

OCTOBER 2025

DELIVERED MONTHLY TO 6,745 HOUSEHOLDS

# Mid-Sun



THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER

Follow us!



@midsunca



LD REALTY GROUP

LDREALTYGROUP.CA



What's your home worth?

Contact us for a **FREE**  
home evaluation



LINDSAY WALKER & DALLACE PUGH  
info@LDrealtygroup.ca 403.616.0179

[www.midsun.org](http://www.midsun.org)

# VIVA DENTAL

**SCHEDULE YOUR  
APPOINTMENT TODAY**



## New Patient Promotion:

- ▶ Adult patients receive a FREE Waterpik after their new patient exam and cleaning.
- ▶ Child patients receive a FREE electric toothbrush after their new patient exam and cleaning.

📍 Midnapore Mall, #17, 240 Midpark Way SE, Calgary, AB T2X 1N4

✉ info@viva-dental.ca ☎ (403) 475-8482



**Sammy's**  
*World's Greatest Pizza*  
Pasta • Pizza  
Donairs

**"THE DIFFERENCE IS QUALITY."  
FAMILY OWNED AND OPERATED.**

**ORDER ONLINE**

**FOR OVER 30 YEARS**

**OPEN OUR MENU**

**403-251-9800**  
sammysworldsgreatestpizza.com

**PIZZA PASTA WINGS DONAIRS SALADS**

# WINTER IS COMING...

IS YOUR FURNACE READY?



# \$149

FURNACE TUNE-UP!



**MR. MIKE'S  
PLUMBING  
+ HEATING**

**403-520-2040**



**MR. TRENCHLESS  
SEWER + WATER**

**ROOTS DESTROYING YOUR PIPES?  
WE CAN FIX IT WITH TRUE, NO  
DIG PIPELINING TECHNOLOGY!**

**587-205-9004**



## ROOT PROBLEMS?



**BEFORE**

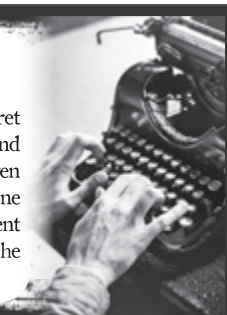


**AFTER**



## Fast Fingers

On October 21, 1918, Margaret Owen put her fingers to the test and set a world record for typing. Owen impressively typed 170 words in one minute! To make her achievement even more impressive, she set the record on a manual typewriter.



## FALL CRAFT SALE

**SAT, NOVEMBER 1  
FROM 9 AM - 1 PM**

**SUNDANCE ON  
THE GREEN**

**93 SUNMILLS  
GREEN SE**



WWW.POSITIVETRANSITIONSCALGARY.COM

**POSITIVE  
TRANSITIONS**



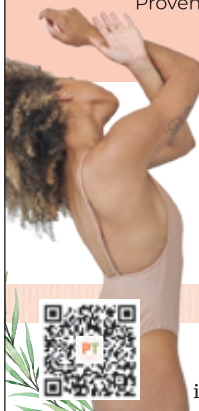
## FEEL BETTER. LOOK GREAT

Your **local** Clinic for Body Confidence  
and Wellness

### Ideal Protein Weight-Loss and Lifestyle Program

Proven program with 1:1 Coaching

Start this month & receive a  
FREE Wellness Consultation



### Contour Light® Body Contouring

Targeted fat loss, skin tightening  
Sculptique®

Sculpt, lift & increase muscle mass

Fit3D Full Body Scan

See your transformation in 3D

Reiki Energy Healing

For deep relaxation & healing



### Contact us:

Suite 130 - 259 Midpark Way SE

403.475.9377

info@positivetransitionscalgary.com



**Wealth  
Management**

Canaccord Genuity

**THE  
DALY**

**WEALTH  
ADVISORY  
GROUP**

## My name is Tim Daly.

I bring over 25 years of experience in the financial industry, including time as a market regulator and a professional accountant. I lead The Daly Wealth Advisory Group here at Canaccord Genuity. I will work with you to help hold and grow your life's work by providing a full suite of services from investing strategy to taxation.

I have been a part of the south east community for over 30 years and volunteered as a local soccer and basketball coach for my kids. I'd be happy to offer you a complimentary consultation to explore how we can help you hold and grow your wealth. You can reach me directly at 403.508.3802 or by email at [tdaly@cgf.com](mailto:tdaly@cgf.com). You're also welcome to connect with my son Kyle at [kdaly@cgf.com](mailto:kdaly@cgf.com) to schedule a time that works best.

**T:** 403.508.3802 / **E:** [kdaly@cgf.com](mailto:kdaly@cgf.com) / [dalywealthadvisory.com](http://dalywealthadvisory.com)

Canaccord Genuity Wealth Management is a division of Canaccord Genuity Corp., Member - CIPF and CIRO.





# CONTENTS

---

- 7 JOIN OUR BOARD
- 11 MID-SUN SOCIAL SENIORS' GROUP
- 14 POEM BY GARTH PAUL UKRAINETZ
- 18 NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION
- 24 RESIDENT PERSPECTIVES: THE ART OF FINDING WORK: JOB SEEKERS: BE CLEAR ON YOUR "SECRET SAUCE"
- 28 BUSINESS CLASSIFIEDS



**SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

**MIDNAPORE**



**SUNDANCE**



**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.

# Mid-Sun Community Association

50 Midpark Rise S.E. T2X 1L7 • Tel: 403-254-8058  
www.midsun.org

## MID-SUN OFFICERS

Co-Presidents	Patsy McNish communitymatters@midsun.org Pam Baji president@midsun.org
Treasurer	Jack Loktiev

Secretary	Karen MacDonald
-----------	-----------------

## MID-SUN DIRECTORS

Directors at Large	Keith Pedersen
--------------------	----------------

Fundraising	Karen MacDonald
-------------	-----------------

Planning and Development	Erwin Gotthold
--------------------------	----------------

Policy / Community Matters	Patsy McNish communitymatters@midsun.org
----------------------------	---

