

JULY 2025

DELIVERED MONTHLY TO 3,700 HOUSEHOLDS

# your **SPRINGBANK**

BRINGING SPRINGBANK RESIDENTS TOGETHER



**DO YOU SUFFER FROM  
STUCCO FADE?**

PLEASE CALL HARDING'S PAINTING AT  
**403-254-4726**



GET A QUOTE



# 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)



## Your Patio Furniture Superstore!

**YETI** **Wicker Land Patio** **weber**

TRAERGER **BBQ LAND** RATANA **Modern Patio**

Located Three Blocks East of Chinook Mall  
6125 Centre Street S, (403) 258-2506  
[WickerLand.ca](http://WickerLand.ca)



WHERE DREAMS BECOME ADDRESSES



## PLANNING TO SELL YOUR HOME?

### LIST WITH US:

- ✓ EXTENSIVE LOCAL KNOWLEDGE
  - ✓ FREE HOME EVALUATION
  - ✓ FREE PROFESSIONAL PHOTOGRAPHY
  - ✓ POWERFUL MARKETING PLAN
  - ✓ EFFECTIVE ONLINE ADVERTISING
  - ✓ COMPETITIVE COMMISSION
- BUY A HOME
  - INVEST IN REAL ESTATE
  - SELL YOUR HOME
  - JOIN OUR TEAM



**GURIQBAL CHAHAL**

REAL ESTATE BROKER

CALL, TEXT OR EMAIL:

**(403) 966-6072**

[info@dreamhouse.realty](mailto:info@dreamhouse.realty)

[www.Dreamhouse.realty](http://www.Dreamhouse.realty)

YOUR PREMIER REAL ESTATE PARTNER

**YOUR LOCAL REAL ESTATE BROKER IN SPRINGBANK, COCHRANE & RURAL ROCKY VIEW AREAS!**

**WESTERN CANADA'S LARGEST VW RETAILER IS NOW OPEN.**



**TAZA PARK**  
Volkswagen



**ENJOY THESE GREAT SPECIALS FROM YOUR NEWEST COMMUNITY DEALER.**



**FREE!**  
**TOUCHLESS**  
**WASH**  
WITH THIS AD

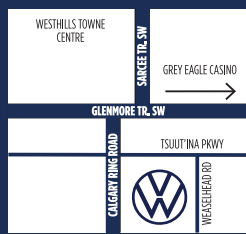


**SAVE 20%**  
**ON ALL**  
**SERVICES**  
WITH THIS AD



**OIL**  
**CHANGES**  
**FOR LIFE!**  
WITH VEHICLE PURCHASE

**MINUTES**  
**AWAY!**



**TAZA PARK**  
Volkswagen

**5909 WEASELHEAD ROAD**  
**403.300.0900**  
**www.TAZAPARKVW.com**

AMVIC LICENSEE. OFFERS EXCLUDE GST. AD MUST BE PRESENTED PRIOR TO REDEMPTION OF CAR WASH AND 20% OFF SERVICES. OIL CHANGE OFFER SUBJECT TO CONDITIONS. SEE DEALER FOR FULL DETAILS. OFFERS END 06/30/25.



## SPRINGBANK COMMUNITY ASSOCIATION BOARD OF DIRECTORS



President	Stu Pritchard
Vice-President	Aimee Johnston
Secretary	Lynn Donnelly Robb
Treasurer	Ronda Rankin
Director at Large	Jan Erisman
Director at Large	Lynn Munro
Director at Large	Al Schmidt
Director at Large	Melanie Spafford
Director at Large	Brad Wanchulak

### SCHS Community Youth Representative

Callista Tay

Please contact us at [president@springbankcommunity.com](mailto:president@springbankcommunity.com) if interested in working with the board.



## SCA UPDATE

### Memberships and Volunteer Opportunities:

Please visit [springbankcommunity.com](http://springbankcommunity.com) to join as a household or individual resident.

