

SEPTEMBER 2026

DELIVERED MONTHLY TO 5,700 HOUSEHOLDS



hello ACADIA

THE OFFICIAL ACADIA COMMUNITY NEWSLETTER

SAVE THE DATE
AGM ON OCTOBER 1!



Dr. Lucas Curran
General Dentist

New technology: Needle-free laser dentistry

CALL TODAY! FREE TEETH WHITENING OR ELECTRIC TOOTHBRUSH INCLUDED WITH YOUR COMPLETE EXAM, X-RAYS, AND CLEANING

We are participating in the Canadian Dental Care Plan

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General Dentist



- Open on alternate Saturdays
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www.willowsidedentist.ca

580 Acadia Dr SE

Second level

Entrance located on west facing side of building



Wheelchair accessible

**CALL TODAY! FREE TEETH WHITENING OR ELECTRIC TOOTHBRUSH
INCLUDED WITH YOUR COMPLETE EXAM, X-RAYS, AND CLEANING.
WE BILL IN ACCORDANCE WITH THE ADA FEE GUIDE.**



Mortgage Renewal Coming Up?

Before you sign your renewal offer, see how refinancing could help you:

- ✓ Lower payments
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- ✓ Improve cash flow
- ✓ Save thousands over time

Your lender gave you an offer — not necessarily the best one.



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Electrical

\$50

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info@officialplumbingheating.ca

official-plumbing-heating.ca



We are searching for

Volunteers

Acadia Community Association is bringing some great events & initiatives to the Acadia community in 2025!

Email volunteer@acadiaca.com to express your interest in supporting events such as:

**WINTER CARNIVAL | EASTER EGG HUNT
STAMPEDE BREAKFAST | SOCCER PROGRAM
YOUTH DROP IN | BIKE PARADE
MOVIE IN THE PARK | NEIGHBOUR DAY
FALL FAIR | KIDS' HOLIDAY PARTY
AND MANY MORE!**



Cycling
Rowing
Step
Pilates
Dadarday Yoga
Row with a Pro
SPQR
Strong Yoga
Yin/Restorative
sTRngth
Bootcamp
Fit 'n' Fab
Barre
Vinyasa Flow
Big Chill
Hatha
Meditation
Zumba
Gentle
Aqua Zumba
Meditation
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Salsa
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Lift
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FOR FAMILY WELLNESS

90+ GROUP FITNESS CLASSES* EACH WEEK

**LED BY 10 NOMINEES & 2 WINNERS
OF IMPACT MAGAZINE'S CANADA'S
TOP FITNESS INSTRUCTOR
COMPETITION!**

*Group fitness classes are included in memberships! Drop-in fees apply to non-members.

WWW.TRICOCENTRE.CA



Acadia Community Association Contacts

☎ 403-255-1252
✉ info@acadiaca.com
📱 @acacalgary
🌐 www.acadiaca.com
📍 240 - 90 Avenue SE Calgary, AB T2J 6P6

Leadership

President	Minh Badau	president@acadiaca.com
Vice President	Ashley Chapman	vp@acadiaca.com
Secretary	Marina Munro	secretary@acadiaca.com
Treasurer	Shanon Crews	treasurer@acadiaca.com

Staff

Executive Director	Jon Jackson	jon@acadiaca.com
Facilities Manager	Justin Baranec	justin@acadiaca.com
Food and Beverage Manager	James Lillico	james@acadiaca.com
Events and Programs Coordinator	Sarah Bruinsma	sarah@acadiaca.com

Committees

Membership	Vacant	membership@acadiaca.com
Volunteers	Vacant	volunteer@acadiaca.com
Planning and Development	Jack Moddle	planning@acadiaca.com
Traffic Safety	Chris Kalyn	traffic@acadiaca.com
Playgrounds and Greenspaces	Dana McCarty	playgrounds@acadiaca.com
Acadia Recreation Complex	Greg MacQuarrie	arc@acadiaca.com