Community Garden	Wayne Hewitt garden@midsun.org
------------------	-----------------------------------

Community Playgrounds	Erin Delamont midsunplayground@gmail.com
-----------------------	---

Community Seniors Programs	Joan Trotz and Darleen Hornaday seniors@midsun.org
----------------------------	--

## CONTACTS

Mid-Sun OOSC Program	Servicing St. Theresa of Calcutta School 403-256-4422 childcare@midsun.org
----------------------	--

Midnapore OOSC Program	Servicing Midnapore School 403-254-0288 midnaporeoosc@midsun.org
------------------------	--

Past President	Mark Schmidt
----------------	--------------

MLA for Calgary-Fish Creek	Myles McDougall calgary.fishcreek@assembly.ab.ca
----------------------------	---

Ward 14 Councillor	Peter Demong eaward14@calgary.ca
--------------------	-------------------------------------

MP for Calgary-Midnapore	Stephanie Kusie stephanie.kusie@parl.gc.ca
--------------------------	---



## CHURCHES

Sunwest Christian Fellowship  
Tree of Life Lutheran Church  
St. Paul's Anglican Church  
Deer Park United Church  
First Alliance Church  
All Saints Lutheran  
Lutheran Church of Our Saviour  
New Hope Community Church  
Fairview Baptist Church  
Spiritual Community Church of the West  
Red Deer Lake United Church  
The Church of Jesus Christ of Latter Day Saints  
Mountain Creek Community Church  
Campbell-Stone United Church  
Southview Church  
Knexions Church  
Bonavista Baptist Church  
St. Patrick's Church  
Trinity Mennonite Church  
Grace and Glory Foursquare Church  
NewGate Baptist Church



We are looking for enthusiastic people to join our volunteer base and lend a helping hand with community events such as, June Jamboree, Community Clean Up, Annual Casino Fundraising, and more. If you would like to get involved with community events, please email your interest to [info@midsun.org](mailto:info@midsun.org).

**Love numbers and teamwork? We're looking for a Treasurer to oversee our finances and help us shine. Join the fun – apply now! Contact [president@midsun.org](mailto:president@midsun.org) for more information.**

# JOIN OUR BOARD

**YOUR SKILLS. YOUR COMMUNITY. REAL IMPACT!**

Looking for someone to join our team  
in a volunteer capacity

Role: Treasurer



## Requirements :

- Experience in finance and accounting
- Attend 6–8 meetings from Sept to June
- Present current financials of the Community Centre to the Board of Directors

## Why you should join?

- Show direct support to your Community
- Gain experience and meet some dedicated neighbours
- Put your expertise to work in your own backyard!

Email your interest or  
questions to:  
[president@midsun.org](mailto:president@midsun.org)





# 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.

**2025 Community Event Finalist,  
BILD Alberta.**  
Visit [silversprucecalgary.com](https://silversprucecalgary.com)



**Brookfield**  
Residential

**EXCEL  
HOMES**

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

# Beltline Community Investment Fund (BCIF) Call for Letters of Intent

by The City of Calgary

The Beltline Community Investment Fund (BCIF) supports capital projects that enhance the wellbeing of residents and visitors in Calgary's Beltline community.

Past funded projects include:

- Upgraded sidewalks and lighting
- Park and open space improvements
- Street trees and landscaping
- Benches, bike racks, and waste/recycling bins
- Public art installations

Applications are accepted year-round and reviewed quarterly by the BCIF Committee. The next review date is December 8, 2025, and the deadline to submit your application for this round is October 31, 2025.

Before applying, organizations must submit a Letter of Intent (LOI) for approval. LOIs are accepted and reviewed on an ongoing basis. To get started, email your LOI to [BCIF@calgary.ca](mailto:BCIF@calgary.ca).

For more information about BCIF and how to apply, go to [calgary.ca/bcif](http://calgary.ca/bcif).



## PLUMBER



**PLUMBOB Father and Son**

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

**Call Bob: 403-461-3490**

## Mid-Sun AGM Notice

Mid-Sun Community Association will be hosting their Annual General Meeting on Wednesday, October 8 at 7:00 pm at the Community Centre! Visit our website ([midsun.org](http://midsun.org)) for full details and to register for free. See you there!



### Mid-Sun Community Centre



**[www.midsun.org](http://www.midsun.org)**

- Community news and events
- Memberships and member benefits
- Details & prices for registered and drop-in activities
- Social events and workshops
- Out of school care and facility rentals
- Community engagement opportunities
- Sign up for electronic newsletters

50 Midpark Rise SE

403-254-8058

## Salmon and Broccoli Rice Bowl

by Jennifer Puri

Raw or cooked, broccoli is a nutrient-rich vegetable packed with vitamins, minerals, and fibre.

Steaming or roasting tends to preserve the most nutrients and flavour, but raw broccoli is also a great option when paired with dips or in salads.

Cooking broccoli can soften the tough fibres making it easier to chew and digest. Nutrient-rich and low in fat, broccoli can be a healthy, low-calorie snack.

When purchasing broccoli, choose bright green broccoli with crisp, dark green leaves and tightly closed buds. Store in the refrigerator and wash only when you plan to use it.

Create your own stir-fry sauce or use a store-bought one as shown in this simple and easy to prepare salmon and broccoli rice bowl recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Servings:** 2

### Ingredients:

- 2 fillets of Salmon (4 oz. each)
- ¼ tsp. pepper
- ½ tsp. salt
- 1 tbsp. olive oil
- 2 tsp. black sesame seeds
- 1 crown of broccoli sliced
- ½ cup store-bought stir-fry sauce
- ½ tsp. crushed garlic
- ½ tsp. crushed ginger
- 1 tbsp. sesame seed oil
- 2 cups cooked white, brown, or black rice
- ½ avocado sliced

### Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Place salmon fillets on a foil lined baking sheet. Drizzle the olive oil on the fillets, sprinkle the salt and pepper, and then bake on the middle rack of the oven for 18 minutes or until salmon is cooked through. Remove salmon from oven, sprinkle with black sesame seeds,



and cut into small chunks.

