

AUGUST 2025

DELIVERED MONTHLY TO 8,250 HOUSEHOLDS

CRANVERSATIONS



CRANSTON
COMMUNITY ASSOCIATION

THE OFFICIAL CRANSTON COMMUNITY NEWSLETTER



McKENZIE ORTHODONTICS

Certified Specialist in Orthodontics

FREE CONSULTATION



invisalign®
The Clear Alternative to Braces



Scan To
Book Today!

403.262.3696 | #110, 142 McKenzie Towne Link SE | Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) – Orthodontist

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



Cranston's Most Trusted Carpet Cleaner

- Low moisture
- Stain removal/carpet deodorizer/carpet protectant (no additional charge)
- Dry when we're done
- Green/environmentally friendly
- Child and Pet Friendly
- We also do upholstery and mattresses



***Everything we use and
do is safe for little ones
with 2 legs as well as 4.***



Follow us on 
@FutureNowCarpets

403-988-1642 | www.future-nowcarpets.ca

A black and white photograph of a doctor in a white coat examining a baby held by a mother. The doctor is using a stethoscope on the baby's chest. The mother is smiling and looking at the doctor. The background is a plain, light-colored wall.

Need a Family Doctor?

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

Call 403-668-8600 to book your appointment.

NEW PATIENTS
WELCOME



DENTAL ARTISANS

NURTURING SMILES • ADVANCING CARE



Your Smile Has a Home Here

♥ We speak your *language* and your *smile* ♥

Rooted in Kindness, Driven by Care - Dr. Samaha

♥ Experience the Precision of *Microscope Dentistry* ♥

Call Today

To Book Your Next
Dental Visit



(587) 287-2924

And Take Advantage of Our
New Patient Offers!

Scan Me

To Learn More
About Us



• We Follow the ADA Fee Guide

• We Accept All Insurances – Direct Billing Available

• All Federal & Provincial Programs Accepted



**Children's
Play Area**



**Family
Scheduling**



**Convenient
Hours**



**Weekend
Appointments**



**Tailored
Dental Care**



General Dentistry Essential care for healthy teeth and gums

- ♦ Exams & Cleanings (Adults & Kids)
- ♦ Fluoride Treatments
- ♦ Fillings
- ♦ Dental Emergencies
- ♦ Tooth Extractions
- ♦ Wisdom Tooth Extractions
- ♦ Night Guards (Grinding)
- ♦ Sports Mouth Guards

Children's Dentistry Gentle care made just for kids

- ♦ Kids' Dental Checkups & Cleanings
- ♦ Cavity Fillings
- ♦ Sealants
- ♦ Space Maintainers
- ♦ Habit Appliances
- ♦ Sports Mouth Guards
- ♦ Gentle Extractions

Cosmetic Dentistry Smile Makeovers, Made Simple

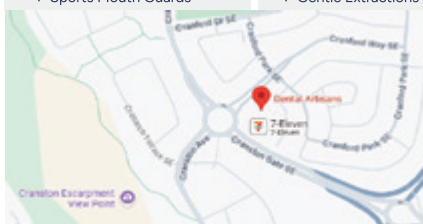
- ♦ Teeth Whitening
- ♦ Porcelain Veneers
- ♦ Dental Bonding
- ♦ Smile Makeovers
- ♦ Custom Tooth-Colored Restorations
- ♦ Inlays / Onlays (Tooth-Conserving Alternatives to Crowns)

Restorative Dentistry Repair, rebuild, and restore with care

- ♦ Dental Crowns & Bridges
- ♦ Full & Partial Dentures
- ♦ Biomimetic Restorations (Minimally Invasive)
- ♦ Root Canal Treatment
- ♦ Soft Tissue Laser Therapy
- ♦ Flexible Dentures

Clear Aligners A straighter smile without metal braces

- ♦ Invisalign® & Clear Aligner Therapy
- ♦ Custom Treatment Plans
- ♦ Discreet & Comfortable
- ♦ Great for Teens & Adults



**Providing Exceptional Care!
We follow the Alberta Dental
Association (ADA) Fee Guide!**

We are proud to accept:

- Canadian Dental Care Plan (CDCP)
- Dental Assistance for Seniors Program (DASP)
- First Nations and Inuit Health Benefits (NIHB)
- Alberta Adult Health Benefit (AAHB)

**KIDS' FIRST
VISIT PERKS!**

Oral Care Goodies & Free Visits
for Children Under 3!



