

AUGUST 2025

DELIVERED MONTHLY TO 2,675 HOUSEHOLDS

# your DEWINTON

BRINGING DE WINTON RESIDENTS TOGETHER



**YOUR HERITAGE POINTE AND DE WINTON REALTOR®**

AUSTIN COWLEY  
REAL ESTATE GROUP

403.889.7314

TOWN  
RESIDENTIAL



# Sirocco

AT PINE CREEK

EVERY STORY  
NEEDS A PLACE  
*This is yours*

Sirocco in Southwest Calgary is a community made for first steps, shared laughter and the joy of simply being together.

Estate | Front Drive | Bungalow Villas | Laned |  
Semi-Attached Front Drive | Paired | Townhomes

**ExperienceSirocco.com**



**Anthem** 



## Get TELUS Wireless Home Internet

from **\$50/mo.**<sup>1</sup>

On a 2-year term. Includes \$10/mo. Mobility customer discount<sup>2</sup>, unlimited data and \$0 hardware with easy device financing.

Regular price: \$75/mo.



### Go faster than ever with TELUS Wireless Home Internet



#### The speed you need

Plans up to 200Mbps download speeds with upload speeds of 20Mbps.<sup>1</sup>



#### Data with no limits

Get unlimited data without speed throttling<sup>1</sup> for more streaming<sup>1</sup> and surfing.



#### Easy to set up

Get connected quickly with \$0 hardware included and hassle-free installation.



#### Bundle and Save

Save up to \$10 per month when bundled with your TELUS or Koodo Mobility Plan.

Start enjoying wireless home internet today.



Visit your nearest TELUS store or dealer



Call 1-833-373-3311



Order online at [telus.com/twhi](https://telus.com/twhi)

1. Offer subject to change without notice and available to new customers signing up on a 2-year term for the TELUS Wireless Home Internet plan. From month 1-24, a \$25/mo discount applies. Regular price is currently \$70/mo for 25Mbps, \$70/mo for 50Mbps, \$75/mo for 100Mbps, \$95/mo for 200Mbps and is subject to change. All prices do not include applicable taxes. Regular pricing for unlimited data add-on applies at month 25, and is currently \$20 per month. TELUS Wireless Home Internet plans are subject to the customer using the service under an ordinary range of use and in a way that does not consume excessive network capacity and/or adversely affects TELUS' ability to provide services to other users. By way of example and not limitation, the following are considered by TELUS to be outside of an ordinary range of use thereby consuming excessive network capacity: Operation (i.e., hosting) of servers for services such as email, web, news, chat or other similar services; Resale, transfer or distribution of the data service; and sharing the data service with an unauthorized party.

2. Offer subject to change without notice. Available to TELUS or Koodo Mobility post-paid customers who subscribe to qualifying TELUS Home Internet packages. A \$10/mo. discount will apply to the internet bill for as long as the eligibility requirements are met or until the discount is no longer maintained. Discounts, promotions, benefits and credits are earned for each full month of service and do not apply to partial billing periods. If you change your plan following our eligibility assessment, your discount may be removed.

# De Winton Community Association

(Founded 1918 - Alberta Association Member 1962)

Box 111, DeWinton, AB, T0L 0X0

Phone: 403-938-2525 | Fax: 403-995-4105 | Email: [dwca@platinum.ca](mailto:dwca@platinum.ca) |

Web: [www.dewintonca.com](http://www.dewintonca.com)

## 2025 De Winton Board of Directors

Mike Kosinec	President
Alan Alger	Vice President
Donna Fracchia	Secretary
Shirle Ternan	Treasurer
Cindy Poole	Facility
Edith Rabinovitch	Membership
Mia Staysko	Communication and Media
Michele Waldner	Communication and Media
Matt Coveact	On-Site Facility Manager

### About the De Winton Community Association

We were founded in 1918 and have been an Alberta Association Member since 1962.