3. Heat 1 tbsp. of sesame seed oil in a skillet, add the broccoli florets, and sauté on medium heat for 3 to 4 minutes.
4. Next add the garlic, ginger, and stir-fry sauce and continue to sauté until broccoli is tender.
5. To serve, divide the rice into two bowls and top with salmon pieces, broccoli, sliced avocado, and lemon wedges. Spoon additional stir-fry sauce on the broccoli if desired.

Bon Appétit!



## Mid-Sun Social Seniors' Group

As we enter October there are many mixed reactions. The beauty of the autumn colours mixes with the sense of warmth and happiness and either the anticipation of outdoor activity, or the cozy chill of the upcoming winter. Mid-Sun Seniors' 55+ invite you to put on your sweater and join us for a welcoming atmosphere, lively conversation, and a break from regular home life.

### October Activities

**Weekly Cards and Games at MSCC:** Thursday, October 2, 9, 16, 23, and 30.

We offer two sessions 10:00 am to noon or 1:30 to 2:30 pm. Room capacity is limited so entrance cards are distributed at 9:40 am and 1:10 pm. Our members engage in familiar card games and are always open to learning new games. Coffee, tea, and snacks are provided. You are welcome to attend and determine if you would like to join the group.

**Bingo:** Monday, October 13, 6:30 to 8:30 pm, MSCC multi-purpose room.

Ten games are played with cash prizes. Registration and MSCA membership are required. A limited cash concession will be available. For information about registration, please call 403-254-8058.

**Pub Nite:** Tuesday, October 21, 5:00 to 7:00 pm.

Each month seniors gather at a local venue to socialize and enjoy delicious food and laughter in good company. Please contact us at [seniors@midsun.org](mailto:seniors@midsun.org) for information about October's gathering.



Mid-Sun Seniors' plan a variety of social activities and information sessions throughout the year. We welcome you to join us. Our members also support local food banks. Currently the Veteran's Food Bank and AARCs (Animal Rescue) are the recipients. A total of 69 pounds for the end of August drop off, plus a cash donation was delivered to Veterans. Many of our seniors cultivate garden plots in the Mid-Sun Community Garden, as well as assisting with tasks in the Veteran's Food Bank plots at the garden. During the last weeks of August, a total of 216 pounds of produce was harvested and donated from the Community Garden to the Veteran's Food Bank. This activity will continue until harvest ends. Great work!

For further information about Mid-Sun Seniors' and our activities, please contact us at [seniors@midsun.org](mailto:seniors@midsun.org) or call 403-254-8058.

Happy Thanksgiving and Halloween.

### SPIRIT HALLOWEEN

Halloween is a favourite holiday for many. One particularly exciting tradition that some enjoy is visiting the popular costume, mask, and makeup store called Spirit Halloween. Popping up all over Canada and the United States, Spirit Halloween is actually the largest Halloween retailer in the United States. What a Spooky Scary Superstore!



## 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)






# MERRY MID-SUN MARKET

SAT, NOV 15 10:00AM - 3:00PM  
MID-SUN COMMUNITY CENTRE  
50 MIDPARK RISE SE

FREE ENTRY ~ CONCESSION  
LOCAL VENDORS ~ PRIZES



Looking to join us as a vendor?  
Apply for a spot through  
[midsun.org/communityevents/](https://midsun.org/communityevents/)  
**Spots are limited, so don't wait!**



# How You Can Support an Emotionally Avoidant Partner

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



Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

### 1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

### 2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

### 3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that.

It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.

### 4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

### 5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

### 6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.



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

SCAN THE QR CODE  
FOR THE SOLUTION



## Sulphur Mountain Sasquatch

*by Garth Paul Ukrainetz*

Where hot springs flow from long ago  
Where mountain trees did younger grow  
A Sasquatch soaked in water hot  
And all his problems there forgot

But then one day his world would change  
His dear ol' Rocky Mountain range  
Banff National Park, the first to be  
Now tourists flocked for all to see

Up Sulphur Mountain Sasquatch climbed  
His favourite hot pool left behind  
He at the top made cave of snow  
And cried alone in moonlight's glow

From high above he got to scheming  
He'll go back down while Banff was dreaming  
So, down below he'd go at night  
And back up top by morning light

Where hot springs flow from long ago  
Where mountain trees now older grow  
A Sasquatch soaks in water hot  
With one eye open, lest he be caught



**COME WITH QUESTIONS.  
LEAVE WITH PURPOSE.**

### FALL OPEN HOUSE

Saturday, Nov 1, 2025  
10AM – 2PM

FOR MORE  
INFORMATION VISIT:  
[stmu.ca](http://stmu.ca)





# Devin Elkin

— WARD 14 —

*Rooted in Community*

Hello Ward 14 residents, Devin Elkin here.

With this being the last opportunity before we head to the polls on October 20th, I wanted to just take a moment to thank you. For the past 10 years, it has been my joy to serve the residents of Ward 14 as your Ward 14 community assistant. When I reflect on what we have accomplished together it's hard to believe we did this all in that time frame.

To the countless community volunteers that have served on their community association boards, thank you. It was a pleasure working together to make each of your communities the best version of themselves. To those that I have disappointed, know that I tried and sometimes you just can't deliver on the ask. "Your Ward, Your Way" is not as easy as it sounds. In my time serving the ward, I have learned that you will find yourself having to deal with issues that will make some people happy and some will want to tar and feather you in the town square, but know that I wear these failures on my sleeve as reminders to never take this job for granted.

In closing, all I ask is that you have a look at what I have done, and what I will continue to do for those that call Ward 14 home. If you are undecided just make sure you ask one question of all candidates, "How?" How do you plan to accomplish your vision? It's easy to reuse what you hear from residents as policy but truly understanding how to execute vision into reality is so important. Lastly some important dates, advance polls are open October 6th – 11th and election day is the 20th.

