

NOVEMBER 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

your **CHAPARRAL** trailblazer

BRINGING CHAPARRAL RESIDENTS TOGETHER

CHRISTMAS CRAFT FAIR
NOVEMBER 22
10:00 AM TO 4:00 PM



FOLLOW US
ON INSTAGRAM
@CHAPARRALCA

Votier's Flats - Fish Creek



WALDEN ORTHODONTICS

FREE Orthodontic Consult



Scan To
Book Today!



587-393-6020 | 105-19612 Walden Blvd SE | Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) – Orthodontist

CHAPARRAL COMMUNITY ASSOCIATION

www.chaparralcommunity.com

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca



Your Silver Lining in Southwest Calgary.



Settle into the already established community of Silverado—where nature, everyday essentials, and adventure are always within reach.



Duplex
Homes
from the high
\$500s

Front-Drive
Garage Homes
from the high
\$600s



Visit us: 15 Silver Spruce Grove SW
Mon–Thurs: 12–8 p.m. | Weekends & Holidays: 12–5 p.m.

2024 New Community
of the Year Finalist
Visit silversprucecalgary.com



Brookfield
Residential

EXCEL
HOMES

Prices and terms are subject to change without notice. See our website for more information. E&OE.

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



SCAN ME



Magic Carpet Ride

Family Literacy Program



A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.

FREE! Contact us to learn more:

familit@canlearnsociety.ca

(403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride

OFFICIAL

PLUMBING & HEATING

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

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



Time to Renew Your Mortgage?

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



**ANITA
RUSSELL**

403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

CCA BOARD OF DIRECTORS

President	Donna Reid	president@chaparralcommunity.com
Vice President	Lynette Javaheri	vp@chaparralcommunity.com
Secretary	Charlene May	secretary@chaparralcommunity.com
Treasurer	Mike Reid	treasurer@chaparralcommunity.com
Director at Large	Hayden Rombough	director@chaparralcommunity.com
Director at Large	Anna Rybak	valley@chaparralcommunity.com
Director at Large	Anton Ovtichnnikov	membership@chaparralcommunity.com
Director at Large	Gustavo Barcelos	director2@chaparralcommunity.com

VOLUNTEERS

Trailblazer Editor	Daisy Zhuang	editor@chaparralcommunity.com
Website/Memberships	Anton Ovtichnnikov	membership@chaparralcommunity.com
Social Media	Anna Rybak	media@chaparralcommunity.com
Community Garden (Chaparral Green Thumbs)	Jolene Ottosen	chaparralgreenthumbs@gmail.com
Chaparral Lake Representative	Anton Ovtichnnikov	membership@chaparralcommunity.com
Chaparral Valley Representative	Anna Rybak	valley@chaparralcommunity.com
Chaparral Ridge Representative	This Could Be You!	
Chaparral Ravine Representative	This Could Be You!	
Chaparral Playground Coordinators	Lynette Javaheri	vp@chaparralcommunity.com
	Anna Rybak	valley@chaparralcommunity.com
	Hayden Rombough	director@chaparralcommunity.com
Events Coordinator	This Could Be You!	
Local Business Relations	This Could Be You!	
Safe Communities Initiative	Anton Ovtichnnikov	membership@chaparralcommunity.com

CONNECT WITH THE CHAPARRAL COMMUNITY ASSOCIATION

📧 Follow us on (X)Twitter @chaparralca 📷 Follow us on Instagram @chaparralca 📘 Find us on Facebook @chaparralca

SCAN HERE TO VIEW ADDITIONAL CHAPARRAL CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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.

CREEKSTONE

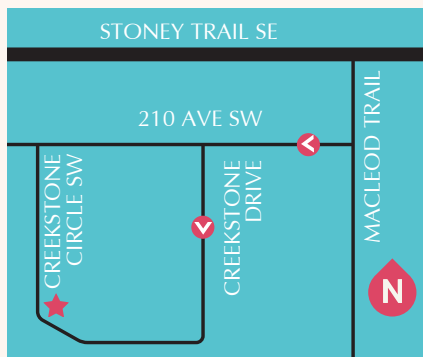
Discover the Southwest's
Best-Kept *secret*.



Your new southwest enclave
is where community *thrives*.



New homes start from
the low \$600s.