Are you new to De Winton? On behalf of our amazing community, please allow us to welcome you and your family. We have a welcoming gift for you, along with some information about our local happenings, activities, and fabulous preschool. Please contact us directly at the Hall by phone or email. Also visit our website and sign up for our newsletter. Once again, welcome!



### CHECK THIS OUT!!

Thanks to the hard work of our board member Mia, we have a NEW and IMPROVED WEBSITE!

Please check it out to see what is happening at the Hall for all our members. The calendar is now up and running.

GO TO : <https://www.dewintonca.com>

See you there!

**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.

### SCAN HERE TO VIEW ADDITIONAL DE WINTON CONTENT

#### News, Events, & More



#### Real Estate Statistics



## SAFE AND SOUND

### 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.



THE  
**BRITISH  
CHIPPY**  
LTD

**SERVING TRADITIONAL  
FISH AND CHIPS**

We use our Grandmother's Recipes and  
the Finest Ingredients.

**Organic Potatoes • Wild-Caught Fish  
Non-GMO Oil • Mushy Peas  
Traditional Meat Pies • Battered Sausage**

Thank you to all of our wonderful customers  
for voting us **BEST FISH & CHIPS**

**OPEN WED TO SUN**

Bridlewood, 2335 162 Ave SW, Calgary **403-256-1156**

  [www.thebritishchippy.com](http://www.thebritishchippy.com)

**OFFICIAL**

**PLUMBING & HEATING**

**Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical**

**\$50**

**Service Call Fee**



**403-837-4023**

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)



# HAPPY WEDDING DAY

The De Winton Hall is a beautiful place for  
a wedding and we still have room for  
2026.

Call Matt at 403-938-2525  
for more information

## The De Winton Community Hall



*A Perfect Space to  
Celebrate, Meet, and  
Create Memories*

## Elegant Venue Rental

### For Unforgettable Events

- ✓ beautiful country community hall
- ✓ Reasonable rates
- ✓ On-Site Parking

**Book Now!**

Website  
[dewintonca.com](http://dewintonca.com)



Contact us  
[info@dewintonca.com](mailto:info@dewintonca.com)  
403-938-2525



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

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto: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.

## LANDSCAPING SPECIALISTS



FOR A FREE ESTIMATE  
ON LANDSCAPING

CALL SHAWN 403.651.0424

ASFCONTRACTING1@GMAIL.COM

WWW.ASFCONTRACTING.COM

COMMERCIAL/RESIDENTIAL LAWN MAINTENANCE • PAVING  
STONE • SOD • RETAINING WALL INSTALL • FENCES • DECKS



Shawnessy Smiles

Dr. Roman Koutsil

"We don't sell dentistry — we give people a lifetime  
of smiles with natural-looking teeth!"

### LOCATION

647 Shawcliffe Gate SW  
Calgary, AB T2Y 1W1  
403-254-1124

[info@shawnessysmiles.ca](mailto:info@shawnessysmiles.ca) | [shawnessysmiles.ca](http://shawnessysmiles.ca)



## Ohhhhhh Canada

On Tuesday, July 1, the De Winton Community Association hosted its 43rd Annual Canada Day Breakfast. Last year we faced rain and cold and had to move the event indoors for the first time in years, but this year proved to be perfect. Not too cold, not too hot, and a beautiful breeze to ensure the day was just right.

Over the past 43 years the average attendance at our breakfasts has floated at around 400 to 450 people. Last year we were closer to the 400 in attendance who braved the weather to join us for breakfast. Our highest attendance was believed to be around 480.

With Canada Day falling on a Tuesday (and possibly recent changes in Canadian travel), we were anticipating somewhat higher attendance this year and planned food for roughly 500. Well, area residents came out in droves and smashed our record with close to 750 people showing up for 2025! Our volunteers also smashed it - handling the steady stream of people with grace and ease. Many stepped in to help as more and more arrived looking for a nice breakfast in a small country hamlet. Even as we ran out of ham, sausages, cream, butter, cutlery, cups, plates, and more, we made it work, eventually reducing our already really low price to serve up just pancakes until we were completely out.