Programs and Services

Good Food Box	goodfoodbox@acadiaca.com
Community Events	events@acadiaca.com
Youth Drop-In	kris@acadiaca.com
Soccer	soccer@acadiaca.com
Facility Bookings	bookings@acadiaca.com
Guest Services	frontdesk@acadiaca.com
Community Newsletter	helloacadia@acadiaca.com

Community and Elected Officials

Councillor Ward 11	Rob Ward	clward11@calgary.ca
MLA, Calgary-Acadia	Diana Batten	calgary.acadia@assembly.ab.ca 403-640-1363
MP, Calgary Midnapore	Stephanie Kusie	stephanie.kusie@parl.gc.ca 403-225-3480
School Board Trustee (Calgary Public School Board) Ward 11 and 13	Nancy Close	neclose@cbe.ab.ca 403-817-7918
School Board Trustee (Calgary Catholic School Board) Ward 11 and 12	Chantelle Dur	chantelle.dur@cssd.ab.ca
CPS Community Resource Officer	Brandon Gillis	pol5284@calgarypolice.ca
Acadia Community Social Worker	Viviana Reinberg	viviana.reinberg@calgary.ca



NOT SURE WHO TO CONTACT?

Start with us! Email info@acadiaca.com and we'll point you in the right direction.

Building A Connected Community!



Community First!

We bring neighbours together through programs, events, and shared experiences.



Volunteer-Led

The ACA is powered by community members who step forward, get involved, and make things happen!



Community Engagement

We create opportunities for residents to connect, participate, and be part of shaping what happens in Acadia



Spaces to Connect

From events to programs, we create opportunities to gather, grow, and belong!



WE ARE LOOKING FOR A **VOLUNTEER COORDINATOR** TO JOIN OUR TEAM!

KEY RESPONSIBILITIES:

- recruit, onboard & support ACA volunteers
- coordinate volunteers for programs, initiatives & events
- match volunteers to roles & schedules
- maintain volunteer records & contact lists
- support event leads & staff with volunteer planning & coordination
- promote volunteer opportunities through ACA communication channels
- foster positive volunteer engagement, recognition and retention

HELPFUL SKILLS:

- strong communication and people skills
- comfortable coordinating people and schedules
- organized, reliable, and detail oriented
- ability to work independently while collaborating with staff and committees
- data analysis and reporting skills an asset

ACA COORDINATOR ROLES:

- ~4 hours per month
- 1-year commitment encouraged

EMAIL VOLUNTEER@ACADIACA.COM FOR MORE INFO
AND TO APPLY!



MESSAGE FROM THE BOARD

Annual General Meeting

October 1

Save the date for the next upcoming Annual General Meeting. We will be holding the AGM at the ARC on Thursday, October 1, 2026. Connect with the community, learn about current initiatives and how the past year has gone, and have your voice heard. Community members must have their membership for at least one month before the AGM to be eligible to vote on community issues and governance, so be sure to renew your membership before September 1!

Community Momentum

We're seeing strong momentum across the ACA this season, with activity building in programs, events, and community-led initiatives.

Fundraising is underway for the Allandale Close Playground replacement, and we're grateful for the strong early support, including Little Caesars-Acadia's recent promotion. This project reflects what is possible when the community comes together around a shared goal, and we invite everyone to continue helping move it forward, whether through donations, sharing the initiative, or getting involved directly. Visit acadiaca.com/playgrounds to donate, get involved, or follow along with the project.

Make a Difference Where You Live, Work, and Play

There are many ways to get involved and make a meaningful impact, whether through volunteering, joining a committee, or contributing your skills in other ways.

As we continue strengthening our governance, operations, and programming, we're always looking for people who want to help shape the future of Acadia. Every contribution, big or small, plays a role in building a stronger community.

Visit acadiaca.com/careers, check page 11 for volunteer opportunities, or email volunteer@acadiaca.com to get involved.

Let's Stay Connected!

We encourage you to stay connected with the ACA by following along on social media and keeping up with what's happening in the community.

Membership also plays an important role in supporting the programs, events, and initiatives that bring Acadia to life. If you haven't already, we invite you to join and be part of what we're building together!