#117 – 35 Cranford Way SE, Calgary, AB T3M 3C3
(Conveniently located off the 212 Exit on Deerfoot Trail South)

Did You Know?

Cranston has two separate organizations working to make our community the best it can be!

Cranston Community Association (CCA)

cranstonca.com • cranstonca@gmail.com

- Membership is voluntary (\$20 per household within Cranston, \$30 per household outside Cranston).
- Protects and advocates for the interests of the neighbourhood; is the community voice.
- Past hot topics have included cell phone tower placement, congested intersections, and zoning.
- Direct contact with our City Councillor, MLA, Calgary Police Liaison Officer, Federal MP, and others on a monthly basis.
- Run events such as the Community Cleanup, Festival of Lights, and organizes the *Cranversations* newsletter.
- Partner with grassroots minor soccer programs.
- Run solely by volunteers; generally meet at 7:00 pm on the fourth Tuesday of each month (excluding July/August) at Century Hall and all are welcome!

Cranston Residents Association (CRA)

www.cranstonra.ca | 403-781-6614

- Membership is compulsory for all households in Cranston; fees are collected annually each April.
- It is a not-for-profit organization that is professionally managed and operated.
- Operates, maintains, and manages amenities within Cranston owned by the Cranston RA including Century Hall with its indoor and outdoor facilities including gymnasium, tennis courts, splash park, and ice rink. They also maintain the Windmill, Art Park, and Direct Control corners.
- Responsible for Century Hall's programming. Kids and adults can take part in all sorts of wonderful activities such as dance, yoga, basketball, and art classes.
- Additional events such as Stampede Breakfast, Farmers Market, and Winter Wonderland are also organized by the Cranston RA with help from a variety of generous sponsors.

Cranston Community Association Board Listing

BOARD MEMBERS

Jason Gordon	President
Mark Labrecque	Treasurer
Cheri Gordon	Secretary
Faith Gordon	Communications/Media

ALWAYS BE IN THE KNOW

FOLLOW US ON



FACEBOOK

X (TWITTER)
INSTAGRAM

www.facebook.com/
CenturyHallCranston
@centuryhall
www.instagram.com/
cranstoncenturyhall/

OFFICIAL

PLUMBING & HEATING

\$50

Service Call Fee

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



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

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

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

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to "cheer us up" or push us to be more positive, it helps us feel seen and validated.

We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.

What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to "fix" it. Simple statements like "I'm here," "That sounds really hard," or "You're not alone" go a long way.

Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, "Can I drop off dinner?" or "Would a short visit work today?" rather than, "Let me know if you need anything." The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.

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

EN L'AIR

Academy of Dance and Aerial

#12, 10672 46 ST SE, Calgary, AB T2C 1G1

info@enlairacademy.com

587-969-3904

www.enlairacademy.com

RHYTHM & GYM

TINY TUMBLERS

TINY DANCERS

CREATIVE TOTS CLUB

TINY TAPPERS

TINY BOPPERS

TINY CLASSES

TINY LYRICALS

Because you value your community, be sure to purchase your Cranston Community Association annual membership!

Benefit from sports, activities and partner discounts. Gain preferred access to youth and community events and programs. Secure a vote at public meetings, or make a difference by joining the Board, and more.

Memberships are \$20 per family for Cranston residents and \$30 per family for non-residents.
Memberships are valid for 1 year from date of purchase.



Name: _____ Spouse Name: _____

Address: _____ Postal Code: _____

Contact Phone: _____ Email: _____

Number of children: _____ Age(s) of children: _____

☐ Yes, please contact me about volunteering

Please fill out the above, enclose your cheque or money order, payable to the Cranston Community Association and mail to:

Cranston Memberships
11 Cranarch Road SE
Calgary AB T3M 0S8



**Mary's
FESTIVAL**

**Sept 13, 2025
11 am - 4 pm
StMU Calgary Campus**

Outdoor Games • Food Trucks
Entertainment • Face Painting
Marketplace • Family Fun



Get your tickets today!
A Day to Celebrate Community




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

KILBCO
CONCRETE CURBING

UNSEALED

Locally Owned & Operated

Free Estimates to 403.870.0737



Curried Shrimp and Mixed Greens Salad

by Jennifer Puri



Food from the sea; shrimp have been a popular food source for a very long time. Shrimp are usually smaller than prawns but are similar in taste and texture.