If you see a role where you can help out Springbank Community Association as a volunteer, please email [info@springbankcommunity.com](mailto:info@springbankcommunity.com). We need your voices to be heard!

SCAN HERE  
TO VIEW ADDITIONAL  
SPRINGBANK CONTENT



## Meet the New Board

### Secretary: Lynn Donnelly Robb

B.Sc. Biology, Lynn has lived in Springbank for over 35 years, taking on numerous volunteer roles throughout the community. She brings over 25 years of experience in education working with provincial and city parks as well as not for profits, focusing on both historical and natural history for all ages. Having spent the last ten years of her career as the Director of Conservation Education with a national NFP, she hopes to put her knowledge of program development, strategic planning, fundraising, and marketing to work with the Springbank Community Association.

### Director at Large: Jan Erisman

Jan Erisman B.I.D. with distinction. Commercial and residential Interior Designer, Masters basketball athlete, basketball coach, and 30-year resident. Volunteer board member for the Springbank Area Structure Plan and the Rocky View West Recreation Board. Over 20-year member of the Springbank Community Association, Stapa member, and founding member of the Springbank Historical Society. Striving to celebrate the incredible history of Springbank while promoting our community.

### Vice President: Aimee Johnston

Aimee Johnston holds a degree in kinesiology, and additional certifications in leadership and operating facilities. With over two decades of expertise in managing sport and recreation programs and facilities, where the focus has been on high-performance sports, her focus is now on community at the grassroots level. She has honed her skills in cultivating a culture of clear expectations and accountability, which is crucial for success in the dynamic sport and recreation industry. She has managed significant construction and renovation projects within the recreation sector, notably overseeing a recent \$60 million expansion of a recreation facility in North Central Calgary. Her commitment to excellence ensures teams execute with precision and efficiency, driving the organization forward for the community.

### Director at Large: Lynn Munro

B.Ed. with distinction, grew up on a mixed farm and now actively participates in her husband's family ranch in North Springbank. Her two sons are the sixth generation of family to live in Springbank. Has been a committed volunteer to our local schools and sports,

including minor hockey and football, and believes longevity of community is achieved through enhanced local facilities.

**President: Stu Pritchard**

Stu has been a resident of Springbank for the last 35 years. He is a retired senior IT marketing and sales executive with expertise in oil and gas information technology. Stu has lectured at the undergraduate and graduate level and experienced working overseas as a specialist. He is an active skier in the winter season and a cyclist in the summer.

**Treasurer: Ronda Rankin**

CPA, CGA, Ronda Rankin is a Springbank resident and an active outdoor recreational participant who enjoys running, hiking, and cycling in and around the community. As the President of Springbank Trails and Pathways Association (STAPA), she would like to see safe, integrated, and sustainable system of trails and pathways in Springbank which also link to the neighbouring cities of Calgary, Bragg Creek, and Cochrane. She has served in various volunteer and community organizations including the Rocky View West Recreation District Board.

**Director at Large: Al Schmidt**

B.Sc., MBA, CPA CMA, brings more than 35 years of real estate project management to the board, involving strategy, design, finance, marketing, construction, and property management. He is process-driven and believes that organizational responses must be consistently driven by long-term vision and stakeholder objectives.

**Director at Large: Melanie Spafford**

Melanie, a 45-year resident of Springbank, has a background in municipal government and IT project management. She raised her family in the area and has actively contributed to various community organizations. She is passionate about preserving and enhancing the community in Springbank.

**Director at Large: Brad Wanchulak**

Brings more than 20 years of executive, project management, and community leadership experience to the board. As a former semi-professional/NCAA student athlete and current executive director of a global industrial water management company, Mr. Wanchulak provides extensive international, business, and recreational development experience coupled with

his community involvement as a member of various Rockyview County, Springbank, and residential area community boards. He is a father to three daughters and is driven by a long-term vision to enhance country residential living throughout the Springbank area for all residents, young and old.