The very talented Kay Pike was back as our face painter extraordinaire who kindly supplied all the product and made a lot of kids very happy leading a crew for our face painting, which is always immensely popular. We had lots of sporting activities for young and not as young people including spikeball, soccer, and cornhole. A few folks came out with their vintage cars and of course, support from our local fire station who always arrive to display their amazing fire trucks. Sadly, the trucks were unable to stay for long this year as they were called to duty not long after arriving.

Our ham, sausages, and pancakes were delicious. A heartfelt thanks goes out to Dave Metcalfe, who for many years has provided his large trailer grill to cook up hundreds and hundreds of pancakes. We seriously could not do this without Dave, and we truly appreciate his yearly contribution.

All our community events are run by volunteers. For the past 25 years, Trudy Vangilst and John Thorpe have led a large number of volunteers in planning and manning our breakfasts. They put in countless hours to put this special occasion on. Friends, family, and our fabulous community all pitch in to make it happen every year. This year was no exception.

We just have to give a shout out to our very special volunteers:

- Karen Jones and Engel and Pam Friesen who handled cooking hundreds of sausages.
- John Morel who sliced our cooked hams until there were no more.
- Sheila who was the ham slicer's assistant and main dishwasher and cleaner.
- Dave Metcalfe who ran the grill and cooked hundreds of pancakes.
- Candice Peace (a new volunteer!) who jumped right in to help with set up, coffee and lemonade service, and was part of the cleanup crew. Her two daughters also stepped up as part of the face painting crew.
- Mia Staysko, Shirle Ternan, and Sharon Papke who served up the ham and sausages.
- Yoyo whose speciality was being our pancake batter mixer.
- Jamie Stasiak and Val Gribba who managed our new recycling station which was very well received.
- Racim and Elly Gribba who helped on the soccer field and then managed the cup distribution along with lemonade and water set up.
- Ruby (another new volunteer from stretch class) who helped with set up.
- Anna Baretto and Linda Martin (Linda who just came for breakfast but got seconded) on table and BBQ supply runner.
- Edith Rabinovitch and her two delightful granddaughters who managed our ticket sales and were the welcoming committee.
- Nance (from our bi-weekly coffee group) who helped with coffee/juice/water serving and on cleanup.
- Mel Ternan, the man in charge of making gallons and gallons of coffee. It was so good people just wanted more. The Ternan's two grandchildren Kurt and Amber also helped with table and chair set up and take down.
- Councillor and board member Alan Alger, Mike Kozinec, Kathy and Randy Evans, Robb and Michele Waldner, Jim Vangilst, and our Facility Manager Matt Coveart who all lent a hand.



We know there were more volunteers and apologize if we missed your name. You have not been forgotten! We truly appreciate everyone who stepped up for us on Tuesday.

Finally, we also have to extend a huge thank you to the almost 800 people who came out to support us. Such wonderful people who were patient in the long lines, understanding as our food ran out, and were still appreciative for what we were putting together.

Our community is simply wonderful. Thank you so much!



## READY TO INCREASE YOUR CURB APPEAL?

**KILBCO**  
CONCRETE CURBING

Need a border between your grass and existing garden? Thinking of creating a new garden? Kilbco can help.

With a variety of colors, stamps and profiles, our steel cable enforced landscape curbing is a cost effective and a practical solution for residential and commercial properties.

Curbing will beautify your landscape and add value to your property

**Free Estimates**  
[www.kilbco.com](http://www.kilbco.com) | 403-870-0737

## HAMMERSPACE

Have you ever wondered how Tom can just pull a bat out of thin air to try to get Jerry with? Or where exactly Bugs Bunny keeps all his goodies that seem to just "appear." Funny enough, there is a name for this magical place where things pop out from. This imaginary extradimensional storage area is called hammerspace.