- Close to Schools, Shopping, & Recreation
- New Phase Now Selling
- 10KM of Pathways & Parks
- Easy Access to Stony Trail & Macleod Trail

Visit 586 Creekstone Circle SW

creekstonecalgary.com

**FINAL PHASE
NOW SELLING**

QUADRA
DEVELOPMENTS

APEX

Brookfield
Residential

EXCEL
HOMES



Prices and terms are subject to change without notice. See our website for more information. E&OE.

Getting the Most from What We Eat

Contributed by Jolene Ottosen for the Chaparral Green Thumbs

As the fall harvest wraps up and our gardens slow down, many of us are enjoying the fruits (and vegetables) of our labour—roasted squash, fresh carrots, and maybe even a few lingering tomatoes. This season always gets me thinking about how we use what we grow, and a few conversations I've had over the years nudged me to reflect not just on what I eat, but how I prepare it.

One chat with an acupuncturist suggested that most vegetables are more nutritious when cooked, and another (classic family debate) revolved around carrots—raw or cooked? Naturally, I had to dig into the research, partly to prove someone wrong, but mostly because I was curious.

What I found was fascinating: while some vegetables lose nutrients when cooked, others become more digestible and even more nutritious. So, here's a quick summary of what I learned—no credentials, just curiosity!

Cooking Vegetables: What to Know

Cooking can help kill bacteria and make food easier to digest. It also changes the molecular structure of vegetables, sometimes boosting nutrient absorption and sometimes reducing it. Steaming is generally better than boiling, and sautéing is preferable to deep frying, which can destroy nutrients and create harmful compounds.

So, What's the Verdict?

It turns out both raw and cooked vegetables have their place. It's all about balance, taste, and what you want from your food. I'll still enjoy my salads—but maybe with a few roasted veggies on top—and make sure I'm getting a good mix of cooked vegetables at other meals.

Sources

- Scientific American, Sushma Subramanian, 2009
- Global News, Arti Patel, 2017
- Food Network's Healthy Eats, Toby Amidor, 2011

Want to learn more or get involved? Email us at chaparralgreenthumbs@gmail.com.

Raw vs Cooked: A Quick Guide

Vegetable	Raw Benefits	Cooked Benefits
Asparagus	High in vitamins A, B, C, and E, but hard to digest due to fibre.	Cooking breaks down fibre, improving nutrient absorption.
Broccoli and Cabbage	Rich in vitamin C but can cause bloating.	Cooking boosts antioxidants like indoles, which may help fight precancerous cells.
Carrots	Lower glycemic index when raw.	Cooking releases more beta-carotene, which converts to vitamin A.
Kale	Nutrient-rich but may cause gas and bloating.	Easier to digest, though some nutrients are reduced.
Onions	Stronger taste, more cancer-fighting compounds.	Milder taste, fewer cancer-fighting properties.
Potatoes	Can cause bloating and contain antinutrients.	More digestible and tastier when cooked; sweet potatoes are also high in antioxidants.
Red Peppers	High in vitamin C and polyphenols.	Cooking reduces these nutrients.
Spinach	Rich in polyphenols.	Cooking boosts antioxidant properties.
Tomatoes	High in vitamin C, which decreases when cooked.	Cooking increases lycopene, a powerful antioxidant.





WHO YOU WORK WITH MATTERS™

TANYA

**KNOWS THE MARKET AND
THE MARKET HAS CHANGED!**



Tanya Maksymic®
403-803-5213
 tanyamakrealty@gmail.com
 www.tanyamak.com

CHAPARRAL COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Median Listed Price	Median Sold Price
September 25	32	11	\$649,999	\$675,000
August 25	14	14	\$737,450	\$728,275
July 25	20	20	\$674,450	\$663,750
June 25	22	19	\$592,500	\$584,600
May 25	21	22	\$674,400	\$669,500
April 25	23	21	\$739,000	\$735,500
March 25	15	16	\$664,900	\$666,250
February 25	25	19	\$669,000	\$682,000
January 25	11	8	\$682,450	\$675,000
December 24	8	15	\$649,900	\$662,000
November 24	14	10	\$767,400	\$758,500
October 24	13	14	\$724,450	\$717,000

To view more detailed information that comprises the above MLS averages, please visit chap.mycalgary.com

NOVEMBER CHAPARRAL 2025 HOUSING MARKET REVIEW



**January 1 - September 30, 2025 (Stats current as of September 30, 2025 @ 11:59 pm.
For more detailed market sales information, please contact Team Palmer)*