## Membership Builds Community

Membership in the Springbank Community Association is a \$5 yearly fee for individuals or \$10 for households – included in membership is such benefits as a vote at the Annual General Meeting, details will be sent out and communicated to members. The SCA is also working hard to develop more programs, events, and activities within the Springbank Community and look forward to partnering with you to do that.

Visit [www.springbankcommunity.com/sign-up](http://www.springbankcommunity.com/sign-up) to learn more!

**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.

# Building Your Emergency Food Kit

by Alberta Health Services



Emergencies often happen without warning. They may be natural disasters like floods, wildfires, or severe storms that require evacuation. They could also be events such as extended power outages that require you to shelter in place for some time. In both cases, access to food and water may be limited so it's a good idea to have an emergency food kit ready. Your kit should contain a collection of non-perishables, ready-to-eat food items stored for use during emergencies when access to supplies may be disrupted.

This article will provide information on what emergency food kits are, why they are necessary, and what to include in your kit.

### Why An Emergency Food Kit Matters

During a disaster, you may not be able to shop for food, cook, or access clean water. You may have to evacuate your home with very little notice or be asked to shelter in place. Having an emergency kit is essential. An emergency food kit contains non-perishable foods designed to sustain your family during unexpected situations like natural disasters. Food items that can be stored for a long time without refrigeration are

ideal for emergencies. In addition to peace of mind, having an emergency kit ensures you will have enough energy to handle the physical and emotional stress that emergencies often cause.

When assembling an emergency food kit, it's important to consider both nutrition and practicality. Focus on non-perishable items that are easy to prepare, require minimal cooking, and meet basic needs. Your grab and go emergency kit should contain enough food and water for each member of your family for a minimum of 72 hours. If sheltering at home, ensure that you are prepared for a minimum of 14 days.

### Items to Include

Choose non-perishable foods using the principles from Canada's Food Guide and consider what you might have for meals and snacks. Examples include dry cereal with shelf-stable milk and dried fruit or canned fish, with whole grain crackers and canned vegetables.

Some of these items require minimal heating. If you do not have a camp stove and fuel, as well as pots for an emergency kit, do not choose foods that require some heating.

- Water: 4 litres per person, per day for drinking and basic hygiene.
- Vegetables and Fruits: Dehydrated potatoes, canned fruits and vegetables, canned vegetable soups, as well as dried fruits.
- Grain Foods: Crackers, cereal, granola bars, instant oatmeal, rice, and pasta. Consider whole grain crackers and cereal for added nutrition.
- Protein Foods: Protein options include canned beans or canned meat, nuts, seeds, nut butters, and jerky.
- Milks and Plant-Based Beverages: Choose options that are sold at room temperature and in special cartons or in cans. These do not need refrigeration until they are opened.
- Special Diet Foods: If you have individuals with dietary restrictions, ensure that your kit contains enough specialty foods to last for the full duration of the emergency.
- Other Foods: While it's important to focus on essentials, you may also want to include some foods such as canned pudding, chocolate or packaged snacks, tea or coffee.
- Meal Preparation Materials: Include plates, cutlery, a multipurpose knife, manual can opener, and hand sanitizer. If you have a camp stove, store it with your emergency food kit as well as fuel and a pot or pan.
- If you have pets, remember to include their water and food needs.

### Practical Considerations

Store food in a cool, dry place and avoid areas prone to moisture or pests. When packing canned and dried goods, opt for smaller containers that can be consumed in one sitting to prevent spoilage once opened. Check foods every year and rotate out those that are nearing expiry as needed. Some foods may last for several years.

Emergency preparedness is essential for every household, and a well-planned food kit can provide comfort, nutrition, and safety during crises. By incorporating a variety of non-perishable items and water, you can ensure that you and your family remain well-nourished and prepared for any emergency.

