.
- You can control odours and keep your cart clean by using a certified compostable bag, paper bag, or newspaper liner in your kitchen pail.
- Use a small amount of baking soda in your kitchen pail to prevent odours.

Check calgary.ca/foodscraps for more tips to make your green bin a winner!

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.

Finding the Right Counselling Support in Your Calgary Community

by Rod Mitchell, MC, MSc, R. Psych.

Calgary winters can feel endless. Job markets shift. Relationships face stress. Life throws curveballs that leave even the strongest people feeling overwhelmed.

Seeking counselling support shows wisdom, not weakness. You're taking action to improve your mental health and well-being. Calgary offers many excellent counselling options, but each quadrant has different resources and accessibility factors.

The key is knowing where to look and what questions to ask. Finding the right therapeutic fit takes some research, but the effort pays off when you connect with someone who truly understands your needs and can help you move forward.

Know Your Neighbourhood Network

Start your search close to home. These community resources often know local mental health practitioners.

Immediate Resources:

- Family Doctor or Walk-In Clinic - Best starting point for professional referrals
- Community Associations - Many maintain lists of local therapists and host wellness workshops
- Calgary Public Library Branches - Staff provide mental health resource guides and information about local support groups

If You Have Children:

- School Counsellors - Excellent source for family-friendly therapist recommendations
- Recreation Centres - Staff know about local support groups and wellness programs

Cultural and Faith Communities:

- Religious Centres and Cultural Organizations - Often provide counselling or referrals to culturally sensitive practitioners. These resources understand your Calgary neighbourhood's unique needs and can point you toward practitioners who work well with people from your area.

Vetting Your Counselling Options

Ask these essential questions when contacting potential therapists.



Qualifications and Experience:

- What are their credentials? (Registered psychologist, clinical social worker, counselling therapist)
- Do they have experience with your specific concerns?
- What therapy approaches do they use?

Practical Considerations:

- How flexible is their scheduling?
- What are their fees and payment options?
- Do they offer sliding scale pricing?
- Can they provide virtual sessions during Calgary's harsh winters?
- What's their cancellation policy?

Treatment Approach:

- How do they typically work with clients facing your situation?
- What does a typical session look like?
- Do they involve family members or partners when appropriate?
- How do they handle confidentiality?

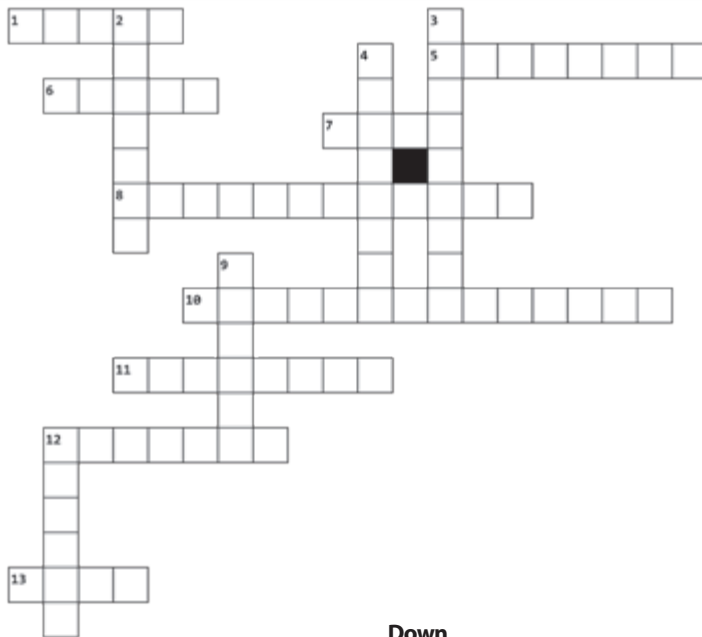
You don't need to understand every therapeutic technique, but you should feel comfortable with their general approach. Most therapists will answer these questions during a brief initial consultation.

Next Steps

Taking that first step toward counselling shows strength. Whether you're dealing with anxiety, relationship challenges, or life transitions, support exists in your Calgary community.

Your mental health matters, and the right support is available when you're ready to seek it.

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.