CHAPARRAL

DETACHED

High | \$2,170,000
Low | \$535,000
Avg. | \$794,223
#Sold | 100
Avg. days on mkt. | 25

ATTACHED

High | \$720,000
Low | \$337,500
Avg. | \$491,733
#Sold | 38
Avg. days on mkt. | 19

CONDO

High | \$339,700
Low | \$212,500
Avg. | \$294,333
#Sold | 12
Avg. days on mkt. | 36

**WITH DEEP COMMUNITY EXPERTISE, NEGOTIABLE COMMISSION, AND PROFESSIONAL MARKETING
TAILORED TO YOUR HOME, WE'RE HERE TO HELP YOU SELL FASTER AND FOR THE BEST POSSIBLE PRICE.**

NEW



125 Walden Rise SE

**COMING
SOON!**



172 Chaparral Ridge Circle SE



Tannis (403) 829-7765
teampalmer@shaw.ca

TEAM PALMER
Real Estate

**CONTACT US FOR A FREE PROPERTY
EVALUATION TODAY!**

www.teampalmer.ca | @TeamPalmerRealEstate



Jason (403) 836-3018
jason@teampalmer.ca

RE/MAX
LANDAN REAL ESTATE
Each office independently owned & operated

NOV. 11 | REMEMBRANCE DAY
NOV. 13 | WORLD KINDNESS DAY
NOV. 15 | WORLD RECYCLING DAY



Raising Non-Anxious Kids

by Nancy Bergeron, R.Psych | info@nancybergeron.ca

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- **Pause Before Helping:** If your child asks for help, wait a few minutes. Encourage them to try first.
- **Make Things Just a Bit Harder:** Give challenges that require effort—like board games, chores, or puzzles.
- **Encourage Real-World Play:** Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- **Embrace Boredom:** Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- **Create Screen-Free Zones:** Mealtimes, bedtime routines, and family outings can be tech-free moments.
- **Model Healthy Habits:** Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- **Build Community:** Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

Park Information

Park Hours: 9:00 am to 8:00 pm

Office Hours: Monday to Saturday, 10:00 am to 6:00 pm

Phone: 403-254-4148

Email: info@lakechap.ca

Website: www.lakechaparralra.ca

Facebook: www.facebook.com/lakechapyyc

Instagram: [@lakechapyyc](https://www.instagram.com/lakechapyyc)

Please note that the entrance is closed 30 minutes prior to designated closure to allow our staff time to clear the facilities. The park may also close early due to weather, lack of residents accessing the space, seasonal off-peak months, or other issues as deemed valid by LCRA management. By default, the park and lake will be closed at temperatures of -25°C (without wind chill).

Reminders and Announcements

Membership Fees

The 2025-26 LCRA membership fees are now due. The deadline to pay fees this year was July 21. All fees must be paid to access the lake/park and are registered as an encumbrance on the property land titles in Lake Chaparral. All outstanding accounts are subject to interest and will not be permitted access at the front gate.

Starting on September 9, 2025, interest will be applied monthly to outstanding accounts at a rate of 1.5%.

If you have any questions or concerns, please contact the office at 403-254-4148 or email info@lakechap.ca.

Safety Flag Reminder

The LCRA closely monitors the safety of the lake/lake ice for use; however, we cannot guarantee the lake/lake ice is free of all risks. Regardless of the status of the Safety Flag (details on status below), access is done at the sole risk of the member and their guests.

You can view the status of the Safety Flag by looking for the flags at the park, contacting the LCRA office at 403-254-4148, or by visiting our website at www.lakechaparralra.ca.

Red Flag = Waterfront and lake ice is closed to all users.

Green Flag = Waterfront and lake ice is open to all users.

Monthly Email Communications

The LCRA aims to keep members informed with our monthly communications emails. If you are not receiving emails from the LCRA, please call the office at 403-254-4148 or send us an email at info@lakechap.ca and we will be happy to update your account.

Upcoming Events

Christmas Craft Fair

Date: Saturday, November 22, 2025

Time: 10:00 am to 4:00 pm

The LCRA Christmas Craft Fair is back for a fourth year! Come by the Lakehouse and Function Room to see a range of local vendors—unique gifts, and more!

Please visit www.lakechaparralra.ca/events for all up-to-date information on upcoming events, programs, and activities.