Please visit [www.electionscalgary.ca](http://www.electionscalgary.ca) to find your voting location and all other related info. If you need a ride to the polling station closest to you, please let my team know at [delkin@telus.net](mailto:delkin@telus.net) and we will make sure you get there and back. Thank you again and here's to getting back to simple civic governance.

*Devin Elkin*

Rooted in Community

**devinelkin.com**

# 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](http://www.karatpatch.ca)

[info@karatpatch.ca](mailto:info@karatpatch.ca)

#300, 340 Midpark Way SE  
Fish Creek Executive Centre



## THE FUN RUN OF THE YEAR!

**1KM & 5KM**  
**INCREDIBLE RIVER VIEWS**

Supporting



Calgary Humane Society



SATURDAY, NOVEMBER 15<sup>TH</sup> 2025

**ONESIERUN.CA**

The Landscape Artist Inc.



Award winning design and construction



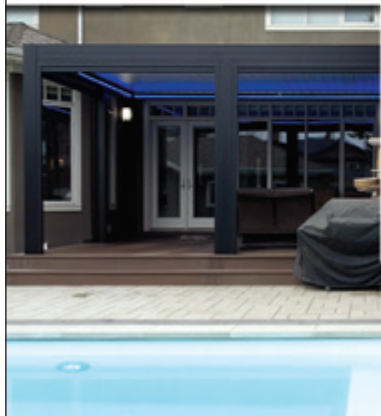
**403.256.2252**  
**www.landartist.com**

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







# Rhubarb Rhythm

Did you know that along with the health benefits and delicious taste rhubarb provides, it also has some sweet musical sensibilities? Well, not exactly musical, but growers do say that when it is in the dark the plant grows so fast you can HEAR the squeaks, snaps, crackles, and pops of its rapid growth. How cool is that?!

## GAMES & PUZZLES

### Guess the Squash!

1. This winter squash is popular in making Jack-o'-lanterns.
2. The British refer to this summer squash as a courgette.
3. This elongated squash grows on a vine and has a bulbous bottom that stores its seeds.
4. This squash resembles the shape of a flying saucer!
5. This squash shares its name with an elongated yellow fruit.
6. Like the fruit of an oak tree, this squash shares the same name and shape.



SCAN THE QR  
CODE FOR THE  
ANSWERS!

## POLY B PROS PLUMBING & HEATING

### REPLACE YOUR POLY B PIPES BEFORE IT'S TOO LATE!

Did you know Poly B piping is prone to leaks and catastrophic floods? Thousands of homes are still at risk—and now many insurance companies require Poly B replacement before they'll offer or renew coverage.

- Protect your home from water damage
- Stay compliant with insurance requirements
- Increase your home's resale value

At Poly B Pros, we specialize in fast, clean, and code-compliant Poly B replacements by certified plumbers. Don't wait for disaster to strike—get peace of mind today.

**CALL NOW FOR A FREE QUOTE!**  
**587-585-8451**



## LIFE INSURANCE

Life keeps moving.  
Let's protect it - today.



**SAFE CREST INSURANCE INC.**

403.303.2974 | [info@safecrest.ca](mailto:info@safecrest.ca)  
[www.safecrest.ca](http://www.safecrest.ca)

you



can be the reason young people and families experience  
the magic of opening a present on Christmas morning!

Donate to our Gifts For Kids and Youth campaign today!



Happy  
Holidays!  
**HILL**  
COMMUNITY



## NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

### Park Hours

Please check the website for up-to-date park hours. As we move into fall, the park will close earlier in the evening, matching sunset. Park hours will be extended once we open for the winter season.

### Halloween

Happy Halloween to everyone!

Midnapore Lake will be holding our fifth annual Pumpkin Hunt on Saturday, October 25. For information, please check our Facebook page as well as our website. This event will require participants to pre-register.

### Looking Forward

- October 25 - Annual Pumpkin Hunt (Pre-registration will be required)
- December 2025 - Skate with Santa (date TBD)
- January/February 2026 - Skating Lessons

### Message from the President

As summer winds down and the crisp air rolls in, we want to take a moment to thank everyone for a fantastic beach season! It was wonderful to see families swimming, friends gathering for sunset picnics, and neighbours making the most of our beautiful lake. Most importantly, we appreciate how everyone helped keep the summer safe and enjoyable for all! It was a

wet summer and lake water levels held - we even had surplus to water the park. I think our biggest beach days happened in the last week of August when summer finally seemed to fully arrive.

Now that we're in the shoulder season, there's still so much to enjoy around the lake. Fall is perfect for peaceful walks in the park, casting a line on those quiet, still mornings, or joining in a friendly game of pickleball while the courts are cool. It's a great time to soak in the colours of autumn and keep active even as we shift seasons.

And of course, we couldn't wrap up October without a little excitement—our favourite event of the year is just around the corner! Keep an eye out for details about the Annual Pumpkin Hunt - a fun-filled tradition for all ages. We can't wait to see everyone out there searching, laughing, and celebrating the season together!

See you at the lake,

*Jen Hawkins*

[president@midnaporelake.ca](mailto:president@midnaporelake.ca)

### Midnapore Lake Bookings

For your Lake Room, Cookshack, and large group bookings please call the office staff at 403-256-0550.