Your Acadia Community Association

2026 EVENTS

WINTER CARNIVAL Fun for the whole family! Carnival games, s'mores around the fire, horse-drawn wagon rides. Feb 7	BIKE PARADE Decorate your bike with streamers & balloons! Join the group ride to Acadia to kick off Bike Month! May 30	MOVIE IN THE PARK Enjoy a fun family movie under the stars in one of Acadia's greenspaces! Sep 4
VELVET MIDWAY Adult Winter Carnival Gala. Upscale roaming-cirque performers, with live music, cocktails, and canapés. Feb 7	NEIGHBOUR DAY Bringing Acadians together to celebrate community at the block party! Jun 20	SOUTHEAST BREWFEST Live music. Great beer. Local craft breweries serve up their offerings for you to taste! Oct 17
EASTER EGG HUNT Kids can hunt for eggs filled with treats at one of Acadia's many parks. Apr 4	PARADE OF GARAGE SALES Shop for unique treasures as the community of Acadia opens shop! Jun 27-28	KIDS' HOLIDAY PARTY Visit with Santa, decorate cookies, make crafts & play games! Dec 5
COMMUNITY CLEANUP Get started on your spring cleaning and get rid of your unwanted items free. May 16	STAMPEDE BREAKFAST Pancake breakfast with live music, line dance lessons and petting zoo! Jul 4	HOLIDAY LIGHTS CONTEST Light up Acadia this holiday season! Prizes in various categories to be won! Dec

Check out ACADIACA.COM/EVENTS FOR MOST UP TO DATE INFORMATION ON ALL OUR EVENTS!

Your ACA membership comes with special and exclusive offers from our I ♥ Acadia Business Partners

Acadia Recreation Complex 15% off banquet hall, meeting rooms, curling arena and lounge bookings. - Discount rates for pickleball and squash/racquetball bookings	Energize Health - South Location Receive a FREE 30 min massage when you attend an initial physio or chiropractic appointment
Ami Tea & Sub - Buy One - Get One 30% off! - Discount applies to all Ami Tea locations in Calgary	Alberta Tennis Centre - play for FREE in the ATC Bubble from June 1st - August 31 - Book courts 2 days in advance
Code Ninjas - 130th Ave SE One free gaming night per month	Scholars Willow Park 10% off all regular tutoring fees and summer camp fees
The Salt Lounge 15% off initial visit	Scruples Hair Design First time clients receive 10% off all products and 15% off all services
Tek Custom Installs Inc. 25% off handyman rates. - Minimum 2-hour booking per visit	Varsity Law 40% off Estate Plans

www.acadia.community/membership
www.acadia.community/aca-partnership-program

Youth Handball at the ARC

via the Calgary Handball Club

The Calgary Handball Club is looking for new junior handball players, boys and girls aged 11 and up. Young adults are welcome! Junior Handball practices run every Thursday at 5:00 pm and Saturday at 11:00 am at the Acadia Recreation Complex. Our game of handball is similar to racquetball, played on a four-wall court.

The basic skills required to learn how to play four-wall handball are the ability to throw a ball, good hand-eye coordination, running, and some athletic ability.

Our low-cost program includes loaner gloves and eye guards, court time, and instruction delivered by certified coaches.

If you have any questions, or would like to sign your child up for an introductory lesson, please contact the Calgary Handball Club with an email to calgaryhandballclub@gmail.com.

What's Happening with the ACA

COMMUNITY EVENTS



- Acadia Classic Golf Tournament - August 16
- Movie in the Park - September 4
- Annual General Meeting - October 1

See the full calendar at acadiaca.com/events

FACILITY HIGHLIGHTS



- Summer event season is underway!
- New lounge and kiosk hours for summer
- Free drop-in community space in the ARC lounge every morning
- Meeting rooms and spaces available to book for your next event

acadiaca.com/facilities

GET INVOLVED



- Volunteers needed for Good Food Box!
- Join a committee
- Purchase a membership to support the ACA's initiatives!

acadiaca.com/get-involved

COMMUNITY UPDATES



- Allandale Close Playground Replacement project in progress
- Planning & Development updates
- Watch for engagement sessions on our website and social media!