Setting aside food for emergencies may not be possible for everyone due to cost. There may be resources in your social network or community to go to in case of emergency. Call, text, or chat with 2-1-1 Alberta (ab.211.ca/) to find out about financial benefits, programs, and services.

[www.kilbco.com](http://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**



**ANITA**

## Unlock Your Dream Home Now!



**ANITA**

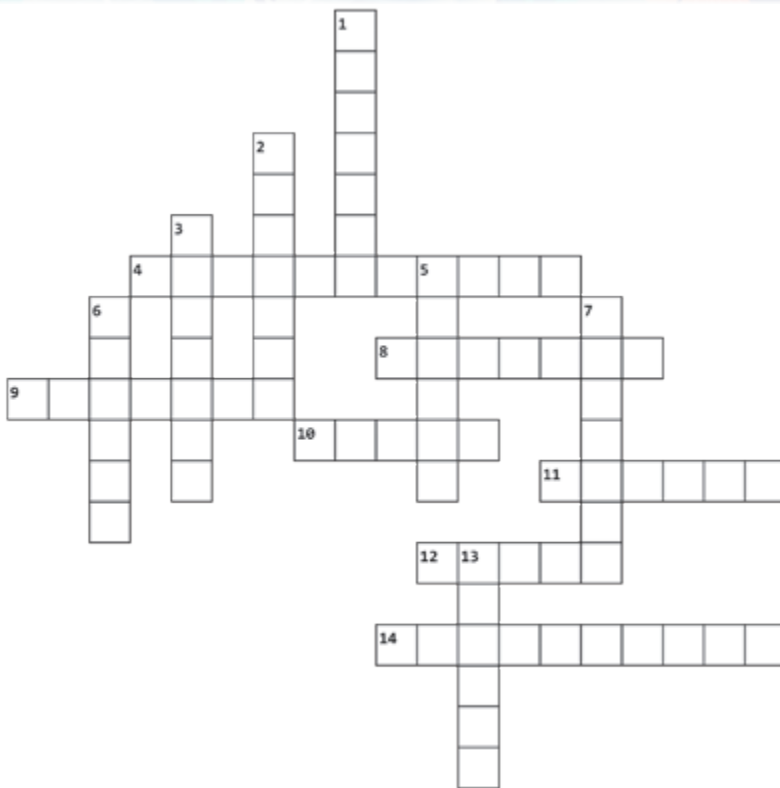
Low Rates,  
Fast Approval,  
Big Savings!  
Don't Wait – Act Today!



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

*Licensed by Avenue Financial*

# July Crossword



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers)  
or scan the QR code  
for the answers

## Across

4. Harper Lee's Southern Gothic novel, *To Kill a \_\_\_\_\_*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast \_\_\_\_\_ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate \_\_\_\_\_ celebrates her 22nd birthday on July 1.
14. Lucy Maud \_\_\_\_\_, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

## Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan \_\_\_\_\_ premiered on July 22, 1988.
3. The popular mobile game, \_\_\_\_\_ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first \_\_\_\_\_ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.



## BBQ Beef Patties on Buns

by Jennifer Puri



Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

**Servings:** 4

### Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

### Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

### Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.
2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

**FREE Estimates. Call 403.899.2172**

**Asphalt Paving | Sealcoating**

**Crackfilling | Repairs**

***Your Driveway Specialists!***

**403.287.3252**

**LAMBERT BROS.**

**PAVING**

**lambertpaving.com**

# What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.

# Word of the Month

**Lugubrious:** Adjective  
(loo-GOO-bree-us)

Looking or  
sounding very  
gloomy and sad.

He droned on  
in his lugubrious  
tone.



## 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

## No Yolk

Why don't eggs  
tell jokes?  
They might  
crack up!



**Kevin Brazeau**  
President

☎ 403-999-9216



KEVIN PEST CONTROL LTD.