Thorncliffe Real Estate Update

Last 12 Months Thorncliffe
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2025	\$599,500	\$599,500
May 2025	\$487,500	\$508,500
April 2025	\$575,000	\$555,000
March 2025	\$499,900	\$484,000
February 2025	\$599,900	\$575,000
January 2025	\$625,000	\$617,500
December 2024	\$625,000	\$607,500
November 2024	\$542,000	\$551,500
October 2024	\$499,900	\$488,000
September 2024	\$462,449	\$461,000
August 2024	\$544,450	\$548,500
July 2024	\$524,900	\$540,000

Last 12 Months Thorncliffe
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2025	14	14
May 2025	22	14
April 2025	18	15
March 2025	16	7
February 2025	4	5
January 2025	10	7
December 2024	0	3
November 2024	11	10
October 2024	14	11
September 2024	16	12
August 2024	13	10
July 2024	10	9

To view more detailed information that comprise the above
MLS averages please visit **thor.mycalgary.com**

Greenview Real Estate Update

Last 12 Months Greenview
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2025	\$217,350	\$210,025
May 2025	\$639,900	\$635,000
April 2025	\$199,800	\$193,000
March 2025	\$359,900	\$345,000
February 2025	\$172,495	\$170,750
January 2025	\$549,000	\$542,000
December 2024	\$584,950	\$565,000
November 2024	\$254,999	\$249,999
October 2024	\$214,900	\$225,000
September 2024	\$262,500	\$261,000
August 2024	\$357,900	\$347,250
July 2024	\$209,000	\$200,000

Last 12 Months Greenview
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2025	5	4
May 2025	4	3
April 2025	7	1
March 2025	5	5
February 2025	5	4
January 2025	5	1
December 2024	0	2
November 2024	0	4
October 2024	8	3
September 2024	1	2
August 2024	8	4
July 2024	3	5

To view more detailed information that comprise the above
MLS averages please visit **gree.mycalgary.com**



Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

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.

Organ and Tissue Donation

by Alberta Health Services



One organ donor can save up to eight lives and one tissue donor can dramatically improve up to 75 lives.

How to Act on Your Good Intentions

A deceased person can donate organs such as lungs, heart, kidneys, and liver – and/or tissues such as eyes, skin, bone, and tendons. If you're interested in leaving these gifts, please register your decision online at GiveLifeAlberta.ca or in person at a motor vehicle registry office. Donor cards don't exist anymore; if you have signed the back of your Alberta Health card in the past, you are asked to join Alberta's registry in one of the ways above.

Albertans are also encouraged to share their wishes with their loved ones. Generally, if someone is eligible to donate at the time of their death, the Give Life Alberta donation team will check the registry and inform their family about their donation decision. It will then be up to their family to decide if they'd like to proceed with donation or not. Many previous donor families have found that decision was easier if they knew what their loved one wanted.

Sharing Your Donation Decision

Donation discussions don't need to be grim. The national award-winning Give Life Alberta public awareness campaign All the Ways portrays creative ways one could tell their family they'd like to be a donor, for example in the form of a cake, a card, or even a t-shirt. Families could also spark the conversation by watching public awareness videos and real-life donor and transplant recipient stories on GiveLifeAlberta.ca.

Constant Need for Organs and Tissues

While Alberta marked another record year in 2024 – with 317 deceased organ and tissue donors — there are more than 500 people waiting for life-saving transplants in our province. Last year, 33 people on the wait list died.

For contact information and to learn more about organ and tissue donation, visit GiveLifeAlberta.ca.

BRAIN
GAMES

SUDOKU

3		4	1					
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9			4				1	
6	5			1			7	4
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		9			5			
5		3	2		1			
					4	1		3

SCAN THE QR CODE
FOR THE SOLUTION



DOUBLE EAGLE II

In August of 1978, the first successful balloon flight across the Atlantic took place. The balloon, named **Double Eagle II**, departed from Presque Island, Maine and landed in France. The gondola of this incredible balloon is on display at the Smithsonian Air & Space Annex in Chantilly, Virginia.

3-1-1 Calgary App Gets an Update

by The City of Calgary

The newly updated 3-1-1 Calgary app empowers Calgarians to work together, covering more than 90 City services. Every photo and report submitted helps The City respond more quickly and helps improve service delivery keeping our communities running smoothly. "Use the app when you notice issues and encourage your neighbours and friends to do the same," says Gilberto Ancheta, 3-1-1 Coordinator.

How to Use the App

Report issues you see like potholes, graffiti, or missed waste collection. Simply describe the concern, upload photos, tag the location, and submit your request.

New Changes

New features include real-time status updates on submitted requests, allowing users to track progress and receive notifications. The app also includes a built-in City news feed sharing key programs, services, and updates. With only 30 percent of 3-1-1 requests coming through the app, there's opportunity to grow this efficient digital option. Download the Calgary 3-1-1 app today and help spread the word.



Applications For Election Workers Open in August

by The City of Calgary

Are you or someone you know interested in becoming an election worker?

Elections Calgary is looking to recruit roughly 5,000 Calgarians to work the General Election in October 2025, and the application portal opens in August.

Election workers help with voting and vote counting, including voting station set up and take down, helping voters with the voting process, and counting ballots. There are many opportunities available and it's a great way to show your civic and community pride.

You can be an election worker if you are eligible to work in Canada and are over the age of 16. Apply today and participate in one of Calgary's biggest community engagement events!

Information about Calgary's upcoming General Election, including applying to be an election worker, can be found at electionscalgary.ca.



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.



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