Learn more at acadiaca.com



ALLANDALE CLOSE PLAYGROUND

REBUILD COMING SOON

Help us build joyful Spaces
Every contribution counts!



Scan to
DONATE

<https://www.acadiaca.com/allandale-close-playground>

In partnership with:



WE ARE LOOKING FOR A MEMBERSHIP COMMITTEE CHAIR TO JOIN OUR TEAM!

KEY RESPONSIBILITIES:

- lead and coordinate the Membership Committee, setting clear goals and priorities
- develop and implement strategies for member recruitment and retention
- strengthen relationships with existing members and encourage participation
- oversee membership value, including management of the I ♥ Acadia Business Partnership program
- monitor membership trends and report to the Board
- collaborate with other committees to support organizational goals

HELPFUL SKILLS:

- strong interpersonal and relationship-building skills
- leadership or committee experience
- ability to engage members and local businesses
- organized, proactive, and reliable
- clear communicator with a community-first mindset

TIME COMMITMENT AND TERM:

- time commitment of approx. 3-5 hours per month
- 2-year term commitment appreciated

EMAIL VOLUNTEER@ACADIACA.COM FOR MORE INFO
AND TO APPLY!

A Good Food Box Depot in Acadia!

To maintain the current pick up schedule, the program needs more volunteers! Regular volunteers are needed for the Wednesday morning pick-ups. Duties include setting up the boardroom by moving tables and chairs, ensuring the correct number and sizes of boxes have been delivered, and tracking boxes as they are picked up. Time commitment is typically from 9:00 am to 1:00 pm. Volunteers will need their own laptop and must be comfortable working with Google Drive. Volunteers will have to complete an Acadia Community Association volunteer application form and police check. This position can accommodate more than one volunteer who can alternate between months. If you are interested in volunteering for the Good Food Box program, you can sign up by emailing goodfoodbox@acadiaca.com.

Thanks to the community support for the Good Food Box Program, individuals and families in Acadia can purchase boxes of fresh fruits and vegetables at an affordable price, and have those boxes delivered to the ARC for pick up on the scheduled dates.

Due to seasonal availability, the contents of each box cannot be guaranteed. However, all Good Food Boxes contain the maximum amount of produce available to ensure clients get the best value for the price. There are three box sizes to choose from, and the program is available to everyone regardless of income level.

Box Size	Price	Weight
Small	\$35	15 to 20lbs* of fruits and vegetables
Medium	\$40	25 to 30lbs* of fruits and vegetables
Large	\$45	35 to 40lbs* of fruits and vegetables

**Weights are approximate.*

If you are interested in purchasing a Good Food Box, please complete the contact form online at acadiaca.com/goodfoodbox or email goodfoodbox@acadiaca.com. Once your order is confirmed, payment instructions will be sent to you. Payment must be made within one day of the order deadline. Boxes are available monthly and can be picked up at the Acadia Recreation Complex, 240 - 90 Ave SE. Visit our website acadiaca.com/goodfoodbox for more details.

Good Food Box Order Deadlines and Pick Up Dates For 2026

Order Deadline - Friday	Pick Up Date - Wednesday From 11:00 am to 2:00 pm or 4:00 to 6:00 pm
September 4	September 16
September 25	October 7
October 23	November 4
November 27	December 9



Joke of the Month

Why are writers always
so cold?

They are always
surrounded by drafts.



SCAN HERE TO VIEW ADDITIONAL ACADIA CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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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.

REASONS TO BECOME A MEMBER OF THE



ACADIA
COMMUNITY
ASSOCIATION



VOTE

Have a say and influence on issues that are most important to you. Have a passion for a new playground, public art, or more programming? Joining the ACA is how you get involved in shaping the community where you live!

COMMUNITY HAPPENINGS

Keep up to date with all the happenings in the community, including new infrastructure developments, planning, traffic, events, programs, townhall meetings, ward news, and City news.