Quick and easy to cook, shrimp can be found in just about every cuisine and are a popular ingredient in appetizers, salads, soups, pastas, and curries.

Shrimp are also recognized for their nutritional value and are a good source of protein, zinc, iron, vitamin B12, Omega 3, and selenium. They are low in calories, fat, and carbohydrates, and are a healthy food source that can fit well into a balanced diet.

Shrimp are lean and high in protein and can be poached, broiled, sautéed, or grilled. A flavourful curry dressing with shrimp like the one in the curried shrimp and mixed greens salad, also makes a delightful appetizer.

Prep Time: 15 minutes

Cook Time: 0

Servings: 4

Ingredients:

- 1 lb. cooked shrimp (peeled and tails removed)
- ½ cup mayonnaise
- ½ tsp. curry powder
- ⅓ cup Greek yoghurt

- 1 green onion, finely sliced
- 1 celery rib, finely chopped
- ¼ tsp. coarsely ground black pepper
- 2 tbsp. chopped coriander leaves
- 150 gm mixed greens

Direction:

- In a small bowl, blend the mayonnaise, curry powder, Greek yoghurt, celery, green onion, and black pepper.
- Next, add the cooked shrimp and coriander leaves and gently mix together. Cover and place in the refrigerator for at least an hour before serving.
- To serve, divide the mixed greens between four salad bowls. Place the shrimp salad on top and garnish with fresh strawberries, melon, or papaya slices if desired.
- Curried shrimp salad can be served with crackers, on a bun, or wrapped in lettuce leaves.

Bon Appétit!





Andrea Taylor

Your friendly neighbourhood REALTOR®

Scan the QR Code to receive current real estate Market Reports






CRANSTON RESIDENTS ASSOCIATION

CONTACT INFORMATION

Telephone:
403-781-6614
Email: info@cranstonra.ca
11 Cranarch Road, SE
Calgary, AB T3M 0S8

CenturyHallCranston
 Cranstoncenturyhall

Century Hall Administrative Office Hours

Monday to Sunday
9:00 am to 5:00 pm

Century Hall Park Hours

Monday to Sunday
9:00 am to 9:00 pm

Administration

admin@cranstonra.ca

Programs and Events

programs@cranstonra.ca

Facility Rentals

rentals@cranstonra.ca

General Manager

gm@cranstonra.ca

Cranston Residents

Do you have your membership cards for Century Hall? All residents over the age of 10 are now required to have a membership card for entry to Cranston Century Hall Park and facility. Membership cards will also allow you to register for programs offered by the Cranston Residents Association (CRA).

Century Hall Updates

Did you know as a Cranston resident you have access to the Century Hall Tool and Equipment Library! Here you will find a variety of tools and outdoor sports equipment that you can borrow and enjoy for free! We have paddleboards, snowshoes, kayaks, skateboards, games bins, drills, ladders, saws, tools, you name it! Inquire today to learn more!

Cranston Block Party and Farmers Market

June 24 to August 26 from 4:00 to 8:00 pm

Back by popular demand, is the weekly Cranston Block Party and Farmers Market hosted at Century Hall in the lower parking lot. Join us for this weekly summer event! We've got beer gardens, local vendors, great tunes, and more!

Please note, there is limited parking onsite during this event, so we encourage you to walk, run, or bike over.





^{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

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.



LEN T WONG + ASSOCIATES



CRANSTON 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@lentwong.com

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

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	25	82	33	\$599,900	\$599,900
May	25	68	51	\$625,000	\$625,000
April	25	60	53	\$569,900	\$550,900
March	25	56	49	\$599,900	\$604,500
February	25	44	31	\$540,000	\$571,500
January	25	47	29	\$539,900	\$565,000
December	24	15	25	\$649,000	\$640,000
November	24	33	29	\$530,000	\$524,800
October	24	30	38	\$559,749	\$547,125
September	24	61	47	\$599,900	\$585,000
August	24	50	48	\$599,450	\$597,500
July	24	55	39	\$550,000	\$550,000