*Providing affordable and effective pest  
control for over nine years in Calgary and  
surrounding areas*

Pests covered: all insects, voles, gophers, mice,  
bedbugs, roaches, bats, birds and spiders.

[www.kevcopestcontrol.ca](http://www.kevcopestcontrol.ca)

## Québec Village



On July 3, 1608, a trading  
post was established on the  
site of present-day Québec  
City that was part fort and  
part village. Samuel de  
Champlain fostered fur trades and used this building as a  
base. We're sure it looked a whole lot different back then!



## GAMES & PUZZLES

### Guess the Canadian Legend!

1. This famous hockey player holds or shares 61 NHL records.
2. This inventor's mom and wife were both deaf.
3. This inspirational man ran for 143 days, beginning in St. John's, Newfoundland.
4. The first band this incredible musician was ever in was called "The Jades".
5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.



## BRAIN GAMES

## SUDOKU

	7			4	2	6		5
				9	1			4
2								
	2					5		
5		6				7		9
		3					8	
								8
4			3	6				
1		9	2	5			4	

SCAN THE QR CODE  
FOR THE SOLUTION



For business classified ad rates contact

Great News Media

at 403-720-0762 or [sales@greatnewsmedia.ca](mailto: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](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**SPRINGBANK 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.

**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, 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).



# BUSINESS CLASSIFIEDS

**PAINTER SERVICING SPRINGBANK:** 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).

**ACUMEN APPLIANCE REPAIR:** Locally based company. Home appliances repair and installation, lint vent cleaning. All kinds and makes: stoves/ovens/ranges, fridges, freezers, washers/dryers, dishwashers, microwaves, trash compactors. Flexible hours, evening and weekend visits are available. Discounts for senior customers. Call at 587-997-4824 or e-mail [acumenappliance@gmail.com](mailto:acumenappliance@gmail.com).

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

**HEMMETT CUSTOM UPHOLSTERING & WINDOW COVERINGS:** Master craftsmanship for over 120 years. Located in Springbank to conveniently service our clients. Thousands of fabrics to choose from. Up to 40% savings on our premier window coverings. For more information or to book an appointment, please call/text 403-816-3802, email [rick@hemmettup.com](mailto:rick@hemmettup.com), or visit [www.hemmettup.com](http://www.hemmettup.com).

**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.

**PERFECTION PRUNING:** Have you been noticing that your trees and shrubs are in need of some care and attention? We can help make your yard look beautiful again! Experienced arborist with excellent climbing, pruning and removal skills. Free quotes and 100% satisfaction guaranteed! Call or text Caleb at 403-660-7475. [www.perfectionpruning.com](http://www.perfectionpruning.com).



**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)**



**DUNCAN LAW**

**Impeccable Legal Advice.**

- ▶ Personal Injury
- ▶ Real Estate
- ▶ Wills & Estates
- ▶ Family Law



📍 Conveniently located in Aspen Landing  
Phone: 403.300.0870 | [DuncanLawYYC.ca](http://DuncanLawYYC.ca)



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP

## **YOUR HOME SOLD GUARANTEED!\***

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

**Virtual Tours**

**Guaranteed Sale Program\***

**Trade Up Program\***

**Blanket Home Warranty Program\***

**Accepting Crypto Currency**

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

**Call or Text 403-606-8888**

**Email [len@lentwong.com](mailto:len@lentwong.com)**

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

# 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**





**403-607-0316**  
**info@mvpcanada.ca**



**we specialize in**

*Stucco Coatings*  
*Stucco Repair*

## hassle-free exterior **restorations.**

Mountain View Painters is a full-service painting company, specializing in elastomeric stucco coatings. We have access to a wide array of top-quality products that are proven to improve the durability and appearance of your property, guaranteed!

the leading professionals in :

- Exterior Painting
- Interior Painting
- Powerwashing
- Colour Consultation

...and much more

**mvp**

Calgary Owned  
and Operated!

find us on



houzz

**mvpcanada.ca**