

OCTOBER 2023

DELIVERED MONTHLY TO 3,050 HOUSEHOLDS



myWILLOWRIDGE.ca

THE OFFICIAL WILLOW PARK MAPLE RIDGE COMMUNITY NEWSLETTER

**HALLOWEEN
FAMILY DANCE**

PAGE 7

WINE TASTING

PAGE 13



Dr. Lucas Curran
General Dentist

**WISHING YOU A
HAPPY THANKSGIVING**



**WILLOWSIDE
dental**

**CALL TODAY AND BOOK YOUR FREE TEETH WHITENING OR ELECTRIC TOOTH BRUSH
INCLUDED WITH YOUR COMPLETE EXAM, X-RAYS, AND CLEANING.**

• OPEN ON SATURDAYS • EMERGENCIES WELCOME • WE DIRECT BILL YOUR INSURANCE
580 Acadia Dr SE | 403.455.3220 | www.willowsidedentist.ca | Wheelchair accessible

mywillowridge.ca

Shirley & Jeff Mikolajow

Your **Willow Ridge** Specialists

Dedicated Service with Integrity, Always!

Proven Top Sales Knowledge.

Exceptional Marketing and Negotiating.

Consistently Selling for You.



**CALL SHIRLEY & JEFF MIKOLAJOW
TODAY TO BUY OR SELL.**

SOLD



10016 Fairmount Drive SE

SOLD



323 Wainwright Road SE

People Are Our Business

Call Now for a **FREE MARKET EVALUATION**
of Your Home & Facts to Help Sell Your Home

What Determines "Value" of Real Estate?
Robust demand and increased migration levels

We will help you to maximize the value of your real estate. Call us now or email your questions.
We will also be here for you monthly with more facts! We love real estate. We know real estate.

Shirley & Jeff Mikolajow
RE/MAX FIRST



shirley@mikolajow.com
jeff@mikolajow.com
www.mikolajow.com

403-804-3990



WILLOWSIDE *dental*

WISHING YOU A
HAPPY THANKSGIVING



Dr. Lucas Curran
General Dentist



- Open on Saturdays
- Emergencies welcome
- We direct bill your insurance

403.455.3220

www.willowsidedentist.ca

580 Acadia Dr SE

Second level

Entrance located on west facing side of building

 Wheelchair accessible

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

Advertising with us is un-be-leaf-able!

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca



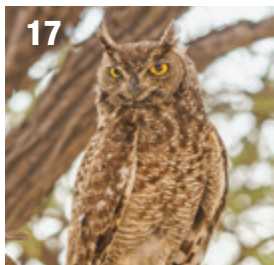
SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

CONTENTS

- 7 HALLOWEEN FAMILY DANCE
- 9 PRESIDENT'S MESSAGE
- 10 SAFE AND SOUND: HALLOWEEN SAFETY
- 17 FRIENDS OF FISH CREEK
- 28 BUSINESS CLASSIFIEDS



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

WILLOW PARK



MAPLE RIDGE



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.





WILLOW RIDGE COMMUNITY ASSOCIATION OF CALGARY COMMUNITY CENTRE AND SPORTS FACILITIES

680 Acadia Drive SE Calgary, AB T2J 0C1

Ph: 403-271-8044

F: 403-278-3718

Website: mywillowridge.ca

Email: info@mywillowridge.ca

We are available by phone Monday to Friday 9:00 am to 3:00 pm

(Voicemail is checked daily and will be responded to by the end of day the next business day). In-person by appointment only.

**Closed Weekends and Holidays

Board Members

| | | |
|-------------------------|----------------|-----------------------------|
| President | Jason Carling | president@mywillowridge.ca |
| Vice President | Chris Nyberg | casino@mywillowridge.ca |
| Treasurer | Kody Shiels | treasurer@mywillowridge.ca |
| Secretary | Dustin Byrnes | secretary@mywillowridge.ca |
| Membership Coordinator | Vacant | |
| Facilities | David Hughes | facilities@mywillowridge.ca |
| Sports and Recreation | Vacant | |
| Funding | Don Boykiw | dboykiw@mywillowridge.ca |
| Social | Vacant | |
| Casino | Vacant | |
| Communications Director | Heather Cook | comm@mywillowridge.ca |
| Volunteer Coordinator | Vacant | |
| Strategy | Andres Galindo | agalindo@mywillowridge.ca |
| Civic Affairs | Gord Rouse | grouse@mywillowridge.ca |
| HR Director | Mike Krisa | mkrisa@mywillowridge.ca |