**the Gutter Doctor®**  
Home Exterior Services

GUTTER CLEAN, FIX & INSTALL  
FASCIA • SOFFIT • ROOFING  
GUTTER GUARDS • WINDOW CLEAN  
SIDING • CLADDING • HEAT CABLES

403-714-0711 • [gutterdoctor.ca](http://gutterdoctor.ca)



# 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.

## GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.  
We bring you more customers.  
We grow your sales.**

Call 403-720-0762 | [grow@greatnewsmedia.ca](mailto:grow@greatnewsmedia.ca)



SCAN ME



- **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](https://krs.ahs.ca/patients/evaluatingohi).



## Time to Renew Your Mortgage?

Don't Settle –  
Discover Better Rates  
and Options! Get  
Ready to Save Big!



**ANITA** 403-771-8771  
[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

Licensed by Avenue Financial



## 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](https://www.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](https://www.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](https://www.givelifealberta.ca).

For business classified ad rates contact

Great News Media

at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in DeWinton area. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

**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](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**DEWINTON 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](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | [YardBustersLandscaping.com](http://YardBustersLandscaping.com).

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**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](http://www.communitymediation.ca), 403-269-2707.

# BUSINESS CLASSIFIEDS

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

**FENCES AND SHEDS:** Homestead Fencing, established in 1999, builds all types of residential, acreage/farm, and commercial fences. We can custom-build sheds and shelters to your specific requirements. If you're looking for great quality at a great price, give us a call for your free quote! Tyler: 403-852-5394, [tyler@homesteadfencing.ca](mailto:tyler@homesteadfencing.ca), or visit us at [www.homesteadfencing.ca](http://www.homesteadfencing.ca).

**GUTTER DOCTOR!** Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**HOUSE CLEANER:** I have availability in the De Winton Area. Over 13 years' experience. Offering customized weekly, bi-weekly, or monthly cleaning plans (4-hour minimum). Discreet, detail-oriented, and professional service. Exceptional standards. References available. Call/text 403-993-6769 to inquire.

**ELECTRICIAN FOR HIRE:** Locally owned and operated Network Electric Ltd. offers full electrical services in the DeWinton and surrounding area. Call us for all your electrical needs. Service. Integrity. Quality. Visit our website at [www.networkelectricltd.ca](http://www.networkelectricltd.ca), email us at [ty@networkelectricltd.ca](mailto:ty@networkelectricltd.ca) or call Tyler Leaney at 403-862-3370. "Great rates; Great service."

**STAMPEDE PLUMBING AND HEATING:** 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers, gasfitters & HVAC technicians. Water heaters, furnaces, boilers, air conditioning/heat pumps, drain cleaning, leaks, Poly-b replacement and renovations! Competitive prices with quality, 24-hour service! Stampede Plumbing and Heating. Established 1998. Call 403-225-1037. [www.stampedeplumbingandheating.com](http://www.stampedeplumbingandheating.com).

**ZANELLA AUTO REPAIR:** Dominic and sons Vincent and Charlie - in business since 1986. 200-258082 16 St. West Foothills. Family owned and operated. Most makes/models worked on. MC, Visa, American Express, and Debit. Licensed Out of Province Inspection Facility. A member of AMVIC. Do business where you live. Call 403-938-7937 for an appointment. [www.ZanellaAutoRepair.com](http://www.ZanellaAutoRepair.com).



**FREE Estimates. Call 403.899.2172**  
Asphalt Paving | Sealcoating  
Crackfilling | Repairs

*Your Driveway Specialists!*

**403.287.3252**

**LAMBERT BROS.**  
**PAVING**

**[lambertpaving.com](http://lambertpaving.com)**



# Balanced Life & Fitness

ENHANCING WOMEN'S  
HEALTH THROUGH  
NUTRITION & FITNESS

## Services

- **Nutrition Coaching:** Guiding women to build habits that fuel energy, improve hormone health, and support long-term wellness
- **1:1 Personal Training:** In-home workouts customized for your goals — in my home gym or yours
- **Custom Workout Plans:** Train on your own schedule with weekly accountability check-ins
- **Accountability Programs:** Stay motivated and consistent — even when life gets busy