Drop-In Programs

LCRA Senior Games

Mondays | 12:00 to 3:00 pm

Attention all seniors! Come out to socialize with your neighbours and friends, play games, and enjoy coffee at the lake house. Cost: \$1 per person, drop-in.

LCRA Walking Club

Tuesdays and Thursdays | 10:00 am to 12:00 pm

Meet outside the Lake House (by the flags) at 10:00 am to start the walk. Walks usually last one hour, followed by a visit with coffee in the Lake House. \$0.50 per person, drop-in. Did you know that three laps around the walking path = two kilometres?

Registered Programs

Registration for the following programs are done with the individual instructor.

Program schedules are subject to change; please contact the program instructor directly for more details.

Devotion Danceworks

Non-Residents Welcome

Offers recreational, sessional-based classes for children ages 18 months to 12 years old. Visit our website for more information and registration.

Classes available in:

- Gigggle & Groove Parented Class (Ages 18 months to 2.5 years)
- Tiny Toes Ballet (Ages 2.5 to 3.5)
- Tiny Ballerinas (Ages 3.5 to 4.5)
- Mini Combo (Ages 4 to 5)
- Ballet/Jazz (Ages 4 to 12)
- Musical Theatre (Ages 4 to 12)
- Hip Hop (Ages 4 to 9)

Please visit devotiondanceworks.com or contact Elizabeth Rieb at 403-828-9675 or elizabeth@devotiondanceworks.com.

Intellidance® Babies (3 to 11 months)

10:00 to 11:00 am

To register, please email intellidance.calgary@gmail.com.

Non-Residents Welcome

Fridays

Come sing, dance, and have fun with your little ones! Intellidance® is a research-based music and movement program designed to support the caregiver-child bond while fostering all areas of a child's development. Dance and music concepts will be explored through songs and rhymes, movement exploration, circle dances, free exploration, and sensory activities.

To learn more about the Intellidance® Method, visit www.intellidance.com.

Cutting Edge Kung Fu

Non-residents welcome

The Wellness Dojo's Little Ninjas Kung Fu Class for ages 4 to 7.

Located at Lake Chaparral. Every Saturday from 9:15 to 10:15 am.

\$90 per month

Visit wellnessdojo.ca/martial-arts or contact Sifu Kyle at cuttingedgekf@gmail.com.

This class is aimed to start teaching structure, discipline, and respect while having fun learning the basics of Kung Fu!

Book your Kung Fu Ninja Party today!

- Learn Kung Fu (Punches, Kicks, and Ninja Moves!)
- Birthday Ninja T-shirt (Birthday Boy/Girl)
- Awards and prizes
- Two free weeks coupon for all friends!

www.wellnessdojo.ca/ninja-birthday.

251st Chaparral Scouts

Non-residents welcome

The 251st Chaparral Scouts are an active group in your community. Our mission is to help develop well-rounded youth, who are better prepared for success in the world.

We do this by enabling thousands of young Canadians to engage in safe, youth-led, adventurous programs in hundreds of communities across this great country. To join go to: www.myscouts.ca/ca/join.

Don't let your kids have all the fun—volunteer today! Volunteering with Scouts Canada is fun, flexible, and fulfilling. And just like your kids, you can make new friends and memories too! We provide training and adventure; you provide the enthusiasm.

Our program is funded by fundraising. If you have extra bottles you would like to donate, please go to the Walden Bottle Depot, 19618 Walden Blvd, and request to donate to the 251st Chaparral Scouts - Sarah account.

Thank you for your support!

Return to Neutral

Non-residents welcome

Wednesdays, 9:15 to 10:15 am

Mat Pilates classes, geared to restore mobility in joints, improve posture, ease pain, improve flexibility, and improve strength.

Courses run once per week. Price is \$110 for a six-week session or \$25 for one drop-in pass.

Visit www.return2neutral.com/ for more information.

Margo Sutter Yoga – Chair Yoga

Non-residents welcome

Wednesdays, 12:30 to 1:30 pm

Making the health benefits of yoga available to everybody. Accessible sequences to build strength, flexibility, and inner calm.

Registered session: \$60. Drop-in: \$18

Email Margo for more information at margo.sutter@gmail.com.

Young Rembrandts

Non-residents welcome

Wednesdays, 12:30 to 1:30 pm

Fun after school drawing classes that help kids succeed in school. Build fine motor skills, hand-eye coordination, observation skills, self-expression, social skills, and confidence.