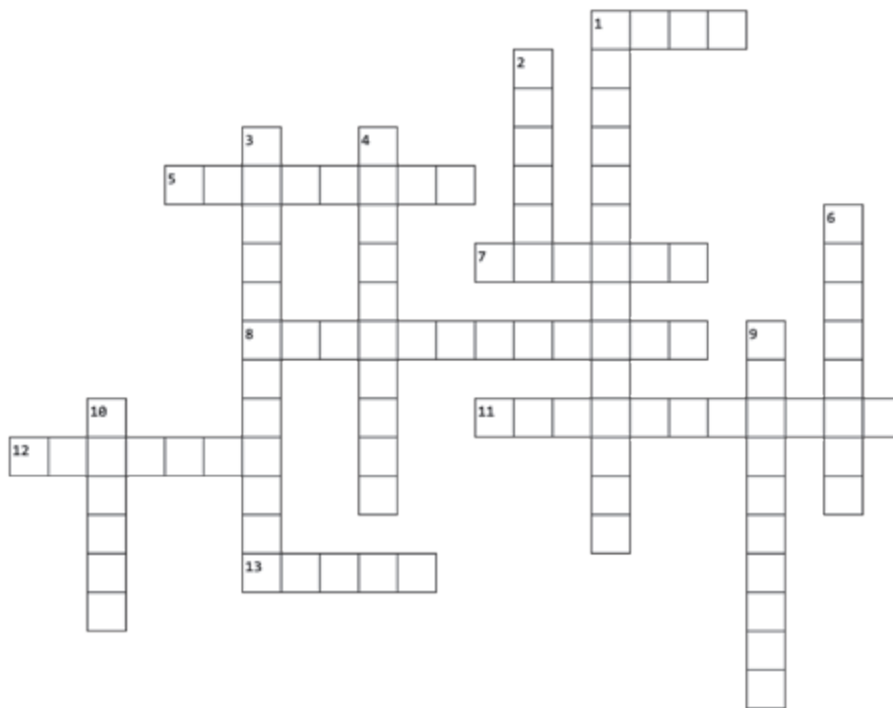


# DUCK LIPS

**What did the duck say  
when it bought lipstick?  
Put it on my bill**



# October Crossword



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

## Across

1. This Andrew Lloyd Webber musical debuted on Broadway at the Winter Garden Theatre in October 1982.
5. On October 5 World \_\_\_\_\_' Day is celebrated to honour those who educate us.
7. Queen Elizabeth II officially opened this iconic Opera House on October 20, 1973.
8. Canadians celebrate this holiday on the second Monday of October.
11. The vibrant hues of autumn leaves are due to a lack of what pigment.
12. This iconic single by John Lennon was released on October 11, 1971, in the United States.
13. On October 8, 2004, Wangari Maathai was awarded the \_\_\_\_\_ Peace Prize, making her the first African woman ever to receive the award.

## Down

1. The Orient Express departed on its first journey from Paris on October 4, 1883, to this city now known as Istanbul.
2. Stock markets crashed worldwide on October 19, 1987, and became known as Black \_\_\_\_\_.
3. NHL star Glenn Hall, nicknamed Mr. Goaltender, was born on October 3, 1981, in Humboldt, \_\_\_\_\_.
4. Canadian filmmaker James Cameron released the sci-fi action hit, *The \_\_\_\_\_* in October 1984.
6. This beloved Canadian Ryan was born on October 23, 1976, in Vancouver, B.C.
9. The dystopian novel where books are banned and burned, \_\_\_\_\_ 451 by Ray Bradbury, was published on October 19, 1953.
10. The "Thriller in \_\_\_\_\_" on October 1, 1975, saw Muhammad Ali beat Joe Frazier after 14 rounds.



## Halloween Safety

by Alberta Health Services



As a member of Calgary's Child Magazine Partners for Safety initiative, AHS EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return

home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

### Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

# The 2025 General Election Is Here

by The City of Calgary

Eligible voters can cast their ballots for the 2025 General Election starting October 6, 2025.

During Advance Vote, from October 6 to 11, voters can vote at any of the Advance Vote stations, regardless of the ward in which they reside.

On Election Day, October 20, voters must vote at their designated voting station.

Voters can use the "Where Do I Vote?" tool on the Elections Calgary website to find their nearest Advance Vote location, as well as their designated voting station on Election Day.

Special (mail-in) ballots are available for request for voters who cannot vote during the Advance Vote or on Election Day for any reason. The last day to request a mail-in ballot to be mailed to you is October 3. The last day for in-person pick-up is October 20 at 10:00 am. All mail-in ballots must be received by the Elections Calgary office by 12:00 pm (noon) on October 20. Mail-in packages can be requested online or by calling 403-476-4100.

More information on where, when and how to vote, voter identification requirements and other important information about the 2025 General Election can be found at [electionscalgary.ca/vote](https://electionscalgary.ca/vote) or by calling 403-476-4100.



Jackson  
& Jackson  
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF  
CONSTRUCTION & LANDSCAPE**  
INCLUDING SMALLER IN-HOME PROJECTS



## Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo  
Property Management

Snow and Ice Removal

## Contact Us

### Address

20 Sunvale Place SE  
Calgary, AB T2X 2R8

### Call us now

(403) 256-9282

### Email us

[info@jacksonjackson.ca](mailto:info@jacksonjackson.ca)  
[contact@jacksonjackson.ca](mailto:contact@jacksonjackson.ca)



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

## Celebrating Calgary 150 - Booms and Busts (1967-1987)

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Calgary has seen many booms and busts, including the turmoil of the 1970s and 1980s. War caused gas shortages and then overdevelopment crashed oil prices, leading to Calgary's worst economic slump.

Great Canadian Oil Sands operated near Fort McMurray (ca.1962), the largest private investment in Canadian history.

Petro Canada became Calgary's newest, tallest building. Toronto-Dominion Square (ca.1977) was built, including Devonian Gardens. Calgary's downtown now has the most skyscrapers in Canada outside Toronto.

Bow Valley College received a building (ca.1972). Nearby the federal government's Harry Hays Building was built (ca.1978), with city hall relocating to the Municipal Building (ca.1985).

General Hospital #2 was demolished in 1973. A preservation society tried to save it. Today, Rundle Ruins holds its original sandstone foundations.

Deerfoot took a decade to build, named after the Siksika man, Api-kai-ees, who was known for winning the 1886 Dominion Day race. The C-Train opened (ca.1981) and has expanded since.

The Flames arrived from Atlanta (ca.1980), beginning a decade-long playoff streak. They occupied the Saddledome in 1983. It has a reverse hyperbolic paraboloid roof (think Pringles chip). But Calgarians saw a horse saddle and the name stuck.