Directors At Large

| | | |
|-------------------|------------------|---------------------------|
| Director-at-Large | Marshall Horne | mhorne@mywillowridge.ca |
| Director-at-Large | Peter Gibson | pgibson@mywillowridge.ca |
| Director-at-Large | Roger Lohrey | rlohrey@mywillowridge.ca |
| Director-at-Large | Tom Firth | tfirth@mywillowridge.ca |
| Director-at-Large | Jacielle Alfonso | jalfonso@mywillowridge.ca |
| Director-at-Large | Haley Hartos | hhartos@mywillowridge.ca |

Other Contacts

| | | |
|-----------------------|----------------------------|-----------------------------|
| Soccer Administration | Rich Cree | soccer@mywillowridge.ca |
| Garden Liaison | Rob Kettle Leslie Smith | wrveggiesandherbs@gmail.com |

WRCA Staff

| | | |
|----------------------------|---------------|-------------------------|
| General Inquiries | | info@mywillowridge.ca |
| Community Services Manager | Anna Glickman | gm@mywillowridge.ca |
| Office Administrator | | info@mywillowridge.ca |
| Bookkeeper | Jenna Burns | jburns@mywillowridge.ca |

Community Resources

| | | |
|-------------------------|--------------------|-------------------------------|
| City of Calgary Liaison | Christa Zaharychuk | christa.zaharychuk@calgary.ca |
|-------------------------|--------------------|-------------------------------|

Community Resources

Councillor - Ward 11

| | | |
|-----------------|--------------|-------------------|
| Kourtney Penner | 403-268-2430 | ward11@calgary.ca |
|-----------------|--------------|-------------------|

MLA - Calgary Acadia

| | | |
|--------------|--|----------------------------|
| Diana Batten | | diana.batten@albertandp.ca |
|--------------|--|----------------------------|

MP - Calgary Midnapore

| | | |
|-----------------|--------------|-------------------------------|
| Stephanie Kusie | 403-225-3480 | stephanie.kusie.c1@parl.gc.ca |
|-----------------|--------------|-------------------------------|

CPS Community Resource Office

| | | |
|---------------|--|----------------------------|
| Pavel Adaikin | | PAadaikin@calgarypolice.ca |
|---------------|--|----------------------------|

Girl Guides of Canada Calgary Area

| | | |
|--------------|--|-------------------------------|
| 403-283-8348 | | ggcinfo@calgarygirlguides.com |
|--------------|--|-------------------------------|

Scouts Canada Chinook Council

| | | |
|--------------|--|---------------|
| 403-283-4993 | | www.scouts.ca |
|--------------|--|---------------|

The Willow Ridge Community Association (WRCA) Vision

To be an integrated community connecting partners, family, neighbours, and nature.

The WRCA Mission

To foster an integrated community by providing meaningful and inclusive programs and experiences, safe gathering spaces, and advocacy for the needs and interests of our residents.

GET WRCA NEWS IN YOUR INBOX – With your membership, receive e-newsletters to share up-to-the minute news and events. We think you'll find the information valuable, but you can unsubscribe at any time.

SOCIAL MEDIA

| | |
|--|-----------------------|
| | @willowridgecommunity |
| | @mywillowridge |

WRCA website
mywillowridge.ca

The My Willowridge.ca is the official newsletter of the Willow Ridge Community Association and is distributed monthly for free to all residents of Willow Ridge (approximately 3,050 households).

Monthly Board of Directors Meetings are normally held on the third Wednesday of each month, but please check with the office as these meeting dates may change. They commence at 7:00 pm in our WRCA Boardroom. If you would like to make a brief presentation to the WRCA Board, please notify the WRCA office at least three (3) days prior to the meeting date and state the topic you wish to address.

\$10/FAMILY WRCA MEMBERS
\$20/FAMILY NON MEMBERS

WILLOW RIDGE
HALLOWEEN **FAMILY**
DANCE



CRAFTS | DANCING | TREATS
6:00-9:00 PM SAT. OCT 28TH

Halloween Family Dance

Don't miss out on our annual Halloween Family Dance. It's always a spooktacular good time! Tickets can be purchased in advance or at the door. Admission includes goodie bags for kids, drink ticket, crafts, DJ Dance Party, and a Costume Parade! Prizes will be awarded for the most creative costume, best homemade costume, and best group/family costumes!