With over 35 years' experience, Young Rembrandts is the leading art education program for children.

Ages: 6 to 12

Time: 6:00 to 7:30 pm

continued on next page

THE LCRA TODAY - CONTINUED

Lake Chaparral November Workshop: Winter Sports - Friday, November 21, 2025

Lake Chaparral December Workshop: Holiday Drawings - Friday, December 19, 2025

For more information, visit the Young Rembrandts website below: www.youngrembrandts.com/southernalberta/view-classes-enroll/.

Zumba with Feel Good Fitness CGY

Non-residents welcome

Thursdays, 7:15 to 8:15 pm

A Zumba class for every body.

Have fun and get sweaty dancing to an upbeat mix of Latin, and pop rhythms. No experience is necessary, and everyone is welcome. Drop-ins welcome—e-transfer or cash, \$10 per class.

For more information, visit the Feel Good Fitness CGY Facebook page at facebook.com/share/g/1A6pQwr28x/?mibextid=K35XfP.

First Friday Art Creations - Adult

Date: November 7, 2025

Time: 5:30 to 7:30 pm

Where: Function Room

Last Tuesday "Big and Little Creations"

Date: November 28, 2025

Time: 4:30 to 5:30 pm

Where: Function Room

At Krystelle Creations, we bring people together through fun, creative art workshops that inspire connection and self-expression. Led by artist and educator Krystelle Celestino Wurtz, our events are designed to nurture your creativity and help you tell your story through art.

Join us to make meaningful connections and create something beautiful! Limited spots are available—please visit the LCRA website for more details or send an email to krystelle.creations@gmail.com.

LCRA Board of Directors

Our Lake Chaparral Residents Association Board of Directors maintains an email address at bod@lakechap.ca to hear your suggestions and feedback on large-scale governance, direction, and broad-scope improvements to the member experience.

For all operations, day-to-day, or management-related questions, please send emails to info@lakechap.ca.

Message from the General Manager

Hello Lake Chaparral!

November is a time for reflection and togetherness. On November 11, we pause to honour and remember those who have served and sacrificed for our freedom.

Later this month, join us for our annual Christmas Craft Fair—a wonderful opportunity to shop local and celebrate the start of the festive season. We'll also be collecting donations for the Food Bank and running our Toy Drive, so please consider contributing if you're able.

As the temperatures drop, the lake ice is beginning to form. Please remember that even if it appears solid, it is not safe to walk or skate on until it has been officially approved. Our team monitors ice thickness and conditions closely, and the green flag will be raised once it's ready for skating and winter fun. Until then, for everyone's safety, please stay off the ice.

Wishing you a safe and joyful start to the holiday season!

Take care,

Laura Bruch

General Manager



**Jackson
& Jackson**
Landscaping

CUSTOMER SATISFACTION GUARANTEED

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

**Commercial and Condo
Property Management**

Snow and Ice Removal

Address

20 Sunvale Place SE, Calgary, AB T2X 2R8

Call us now

(403) 256-9282

Email us

info@jacksonjackson.ca

contact@jacksonjackson.ca

www.jacksonjackson.ca



LAKE CHAPARRAL RESIDENTS' ASSOCIATION BOARD OF DIRECTORS (NOT AFFILIATED WITH THE CCA)



President	David B.	bod@lakechap.ca
Vice President	Jeff S.	bod@lakechap.ca
Treasurer	Greg J.	bod@lakechap.ca
Secretary	Laura T.	bod@lakechap.ca
Director at Large	Brian F.	bod@lakechap.ca
Director at Large	Roger P.	bod@lakechap.ca
Director at Large	Ryan M.	bod@lakechap.ca
Director at Large	Wayne L.	bod@lakechap.ca
Director at Large	Chris S.	bod@lakechap.ca
Director at Large	Andrew P.	bod@lakechap.ca

LAKE CHAPARRAL RESIDENTS' ASSOCIATION MANAGEMENT (NOT AFFILIATED WITH THE CCA)

General Inquiries	LCRA Guest Services	info@lakechap.ca
Office Manager	Linda Milot	office@lakechap.ca (for HOA-related inquiries)
General Manager	Laura Bruch	



Need a Family Doctor?

The Family Care Clinic in Chaparral is now accepting new patients.