For Calgary's 100th anniversary, Fort Calgary's site was preserved, which hosted a re-enactment of the NWMP's arrival. The Bow River Pathways and Century Gardens were established.

Glenbow Museum opened in 1976, followed by Arts Commons (ca.1985). It hosts the Orchestra in Jack Singer Concert Hall, one of North America's most acoustically acclaimed venues.

Brutalist architecture was all the rage. Mayland Heights School (ca.1968) has open spaces and sloping concrete walls. St. Luke's Church in Brentwood is another example.

More community institutions appeared. St. Vladimir's Church has unique copper-domed towers. Sien Lok Park celebrates Chinatown's preservation.

Nose Hill was also preserved. A stone medicine wheel represents where Indigenous ceremonies were once performed. Fish Creek Park was created from Burns' ranch lands.

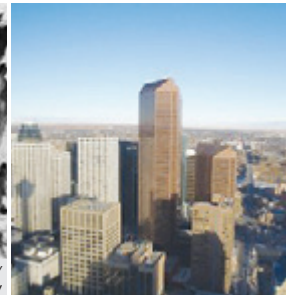
1977 was the centennial of Treaty 7, when The Prince of Wales placed a marker at Blackfoot Crossing.

For recreation, Calaway Park (ca.1982) became Western Canada's largest amusement park. At Banff, Sulphur Mountain Gondola received a new complex (ca.1980). The summit had previously hosted a cosmic ray station.

\*All copyright images cannot be shared without prior permission.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF155UXD2?WS=SearchResults>. "Group examining tar sands, Fort McMurray, Alberta," 1927, (CU1176185) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://commons.wikimedia.org/wiki/File:Calgarytowershot.JPG>. A view from the Calgary Tower overlooking downtown (Suncor Energy Centre West Tower in centre), Calgary, 2008. Photo in the public domain.



[https://commons.wikimedia.org/wiki/File:Calgary\\_Devonian\\_Gardens\\_5\\_\(222085639\).jpg](https://commons.wikimedia.org/wiki/File:Calgary_Devonian_Gardens_5_(222085639).jpg). Calgary Devonian Gardens, July 2006 (Tony Hisgett, via Creative Commons Attribution 2.0 Generic license).



[https://commons.wikimedia.org/wiki/File:Calgary\\_city\\_hall1.jpg](https://commons.wikimedia.org/wiki/File:Calgary_city_hall1.jpg). Calgary city hall and municipal building, July 2004 (Qyd, via Creative Commons Attribution-Share Alike 3.0 Unported license).

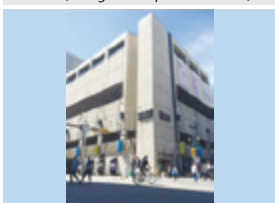




<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OJ33MM?WS=SearchResults.> "[Deerfoot], Blackfoot runner; 1886, (CU1107025) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://commons.wikimedia.org/wiki/File:Atlantaflamesgoalhug.jpg>. Tom Lysiak (left), center with the Atlanta Flames (NHL), celebrates a goal with teammates during a game against the Colorado Rockies, circa 1978 (Rick Dikeman, image in the public domain).



[https://commons.wikimedia.org/wiki/File:Glenbow\\_NE\\_corner.jpg](https://commons.wikimedia.org/wiki/File:Glenbow_NE_corner.jpg). Glenbow Museum, NE corner, August 2015 (Darthrusel, Creative Commons Attribution-Share Alike 4.0 International license).

## The Birth of Ballet

On October 15, 1581, Catherine de' Medici, the Queen Mother of France, commissioned "Ballet Comique de la Reine" in Paris. The performance depicted the myth of Circe from Homer's *Odyssey* and is believed to be the first true ballet, combining music, dance, plot, and staging.



## Cats, Canines, & Critters of Calgary



Charlie, Copperfield



Cody, Glenbrook



Dobby, Huntersen Place



Guzel, Huntersen Place



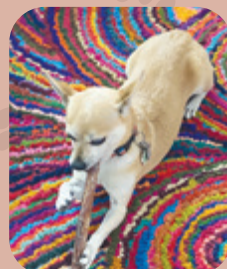
Nelly, Dalhousie



Poppy, Tuxedo Park



Sugar, Signal Hill



Todd, Lake Chaparral

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

# The Art of Finding Work: Job Seekers: Be Clear on Your “Secret Sauce”

by Nick Kossovan

Most job seekers present themselves to employers as a jack of all trades, master of none, when they should be presenting a unique set of skills.

You think you're talented.

Everyone you're up against thinks they're talented.

What makes you special?

When you apply for a job, possessing the necessary skills and qualifications is not enough. You need to find ways to differentiate yourself; otherwise, you will blend in with the other job seekers you're competing against.

The key to differentiating yourself and rising above all the noise so you're seen and heard rather than ignored lies in your “secret sauce”—the unique skills, experiences, and attributes that make you one-of-a-kind. Thus, you become what most job seekers aren't: memorable.

### Asking Yourself the Following Questions Will Help You Define Your Secret Sauce:

#### In My Current or Previous Positions, What Were My Favourite Tasks?

For the most part, we enjoy activities we're good at (e.g., working with numbers, designing costumes, conducting research, organizing events, writing blogs). Our inherent strengths and aptitudes create a natural talent for the activity, thereby making it enjoyable since you're not fighting who you are.

List everything, work-related and non-work-related, you enjoy doing.

#### What Feedback Have I Received from Colleagues or Supervisors Regarding My Work?

Reflect on your career journey. Think of all the positive and negative feedback you received, whether in formal performance reviews or an offhand manner, regarding your work or something you did.

- “I enjoy sitting in on your presentations.”
- “You have a knack for listening.”
- “The way you motivate your team is impressive.”

#### What Problems Have I Successfully Solved in Previous Positions?

Every position exists to solve a problem. For instance, accountants are hired to monitor a company's incoming revenue and outgoing expenses and oversee its compliance with local tax laws.

What problems have you solved for your employers? Increased website traffic? Decreased spending? Increased customer satisfaction? Decreased safety violations? Increased sales? (employers' favourite).