The Willow Ridge CA does not currently have an events director or a social committee. We are looking for some community members who are interested in forming a social committee to assist with planning and running a variety of wonderful events throughout the year! Please contact the office at 403-271-8044 or email gm@mywillowridge.ca if interested.



Pet of the Month Wanted

Do you have a pet at home? Would you like your pet to be Willow Ridge famous? Please submit an article

about your furry friend (slimy, smooth, bumpy, and spiky also accepted) in 250 words or less along with a photo and we will let you know which monthly newsletter they will be appearing in!

Submissions can be sent to info@mywillowridge.ca.



Full
Into a
Healthy &
Beautiful
Smile!

Schedule your dental wellness visit today!



New
Patient Exam
\$50*

Back-to-School with Healthy Smiles!

Let the Apple Dental team help you get your smile back-to-school ready! Apple Dental is pleased to offer a \$50 New Patient Exam. Our team of amazing doctors came together to ensure that our new patient exams are affordable, accessible, and offer the highest standard of expertise and care for every patient we see.



10233 Elbow Dr SW, Suite #380, Calgary, AB, T2W 1E8

Phone: (403) 640-4000 | info@appledentalgroup.ca

www.appledentalgroup.ca

*A New Patient is defined as anyone who is coming to this clinic for the first time. A New Patient Exam is a Comprehensive Dental Examination by a General Dentist which does not include X-Rays or Dental Hygiene.

Seniors Coffee Hour!



Fresh baked goodies courtesy of
Canyon Meadows Retirement Residence

Join us on the 2nd & 4th Tuesday
of every month from 10am-12pm

Members: FREE
Non-members: \$2



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

Activities at the Willow Ridge Community Centre

For the most up-to-date information check our website at <https://mywillowridge.ca/activities/events-calendar>.

Sundays

- Unity of Calgary Spiritual Community
- Church of Christ
- Dance with Maya

Mondays

- Expand Yoga
- Pathfinders
- Sparks

Tuesdays

- Devotion Danceworks
- National Sports Academy

Wednesdays

- Devotion Danceworks
- Expand Yoga
- Girl Guides
- Sports Ball
- Simple Harmonies

Thursdays

- Because You Can Fitness
- Embers
- Expand Yoga
- National Sports Academy
- Calgary Karate

Mondays to Fridays

- FLC Brushstrokes
- FLC Line Dancers
- Queens & Jacks Square Dancing (Monday and Friday)
- Creations Child Care Inc.
- Willow Park Preschool

Saturdays

- Devotion Danceworks

Let's talk about our trees.

Our trees are a vital part of our neighbourhood; they provide shade, beauty, and have been integral to our neighbourhood identity for decades. Unfortunately, many of the mature trees that make up our beloved tree canopy are now dying off due to a combination of age, drought, and disease. Many of our poplars in particular are at or past their expected life span. Here is what you can expect over the next few years as we go through the process of revitalizing our tree canopy:

First, the city does not water mature trees. The City will water new trees for the first seven years after planting, but mature trees are expected to live based on the water Mother Nature provides. If residents want to water trees, you are welcome to, but be cognizant of bylaw issues, like leaving hoses across sidewalks.

Secondly, it is the City Urban Forestry department that manages our public trees. To deal with mature canopies like ours, the Urban Forestry department has recently launched a new initiative called the "Large Tree Succession Initiative." At this time, 25 trees in Willow Park are identified for removal and replacement this fall. The community association is working with the City to try and find more ways to collaborate on maintaining and rebuilding our cherished canopy.

Third, the best way to report concerns about our trees is to contact 311. The City uses 311 data to drive decisions. If you see trees in decline, please log a ticket! As an example, the City has identified 25 trees of concern in Willow Park, but 0 trees of concern in Maple Ridge. 311 data drives City action which the community association can then follow up on.

Finally, if you are interested in our trees and green spaces and want to get engaged, feel free to contact me at president@mywillowridge.ca to explore opportunities.

Jason Carling

President, Willow Ridge Community Association



Halloween Safety

from Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, Bylaw, and Transit 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.

Eating and Dementia

from Alberta Health Services



Encouraging someone with Alzheimer's disease or another dementia to eat enough may be a challenge. Here are a few tips that may help.