Call 403-668-8600 to book your appointment.

THE KARAT PATCH

J E W E L L E R S

30 Years in Calgary

By Appointment Only

Book Online

Your Gold - Our Mold Custom Design

Natural & LAB Created Diamonds

- Ring Sizing • Fine Jewellery Repairs • Laser Welding
- Chain Repairs • Watch Repairs/Batteries • Estate Jewellery Assessments • Costume Jewellery Repairs • Appraisals
- Pearl Restringing • Fast Service Done In-House & Locally



403-242-6767

www.karatpatch.ca
info@karatpatch.ca

#300, 340 Midpark Way SE
Fish Creek Executive Centre



Calgary's Most Trusted Bathroom Renovator

- A+ Better Business Review Rating
- 750 5-star Google reviews
- High quality at a fair price
- Free quotes
- Bonded and insured



Book today and receive
up to \$500 off your
bathroom renovation!
- limited time only!



587-325-8258

www.myhomehandyman.ca

For business classified ad rates contact

Great News Media

at 403-720-0762 or sales@greatnewsmedia.ca

ELECTRICITY IS NOT A HOBBY: Call a licensed electrician and pot light specialist. No job is too small. Excellent rates. Please call John at 403-708-6555.

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Chaparral. 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.

CHAPARRAL 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 Russell at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

ACCOUNTING, BOOKKEEPING, TAX RETURNS: T1, T2, trusts, payroll, GST, regulatory compliance, start-up consulting corporations/sole proprietorships. Responsive, professional. We file on time, avoiding penalties and interest. Produce/file all slips: T4s, T4As, T5s, T3s, T5018s. Review/audit work welcomed. Doing business in Sundance since 2003. Call or text Claudia at 403-819-0421, email ctiefisher@bowriverbusiness.com, or visit www.bowriverbusiness.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.

BUSINESS CLASSIFIEDS

CHAPARRAL CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Chaparral. 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 & 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.

PAINTER SERVICING CHAPARRAL: 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.

DENTAL CARE ... AFFORDABLE, ACCESSIBLE & ESSENTIAL! Easy drive from Chaparral. 100% coverage means no cost to you. All dental insurance accepted, direct billing OAC. Consistency with dental staff. No fluff, no frills. Call 403-272-7272 or 403-287-6453 today or book online at calgarydentalcenters.com. Est. 1989. Tax receipt same day. Save money, live better!

CODERAD ELECTRICAL LTD: Over 18 years of experience. Quality service and installation for a fair price. Certified Master Electrician. Fully insured and WCB compliant. Call Cody for your free estimate today, 403-333-6344 or email at info@coderadelectrical.com. Is your Electrical up to code? www.coderadelectrical.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.

FOOTHILLS HOMEOPATHIC CLINIC: Homeopathy, a holistic system of medicine, addresses mental, physical, and emotional symptoms. Homeopathic remedies are side-effect-free, they stimulate your immune system and are safe and effective for the whole family. Remedies are composed of natural substances and are administered using microdoses. Contact Dr. Kirk Kirby D.M.S. to book an appointment: 403-654-3326 or kirk_in_banff@hotmail.com.

LOCAL HANDYMAN: Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TVs, concealed audio/video wiring, vanities, tiling, luxury vinyl flooring, seniors discounts. No job too small, free estimates. Reliable, conscientious. Licensed and insured. Call Alan at 403-660-3170.

HOUSE CLEANERS: Highly experienced cleaning ladies looking for more houses to clean. We offer excellent, detailed service. Add some luxury to your home, let us clean your space. Satisfaction guaranteed! Ask about our bonus! Text 587-225-4413 or email letitclean1@gmail.com.





LEXION LEGAL

Buying & Selling Real Estate
Business Incorporation
Contracts & Agreements
Wills & Estate
Notary

Ronke Omorodion
(587) 287-5809 | ronke@lexionlegal.com



www.lexionlegal.com

We get it done. We do it right. Period.



WALDEN FAMILY DENTAL

FREE ORAL B ELECTRIC TOOTHBRUSH OR TEETH WHITENING

**With complete exam, x-rays, and cleaning*

**CALGARY
OWNED AND
OPERATED**



BOOK YOUR CHECK-UP AND CLEANING TODAY!

403-460-2200

www.WaldenFamilyDental.com

105, 19612 Walden Blvd SE, Calgary T2X 4C3