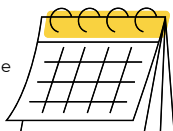


MEMBERS ONLY PERKS

ACA members get discounts on various local area food and retail outlets. In addition, members get access to the ARC Social Lounge and 15% off room and ice bookings at the ARC for private events!

FREE EVENTS

Most of our events are free or at a very reduced rate for members. The ACA hosts some great events each year, such as the Winter Carnival, Stampede Breakfast, Neighbour Day, and more!



BE PART OF A COMMUNITY

Research shows that being part of a community and its association is vital to making sure your community is a great place to live, work, and play.

**ANNUAL MEMBERSHIPS
ARE \$15-\$25**

FIND OUT MORE AND PURCHASE AT
ACADIACA.COM/MEMBERSHIP
OR EMAIL MEMBERSHIP@ACADIACA.COM

What's Up at the

ARC

ACADIA
RECREATION
COMPLEX

Home of the Acadia Community Association



RENTALS

The ARC has many different facilities available to rent. There are courts, curling and hockey ice, as well as special event spaces.

PROGRAMS

Check out the array of different programs hosted at the ARC. We run skating and pickleball programs, and are the home of multiple program organizations.



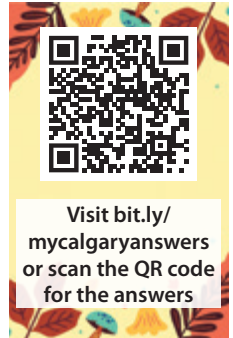
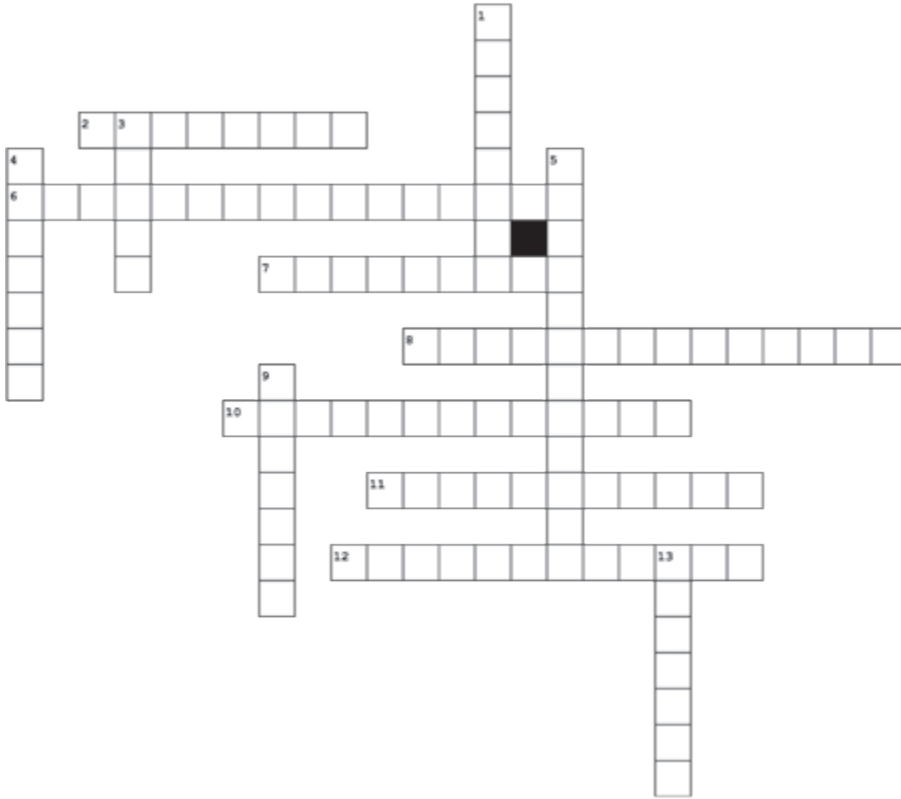
EVENTS



The ARC hosts multiple events throughout the year. Scan the QR code below to visit our website and see all the ARC has to offer!