- If the person resists using a spoon or fork, don't force the issue. Some people may have vision or motor problems that make using a spoon or fork difficult. Serve food that can be easily eaten, such as finger foods. Prepare foods that they like and don't worry too much about how the food is eaten.
- Offer food often. This includes healthy mid-morning and mid-afternoon snacks.
- Set aside enough time for meals. They may take longer than others to eat.
- Limit choices, which can be confusing. Serve meals in courses, one food at a time.
- If they wear dentures, make sure they fit properly. Uncomfortable dentures can make eating painful and keep a person from eating enough.
- If the person is losing weight, consider adding a liquid nutrition. Ask your pharmacist or doctor for more information.
- Eat with the person.

Cats, Canines, & Critters of Calgary



Bonnie, Bridgeland



Moose, Canyon Meadows



Ash, McKenzie Towne



Sparky, Douglas Glen

To have your pet featured, email news@mycalgary.com

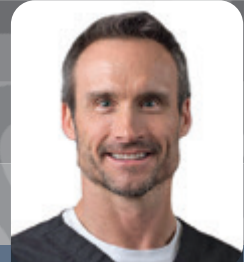


SOUTHSIDE DENTURE CENTRE

New — Denture Clinic

New — Management

Newly — Renovated



Jody L. Nelson, DD.
Denture Specialist
32 Yrs' Experience

- No pressure, personalized care
- In-house lab for same-day relines/repairs
- Variety of Implant Denture options available
- We follow the College of Alberta Denturist Fee Guide

F17, 8330 Macleod Tr. SE
Heritage Plaza by London Drugs
Beside Domino's Pizza

403-452-5272

Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554

109 - 10836 24th Street SE

Calgary
Mat & Linen Services

MATS
Commercial mat rentals and purchases

HOSPITALITY SERVICES
Linens for tables, chairs, and napkins. Laundry and pressing services

WORKWEAR
Workwear and cleaning of uniforms and coveralls

CLEANING
One-stop service for cleaning supplies and paper products

calgarymatandlinen.com

Stonyslope Brewing



Now Open!

**Family-Friendly,
Fresh, Small Batch
Beers &
Cozy, Locally
Sourced Food**



Show us this ad when you come in for **10% off**

#20 9620 Elbow Dr. SW, Calgary, Alberta, T2V 1M2

WINE TASTING EVENT

**REGISTRATION
CLOSES OCT 30!!**

TESOURO
WINE *presents*

NEW World *vs.* *OLD World*

Willow Ridge Community Assoc.
680 Acadia Dr. SE
Fri. Nov 3rd ~ 7-10pm
Tickets: \$50 w/ FREE Babysitting
***This is a private event
for WRCA members only***

book online at www.mywillowridge.ca

Unofficial National Food

Some claim that donuts are Canada's 'unofficial national food.' This is probably because we have the highest concentration of donut shops per capita. If that isn't enough, we also consume the most donuts per capita compared to any other country in the world!



Rental Rates:

Minimum three-hour rental on weekends.

| Room | Weekday Hourly 7:00 am Monday to 5:00 pm Friday | Weekend Hourly 5:00 pm Friday to end of day Sunday | Weekend Full-Day Rental *Up to 12 hours | Weekend Half-Day Rental *Up to 6 hours | Deposit |
|------------|---|--|---|--|---------|
| The Willow | \$60/hr | \$90/hr | \$1,000 | \$500 | \$500 |
| The Maple | \$50/hr | \$75/hr | \$800 | \$400 | \$400 |
| The Herard | \$30/hr | \$45/hr | \$500 | \$250 | \$250 |

*Full Day rentals (up to 12 hours) and Half Day rentals (up to 6 hours) are for weekends only, between 5:00 pm Friday and end of day Sunday. The Hall can be booked until 1:00 am any day.

WRCA members receive a 5% discount on one-time rentals. Contact info@mywillowridge.ca or 403-271-8044.

Are you a member? Join the WRCA Family!

Cash, debit, credit, cheque accepted at the office M-F from 9am-3pm.
Online purchase available at mywillowridge.ca. All amounts below include GST.



Family
Membership
\$36.75



Seniors 60-
Membership
\$21.00



Individual
Membership
\$26.25



Business
Membership
\$42.00



Courts
Membership
\$21.00 (Family)
\$15.75 (Individual)



WILLOW RIDGE
COMMUNITY
ASSOCIATION

Support your
Community

Visit mywillowridge.ca for more info

Rent Our Space!

The Willow Ridge Community Association can accommodate a wide range of guests for activities or functions like wedding receptions, birthday parties, baby showers, workshops/seminars, art shows, fitness classes, and more!