#### What Unique Experiences or Backgrounds Do I Have That Contribute to My Skill Set?

A candidate who grew up in Québec City will have a competitive edge being fluently bilingual over someone who simply attended French immersion in Calgary, Alberta. The same could be said for a candidate whose mother was a social worker, making them more attuned to the needs of others, or their father who was a pharmaceutical representative, thus exposing them to human dynamics that influence.

Everyone has a unique story of how their place of birth and experiences, especially first experiences, developed their strengths and passions. Explaining to an employer that your enjoyment of and passion for providing customer service comes from having spent your weekends and summers working the front desk at your family's 85-room hotel in Estevan, Saskatchewan, has much more impact than simply saying, “I like helping people.”

#### What Skills Have I Gained Through Hobbies or Volunteer Work?

I once hired a call centre agent who volunteered at a local suicide prevention hotline for several years. And a candidate who coached a little league baseball team turned out to be one of the best first-time managers I ever hired.

Don't ignore the skills and experience you've acquired outside your employment or education. Skills, experience, and knowledge aren't just acquired at work or school. The skills and experience you gain from volunteering, starting/running a business, being a parent, playing in a sports league, or serving on your condo board can be valuable to employers.

If the above questions don't solicit as many skills as you'd like, seek the opinions of family members, friends,



and colleagues. Ask them what they think your key strengths are. Their insights may surprise you.

Once you've identified your hard and soft skills—your soft skills (e.g., communication, critical thinking, time management) are the most important to employers—you need to communicate your unique skills as selling points. Merely listing your “skills” and “qualifications” doesn't distinguish you from other applicants. You must describe who you are and what you offer in a straightforward, memorable narrative conveying your unique value proposition.

Not memorable: “I speak French.”

Memorable: “I was born in Québec City. French is my mother tongue.”

Additionally, frame your skills and qualifications in terms of how they can benefit an employer.

No value add: “I have strong analytical skills.”

Value add: “During my seven years as a financial analyst at Wayne Enterprises, I developed above-average analytical skills that enabled the company to take advantage of several initial public offerings that turned out to be quite lucrative. One recommended buy resulted in a \$7.5 million gain within less than a year.”

Based on my experience, most candidates fail to emphasize their uniqueness; hence, they don't stick in my head. Given the number of candidates I've interviewed throughout my career, one would think I'd have heard many inspiring, funny, entertaining, and sad career and life stories. Unfortunately, that's not the case. Job seekers need to work on being mentally sticky. In a competitive job market filled with qualified candidates, articulating your secret sauce will ultimately set you apart.



# The State of Public Education in Alberta

by Brit Hart, Public School Board Trustee Candidate

Students in public schools across Alberta, including the CBE, face a potential teacher strike and here's what you need to know:

The vast majority of teachers in Alberta (95%) have set forward a motion to strike in th e fall. The Alberta Teachers Association has requested wage increases and support to address overcrowded classrooms.

If a strike happens the Alberta Teacher's Association must provide 72 hours notice before initiating job action.

The government's education budget released this year saw an overall spending increase of 4.5% while within this, private school funding increased by 13%.

Alberta spends nearly \$1 billion of public funds on private education each year, the highest in Canada.

Alberta public schools have the highest enrollment rate in the country, expecting to see 33,000 new students this year. 66.3% of these students are in public school, 23.1% separate, 5.3% private, 1.4% charter.

Alberta public school students receive the lowest funding in Canada, \$11,464 compared to the national average of \$13,692 according to Stats Canada.

Despite providing the lowest per student funding in the country, Alberta students rank second globally for science and literacy and seventh in math according to the Programme for International Student Assessment (PISA).

Our teachers continue to do more with less each year. In 2012 Alberta was ranked third for student funding in Canada and in the last 12 years we have dropped to the bottom. While we continue to see the overall rate in which we invest in education decrease, our public school teachers continue to deliver students that rank among the highest globally in academics.

What our educators are asking for is a fair wage increase, more classroom supports, and a plan to reduce classroom sizes. The initial offer from the province included a 12 percent general wage increase and improved benefits



and \$405 million in classroom improvements. Note that there are 1,576 public schools currently in Alberta and this number does not account for projected builds. Classroom improvements can include items like salaries for custodians, building repairs and maintenance, and capital infrastructure costs.

While Alberta teachers are recognized to have some of the highest salaries in the country, their compensation (based on number of students per classroom) is ranked tenth, \$1,600 per student below the national average.

Below is a table outlining recommended classroom sizes vs actual classroom sizes in Alberta, provided by the Alberta Commission on Learning.

	Recommended	Actual 2023/24	Max Size 2023/34
K-3	17	22.5	37
4-6	23	23.4	42
7-9	25	26.3	46
High School	27	28.3	56

If you want more information, the CBE has a Labour Action page to help parents navigate the 2025/26 school year. If you have questions or want to support public education in Alberta it is encouraged that you write to your local MLA as well as the Minister of Education, Demitrios Nicolaides and the Shadow Minister for Education, Amanda Chapman.

# 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



# BUSINESS CLASSIFIEDS

**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 Midnapore and Sundance. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**MIDNAPORE | SUNDANCE 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](mailto: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](mailto:ctiefisher@bowriverbusiness.com), or visit [www.bowriverbusiness.com](http://www.bowriverbusiness.com).

**SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING:** Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. 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, Poly-b replacement and renovations! Competitive prices with quality, 24-hour service! Stampede Plumbing and Heating. Established 1998. Call 403-225-1037. [www.stampedeplumbingandheating.com](http://www.stampedeplumbingandheating.com).

**PAINTER SERVICING MIDNAPORE / SUNDANCE:** 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).

**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.

**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](mailto:marcinj09@gmail.com).

**LOVING MIDNAPORE DAYHOME:** Accepting full-time, part-time and before and after school care for children. Ages 10 months and up. Over 25 years' experience educating and caring for children. Fully registered. Smoke-free, pet-free, home-cooked organic meals. Walking distance from 3 schools. Call Andrea 403-254-0879, [lakam@telus.net](mailto:lakam@telus.net).