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



	Dimensions	Capacity	Hourly Rates		
			Resident	Brookfield Community	Non-Resident
Heritage Hall ABC 2652 sq. feet	34 ft. by 78 ft.	135 Guests	\$93.00	\$105.00	\$118.00
Heritage A 1037 sq. feet	34 ft. by 30.5 ft.	50 Guests	\$61.50	\$69.50	\$77.50
Heritage B 850 sq. feet	34 ft. by 25 ft.	40 Guests	\$51.00	\$57.50	\$64.00
Heritage C 765 sq. feet	34 ft. by 22.5 ft.	35 Guests	\$51.00	\$57.50	\$64.00
Heritage A & B 1887 sq. feet	34 ft. by 55.5 ft.	90 Guests	\$72.00	\$81.50	\$91.50
Heritage B & C 1615 sq. feet	34 ft. by 47.5 ft.	80 Guests	\$66.50	\$75.00	\$84.00
Vista 639 sq. feet	18 ft. by 35.5 ft.	30 Guests	\$53.00	\$60.00	\$67.50
Riverside 534 sq. feet	17.5 ft. by 30.5 ft.	25 Guests	\$53.00	\$60.00	\$67.50
Legacy (Board Room) 369 sq. feet	18 ft. by 20.5 ft.	15 Meeting	\$33.00	\$36.25	\$40.00
Gym 5159 sq. feet	57 ft. by 90.5 ft.		Party Package Only	Party Package Only	Party Package Only

Minimum two hour rental for Heritage Room(s)

Additional Charges

After Hours Security fee applies for rentals ending between 9:00pm and 1:00am.

After Hours Teardown fee applies for rentals ending between 8:30pm and 1:00am.

SOCAN and Re:Sound fees apply for bookings with music and/or dancing.

\$300.00 damage deposit on credit card required for all bookings serving alcohol and/or requiring after hours

revised March 2023 - prices subject to change

11 Cranarch Road SE – 403-781-6614 ext. 3 – rentals@cranstonra.ca



CRANSTON
RESIDENTS ASSOCIATION

Century Hall Rental Policy & Procedures

Booking Requirements

1. Signature on Rental Contract
2. Full payment – due upon receipt of Rental Contract
3. \$300.00 Damage Deposit on credit card. Refund will be issued 3-5 business days after event date, pending management review
4. Proof of Insurance – Home Owner Insurance – (Providers Name, Policy Number, Expiry date)

Failure to provide the booking requirements within **one week** from the date of booking will result in the rental being cancelled.

Rentals with alcohol are required to provide:

1. Party Alcohol Liability Insurance – www.palcanada.com or www.duuo.ca (due 10 days prior to rental)
2. Liquor Permit – available online at www.aglc.ca (due day of rental)

Rentals using third party contractors/vendors (caterers, bar tenders, decorators, etc.) are encouraged to provide:

1. Certificate of Insurance from each vendor and when possible have Cranston Residents Association listed as additional insured.

Temporary Bookings/Holds are not permitted. Bookings are on a first come first served basis.

Advanced Booking

Residents can book a maximum of **one year** in advance. Bookings for a full one year in advance can be booked on the 1st of the month of the year prior – see example below

Ex 1: Want to book your wedding for August 12, 2024? Your booking would be accepted as of August 1, 2023

Brookfield Communities can book a maximum of **11 months** in advance. Bookings for a full 11 months in advance can be booked on the 1st of the month, 11 months prior – see example below

Ex 1: Want to book your wedding for August 12, 2024? Your booking would be accepted as of September 1, 2023

Non-Residents can book a maximum of **10 months** in advance. Bookings for a full 10 months in advance can be booked on the 1st of the month, 10 months prior – see example below

Ex 1: Want to book your wedding for August 12, 2024? Your booking would be accepted as of October 1, 2023

Changes to Rental Agreements

Two weeks written notice is required for all rescheduling/change requests.

All changes (extending time, room, date, rescheduling or cancelling) **must** be done in writing.

A \$20.00 Admin Fee may be applied.

Cancellation	Must be done in writing – email rentals@cranstonra.ca
75% refund	Rental cancelled more than three months prior to the rental date
50% refund	Rental cancelled between one to three months prior to rental date
No refund	Rental cancelled less than one month prior to the rental date

Tables: Height is 29.25" from floor to table top

Round – 60" diameter (seats 6-8)

Rectangle – 72" long x 30" wide (seats 6)

Cocktail – 30" diameter can be set either 30" or 42" high

Chairs: Folding 15.5" high from chair seat to floor;

34" from top of chair backrest to floor

Seat 17.5" square; back 19.5" wide by 15.5" high

(seat to top of chair) rectangle



MORTGAGE RENEWALS

Don't just sign on the dotted line with your bank

Contact me to explore all your mortgage options!