September Crossword



Visit bit.ly/mycalgaryanswers
or scan the QR code
for the answers

Across

2. Used for carrying textbooks and other school supplies, this item is a back-to-school essential.
6. This American band is known for their classic songs, "Let's Groove" and "September."
7. These bears are the smallest variety found in Canada.
8. First airing in 2013, this fun kid's cartoon follows a young boy with his gem companions across the galaxy.
10. Make a stop here in September and you will find a variety of apples, pears, and figs for sale.
11. *The Long Walk*, a film starring Copper Hoffman, is an adaptation of the novel by this famous author.
12. *The Rise and Fall of a Midwest Princess*. The album released September 22, 2023 was written by this up-and-coming pop singer.

Down

1. This vibrant blue stone representing loyalty and the divine is also the birthstone for September.
3. This bright purple flower is considered September's primary birth flower.
4. Born September 4, 1981, in Houston Texas; this famous singer got her start in the girl group Destiny's Child.
5. This English author wrote *Animal Farm* and *1984*. These novels are typically assigned reading in schools even 80 years after their release.
9. In the world of theatre, speaking the name of this Shakespearean play is considered bad luck. Instead, they refer to it as, "The Scottish Play."
13. This mythical beast is sometimes called, "Canadian Nessie."

ACA Volunteer Callout - We Want You!

Community volunteers are an essential part of the Acadia Community Association. As a volunteer, you will make a tremendous impact on your community while gaining new skills and building new connections. We need your help to keep our organization and programs running smoothly. We have a variety of ways for you to get involved. Please see below for what our current volunteer needs are, and reach out to us if you can envision yourself in those positions, making a difference in the community you live in!

To learn more about these roles and to apply please contact volunteer@acadiaca.com.

Membership Committee Chair

Our membership is the heart of our organization, and we are looking for a motivated individual to lead this important committee. The Membership Committee Chair helps strengthen member engagement, retention, and growth by welcoming new members, supporting a positive member experience, and providing insight and recommendations to the Board on membership trends, structures, and opportunities. This is a great role for someone who enjoys building relationships, thinking strategically, and making a meaningful impact in our community. Please reach out today if you have the ability to take on this very impactful role!

Volunteer Coordinator

The Acadia Community Association runs on volunteers, and we are looking for a volunteer coordinator to help keep things running smoothly. We are looking for someone with strong people skills to help recruit

and onboard new volunteers, as well as support and manage current volunteers. Key responsibilities would also include the maintenance of volunteer records and coordinating volunteers before and during ACA events. If you are organized, reliable, and have an eye for detail, consider joining us in this integral position!

Grants Writer

Grant funding is essential to our ability to deliver inclusive programs, events, and services for our community. We are seeking a volunteer Grants Writer to research and write funding applications that help make this work possible, while also building valuable, transferable skills. This role offers hands-on experience in grant research, persuasive writing, and working with nonprofit leadership — all while directly enabling programs that strengthen connection, belonging, and access in our community. Reach out today to see how you can make a lasting impact on where you live, work and play!

Event Committee Members

Our events bring our community together, and we are looking for enthusiastic volunteers to support our Events Committee. Working alongside our Events Coordinator, Sarah Bruinsma, committee members help plan and deliver beloved annual events such as Winter Carnival, Easter Egg Hunt, Bike Parade, Neighbour Day, Stampede Breakfast, Movie in the Park, Fall Fair, and the Kids' Holiday Party. Whether you can help with one event or several, your involvement plays a key role in creating high-quality, community-centred experiences for our neighbours.

Reach out to events@acadiaca.com if you can help plan and organize one of these events, or if you have any questions on how you can help!

A promotional banner for the Acadia Community Association (ACA) featuring a blue background with a white diagonal stripe. On the left, the ACA logo is visible. The main text 'VOLUNTEER WITH US' is in large, bold, yellow capital letters. Below it, a paragraph in white text reads: 'The ACA is built on strong foundations of volunteerism. Help keep those values alive and make an impact in your community!'. At the bottom left, a black button with white text says 'JOIN US'. To its right is a location pin icon and the website address 'www.acadiaca.com/volunteer'. On the right side of the banner, there is a photograph of two smiling volunteers, a man in a red cap and a woman in a blue patterned jacket, standing behind a counter with a cash register.