**DENTAL CARE ... AFFORDABLE, ACCESSIBLE & ESSENTIAL!** Easy drive from Midnapore | Sundance. 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!

**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.

**CROWN RENOVATIONS:** Beautiful kitchen and bathroom renovations at affordable prices. Over 40 years' experience in quality renovations. Full service custom cabinetry manufactured in Calgary. Local, licensed, bonded and insured. Free in-house estimates. Full house renovations. [www.crownrenovations.com](http://www.crownrenovations.com). Contact Bill at 403-819-8588 or crownreno@shaw.ca.

**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.

**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.

**GREETINGS FELLOW CRAFTERS:** My name is Kim, I'm an independent Stampin'Up! demonstrator in Sundance. I offer a monthly card class at Boston Pizza. Please join us for a fun evening of dinner and card making. All levels of crafters welcome! Please contact me for more information at gfp581patricia@yahoo.ca.

**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.

**KITCHEN CABINETS REFINISHED:** Hate the orange in your oak cabinets? Restore wood cabinets, water damage, get grime removed for approximately \$1495. Or change the look with a new colour spray finish for about \$3695. Environmentally friendly alternative to replacing or refacing. Call Doug at 'Not Just Paint' for a free estimate/consult. 403-671-0324.

**FENCING & DECKING, DRYWALL & FRAMING, BASEMENT, KITCHEN, BATHROOM RENOVATIONS, HANDYMAN SERVICES:** We take all the stress out of your fencing & decking, drywall & framing, basement, bathroom, kitchen, handyman services needs around your home. Free consultations and estimates. Please contact Robertson Watt Construction Services for friendly, clean and on time service. Call 403-200-6192 or email info@robertsonwatt.ca.

**FURNACE CLEANING:** A.T. Furnace and Duct Cleaning, qualified technician with over 20 years experience. Great fall rates! Customer satisfaction, family owned and operated. Call today to book before the cold sets in 403-651-5895 "Better call Paul".

**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/>.





**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

**SNOW REMOVAL SPECIALISTS**

**AS**  
CONTRACTING

FOR A FREE ESTIMATE  
ON SNOW REMOVAL  
CALL SHAWN 403.651.0424  
ASFCONTRACTING1@GMAIL.COM  
WWW.ASFCONTRACTING.COM

**COMMERCIAL/RESIDENTIAL SNOW REMOVAL  
FALL CLEAN UPS • PLOWING AND SANDING**

**WORD OF THE MONTH**

**Phantasmagoria: Noun**  
(phan-tas-ma-go-ria)

A rapidly shifting scene or sequence of pictures, like those in a dream.

What happens next was a phantasmagoria of mystery.



**MLA Calgary - Fish Creek**  
**Myles McDougall**  
7 – 1215 Lake Sylvan Drive SE  
✉ Calgary.FishCreek@assembly.ab.ca  
☎ 403-278-4444 | 📷 MLAFishCreek  
📘 MylesMcDougallYYC | ✂ MylesYYC

### Gratitude, Community, and Looking Ahead

Happy Thanksgiving!

As we take time this month to gather with loved ones and reflect on what we're grateful for, I want to extend my heartfelt thanks to the residents of Calgary-Fish Creek. Your engagement, ideas, and support continue to inspire me every day.

I'm looking forward to connecting with many of you at our upcoming Townhall Meeting on Wednesday, October 22 at 7:00 pm, held at Parkland Community Hall (505 Parkvalley Road SE). These gatherings are a chance for us to have real conversations about the issues that matter most to you—from local concerns to provincial policy. I hope you'll join me to share your thoughts, ask questions, or simply listen in.

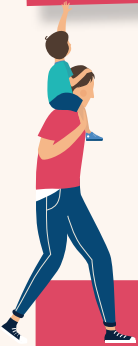
As we head toward the end of October, I'm also preparing for the next legislative session. There's important work ahead, and I'm committed to bringing your voices into the discussions that shape our province's future. Whether it's healthcare, education, infrastructure, or community safety, your feedback helps guide the decisions made by government.

If you have questions, concerns, or ideas you'd like to share before the townhall or session begins, please don't hesitate to reach out to my office at Calgary. FishCreek@assembly.ab.ca. I always appreciate hearing from you.

Wishing you and your family a joyful and restful Thanksgiving.

# CREEKSTONE

Discover the Southwest's  
Best-Kept secret.



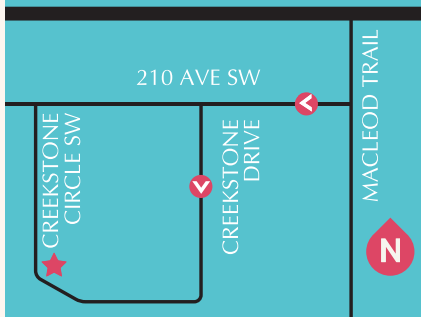
Your new southwest enclave  
is where community *thrives*.



New homes from  
the low \$600s.



STONEY TRAIL SE



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

Visit 586 Creekstone Circle SW

[creekstonecalgary.com](http://creekstonecalgary.com)

LAST PHASE NOW SELLING

QUADRA  
DEVELOPMENTS



Brookfield  
Residential

EXCEL  
HOMES



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





**403.681.4457** **PARAMOUNT**  
jordy@paramountcorp.ca REAL ESTATE CORPORATION

## Jordy Gets The Job Done!

If you are considering selling, call us for a **Zero Obligation Home Evaluation** and strategy discussion on how to achieve **Top Dollar** for your home!

### Sundance

Detached Home Stats - Last 45 Days



**26**

# New Properties



**11**

# Sold Properties



**15**

Average Days on Market



**\$712,000**

Median Sold Price

### Midnapore

Detached Home Stats - Last 45 Days



**7**

# New Properties



**3**

# Sold Properties



**28**

Average Days on Market



**\$1,135,000**

Median Sold Price