Refinances
Purchases & Pre-approvals
Private & Alternative Lending




p: 403.478.3779 | e: miranda@mortgagemir.com
www.mortgagemir.com

YOUR CITY OF CALGARY

Celebrate Calgary Culture Days All September Long!

by The City of Calgary



Arts and culture help shape the unique character of our city by bringing people together, telling our stories, and adding vibrancy to our communities. Whether it's murals and music, film and festivals, or dance and delicious food, culture is all around us.

Calgary Culture Days is a month-long celebration that highlights the diverse artists, cultural groups, and community organizations that make Calgary special. Throughout September, events and activities will take place in neighbourhoods across the city — many of them free and family-friendly.

From live performances and art exhibits to hands-on workshops and cultural showcases, there's something for everyone to discover and enjoy.

Explore what's happening near you and be part of the celebration! Visit calgary.ca/culturedays to learn more.

READY TO INCREASE YOUR CURB APPEAL?





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 | 403-870-0737

SCAN HERE TO VIEW ADDITIONAL CRANSTON CONTENT


News, Events, & More



Crime Statistics



Real Estate Statistics



BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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

CRANSTON 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 | Licensed by Avenue Financial.

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.

CRANSTON CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Cranston. 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.

PAINTER SERVICING CRANSTON: 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.

ADDL SERVICES INC: Is offering residential services, repairs, installation, and maintenance in heating, ventilation and air conditioning. Furnaces, A/C, humidifiers, HRVs, ductwork, and more. Licensed and insured. Call for a free estimate, 587-894-4932.

APOLLO PERSONAL ACCOUNTING – STRESS-FREE BOOKKEEPING: Drowning in paperwork? Let me handle your books while you focus on success! I offer monthly bookkeeping, catch-up services, and GST prep for Calgary entrepreneurs. Mention this ad for \$50 off your first service! Contact Solstice at (587) 228-5653 | apollopa.services@gmail.com | apollopaservices.ca.

DENTAL CARE ... AFFORDABLE, ACCESSIBLE & ESSENTIAL! Easy drive from Cranston. 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.

EXPRESS APPLIANCE REPAIR: We are a family owned company specializing in the repair and installation of washers, dryers, ranges/ovens, dishwashers, fridges, and microwaves. Quality service, warranty, and competitive price. We make sure the repair is done quickly and efficiently. Most repairs can be done on the day of the quote. Call/text 587-319-6799, email service@expressappliance.ca.

continued on next page

BUSINESS CLASSIFIEDS

continued

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

FOX PAINTING & DECORATING: 30+ years of painting experience providing interior and exterior applications (licensed and insured). Services include surface preparation (including sanding, caulking, masking) and major/minor drywall repairs. Vast experience with enamels, epoxies, latex, stain, varnishes. Contact Derek for a free quote at 403-616-7044 or derekadamski@shaw.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, 403-714-0711.

MERGE ENERGY ELECTRICAL SERVICES: Calgary's go to for all your electrical needs! Friendly service at competitive rates. Fully licensed and insured with years of experience our electricians will get the job done right. Delivering a great customer experience is our goal! Call today for a free quote 403-999-4682.

WANT YOUR WINDOWS CLEANED THE RIGHT WAY? We scrub with soap and water, squeegee each window, wipe edges to prevent streaks then spray with a special rinsing agent & hand-polish with clean towels for perfectly clean windows. This is highly superior compared to the typical wet, squeegee and go. SouthWest Window Cleaning. 403-874-3265. <https://southwestwindowcleaning.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.



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

Licensed by Avenue Financial



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



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



SOUTH FAMILY DENTAL

403.262.3235
www.southfamilydental.com

FREE Teeth Whitening or Electric Toothbrush

*With complete exam, x-ray, & cleaning

**BOOK YOUR CHECK-UP
AND CLEANING TODAY!**



**CALGARY
OWNED AND
OPERATED**



110-142 McKenzie Towne Link SE, Calgary T2Z 1H1 (Next to Servus Credit Union)

The Landscape Artist Inc.



Award winning design and construction



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

**BAEUMLER
APPROVED**