 **acadia**
COMMUNITY
ASSOCIATION

VOLUNTEER WITH US

The ACA is built on strong foundations of volunteerism. Help keep those values alive and make an impact in your community!

JOIN US  www.acadiaca.com/volunteer

BUSINESS CLASSIFIEDS

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Acadia. 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; www.official-plumbing-heating.ca.

ACADIA MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbours 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.

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.

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.

FLOWERBEDS NEED SOME WORK! Let us do your fall cleanup. We will weed and mulch the beds and trim the perennials and shrubs. Please call for a free estimate | 403-651-5429.

ACADIA CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Acadia. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. www.lefroyconstruction.com.

STAMPEDE PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers, gasfitters, refrigeration & HVAC technicians. Water heaters, furnaces, boilers, air conditioning/heat pumps, drain cleaning, leaks, POLY-B replacement, new construction and renovations! Competitive prices with quality, 24-hour service! Established 1998. Call 403-225-1037. www.stampedeplumbingandheating.com.

YOUR HANDYMAN: All kinds of work around your house, including interior and exterior. Any type of job: small job, good job, big job, awesome job. 23 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email marcinj09@gmail.com.

DENTAL CARE THAT'S AFFORDABLE, ACCESSIBLE & ESSENTIAL: Easy drive or transit from your home or work. Simply, let's make your teeth look good, feel good, and last long with no pain! No fluff no frills. All dental plans accepted, direct billing, OAC. Call today at 403-272-7272 or 403-287-6453, or visit calgarydentalcenters.com.

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

JOHN'S HOME REPAIR AND MAINTENANCE LTD. A long-term community member and Journeyman Tile Setter/Carpenter who specializes in handyman services. I also do fencing, decking, gazebos and interlocking stone, yard cleanup, dump-runs, and pressure washing services. Licensed, insured BBB member. I offer seniors' discounts and below industry rates. Call 587-437-9446 or email johnyungblut@me.com.

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.

TYLER RENOVATIONS INC: 40+years renovating homes and subcontracting to restoration companies in Calgary and area. Expert-level finishing carpentry, expert painting and drywall repair, vinyl siding, doors, and more! Many excellent references to share. Liability and WCB-insured with several trade contacts to complete your projects. Call your local professional Shawn at 250-882-9588.

EXTERIOR HOME REPAIRS... For 40+ years, we have helped Calgary homeowners maintain, repair, and protect their properties. Our reputation is built on honest advice and quality workmanship. Whether you're dealing with a leaking roof, damaged stucco, cracked brickwork, or leaking gutters, we have the expertise to get the job done right! www.exteriorhomerepairs.ca 403-862-6994.

PAINTER SERVICING ACADIA: 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.

HUNTER'S HEATING AND COOLING: Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top quality York and Napoleon (Napoleon is Canadian made) air conditioners and furnaces, Navien Tankless water heaters, garage heaters and more. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit www.huntersheating.com.

BUILD YOUR OWN AI ASSISTANT IN ONE SESSION:

Not a lecture. A small, hands-on Calgary workshop this September where you leave with a working tool built for one real task, ready to use that same week. Beginner friendly. Spots limited to keep it hands-on. Text/call Michelle, 403-829-6547, to reserve your seat.

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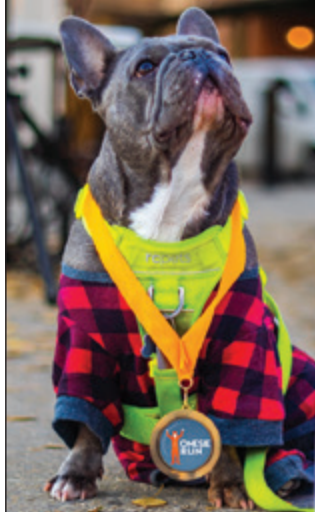
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Make sure that you are cooking, charging devices, and disposing of smoking materials correctly. Knowing how to do so will help to keep you and your roommates safe and prevent fires from starting.

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