Amanda Graham B.A. Kinesiology, CSCS, CHNC



403.815.8338



amanda@balancedlifeandfitness.com



balancedlifeandfitness.com



balancedlifeandfitness

Learn More



## GAMES & PUZZLES

### Guess the Musical!

1. The 1962 version of this modern-day Romeo and Juliet story received 10 Oscars.
2. This musical of a masked, disfigured virtuoso holds the record for the most performances on Broadway.
3. Jennifer Hudson won an Oscar for her role as Effie White in this movie also featuring Beyoncé.
4. Pop sensation Dame Oliva Newton-John starred in this 1950s-inspired musical comedy.
5. Canadian actor Ryan Gosling stars in this romantic musical.
6. This heartwarming movie is based on the real-life story of the Von Trapp family.



SCAN THE QR  
CODE FOR THE  
ANSWERS!

www.kilbco.com

## CONCRETE SEALING

Kilbco offers **concrete resealing** to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

**FREE ESTIMATES**

**SEALED**

**UNSEALED**

**KILBCO**  
CONCRETE CURBING

Locally Owned &  
Operated

**Free Estimates to 403.870.0737**



LEN T WONG + ASSOCIATES



## DEWINTON COMMUNITY REAL ESTATE ACTIVITY

# 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@lenthwong.com](mailto:len@lenthwong.com)**

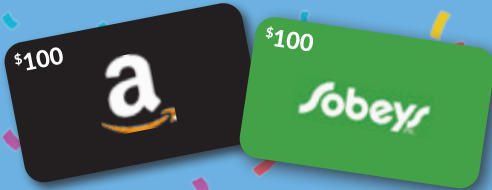
\*Guarantee is being offered by Greater Property Group.  
Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	25	1	1	\$1,450,000	\$1,476,000
May	25	1	0	\$0	\$0
April	25	0	0	\$0	\$0
March	25	0	0	\$0	\$0
February	25	0	0	\$0	\$0
January	25	0	1	\$2,200,000	\$2,050,000
December	24	0	0	\$0	\$0
November	24	1	1	\$1,000,000	\$1,225,000
October	24	1	1	\$960,000	\$890,000
September	24	0	1	\$1,280,000	\$1,190,000
August	24	0	1	\$1,150,000	\$1,050,000
July	24	0	0	\$0	\$0

To view more detailed information that comprise the above  
MLS averages please visit [dewn.mycalgary.com](https://dewn.mycalgary.com)

# SOUTH CALGARY DENTAL & ORTHODONTICS

 (587) 352-3100



← **SCAN TO BOOK AN  
APPOINTMENT TODAY!**

**\$100**  
**AMAZON OR SOBEYS  
GIFT CARD\***  
**AS OUR NEW PATIENT!**

\*Disclaimer: Offer valid with a comprehensive exam, x-rays and cleaning. Must be 18 years or older. Cannot be combined with any other offers. Not available to patients on reduced rate plans.

 5250 – 47 Legacy View SE, Calgary, AB  [SouthCalgaryDental.ca](http://SouthCalgaryDental.ca)  Open Evenings & Saturdays

Orthodontic services provided by Dr. A. Sharma, BSc, DMD, FRCD (Ortho).

The Landscape Artist Inc.



**403.256.2252**  
**www.landartist.com**

Contact us to schedule a free onsite consultation



We are providing our award winning landscaping design and construction services in your area!

Pools & Spas Aluminum Pergolas Outdoor Kitchens & Fireplaces Sports Courts & Putting Greens Water Features Retaining Walls



**IN STOCK  
ALUMINUM PERGOLAS**  
4 SEASONS - WINTER ENGINEERED



**IN STOCK  
FIBERGLASS POOLS**  
QUICK, EASY AND AFFORDABLE



**ENHANCING YOUR OUTDOOR LIVING SPACE**



Watch our interview  
with Bryan Baeumler