Located outside are two private parking lots, crockicurl (in the winter), newly refinished pickleball/tennis courts, a lacrosse box/hockey rink, a baseball diamond, community gardens, and a large green space which we use for our WRCA Soccer League in the summer and a pleasure skating rink in the winter.

Our Newly Renovated, Air-Conditioned Building Has the Following Spaces Available for Rent!

- **The Willow** – 1,924 sq ft North Hall (135 dining/200 seated) with large windows, built in audio/speakers, vaulted ceilings, wood sprung floor. Perfect for high-impact activities!
- **The Maple** – 1,200 sq ft South Hall (60 dining/135 seated) with large windows, separate sink/washing area, additional storage, vaulted ceilings, and a sound system.
- **The Herard Room** – 540 sq ft Board Room (30 people) with large windows, available TV and projector, conveniently situated off the Ridge Lounge. Perfect for small group yoga, art classes, meetings.

The Community Centre Has the Following Additional Features:

- The Ridge Lounge, an upstairs gathering area for members with view of the rinks/fields.
- Large floor to ceiling windows to allow for more natural light.
- Internal stairs to lower level and a rough elevator, coming soon!
- Four individual gender-neutral washrooms, two of which are wheelchair accessible.
- Wi-Fi throughout building.
- Large change area/washrooms with rubber flooring, accessible to rink users in the winter.



GAMES & PUZZLES

Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for _____ and _____.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of _____.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in _____ seconds.



A HALLOWEEN DISGUISE

Halloween costumes have been around for over 2,000 years! This tradition began with the Celtic festival of Samhain, which marked the end of harvest season. It was believed that on October 31, spirits could walk the Earth. To honour the spirits and keep themselves safe by blending in, Celts donned disguises made of animal heads and skin.



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

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 Outdoor Kitchens & Fireplaces Sports Courts & Putting Greens Water Features Retaining Walls



FRIENDS *of* Fish Creek



Show Your Love for Fish Creek This October!

The Friends of Fish Creek invite you to take part in our 4th Annual 'I Love Fish Creek' online fundraiser! The Friends is a registered charity based in Fish Creek Provincial Park and we rely on donations, memberships, program fees, sponsorships, and fundraising efforts to support our work in this park. The 'I Love Fish Creek' fundraiser will take place from October 1 to 31, and we invite you to show your support for Fish Creek by participating in this unique campaign. We have a variety of exciting ways for you to get involved this month including a silent auction and 50/50 raffle!

Pick up your I Love Fish Creek 50/50 raffle tickets for a chance to win as much as \$10,000! You can feel comfortable making a wager knowing that your contribution will be used right here in Fish Creek Provincial Park. Check out our online silent auction to bid on a wide variety of items like gift certificates, health and beauty products, household goods and services, and much more! You can also donate any amount and receive a valuable tax receipt. Even a modest contribution would go a long way in helping us to reach our goal of \$20,000. Please support Fish Creek Provincial Park through this fundraiser and help ensure that future generations can enjoy this park as much as we do today, and long into the future.

Whether you show your support by donating, bidding on silent auction items, or purchasing raffle tickets, you can be sure that your contribution will be used effectively and efficiently right here in Fish Creek Provincial Park. For more information, please visit <https://friendsoffishcreek.org/programs/love>.

Volunteers Needed – Park Restoration and Willow Harvesting

Would you like to volunteer to support Fish Creek Provincial Park this month? The Friends need volunteers to help with our restoration and conservation projects. Work with the Friends as we gather live willow cuttings to be planted at restoration sites in the park. We are

also looking for volunteers to take part in riparian restoration projects, which will involve constructing restoration site fencing, planting vegetation in the newly fenced area, and watering newly planted vegetation. To sign up or for more information, please visit <https://friendsoffishcreek.org/volunteering-basics>.

Fish Creek Ambassadors Needed – Bow Valley Ranch Visitor Centre

Do you enjoy speaking with people and sharing your knowledge about Fish Creek Provincial Park? The Friends need volunteers to help with the Fish Creek Ambassador program at the Bow Valley Ranch. This is an indoor administrative volunteer role, volunteers work in pairs, each shift is about 3.5 hours, and all training will be provided. Fish Creek Ambassadors assist park visitors and collect information that will allow us to better understand how the Visitor Centre is being used and how often. Please consider volunteering as a Fish Creek Ambassador to help support the Fish Creek Provincial Park, community members, and even visitors from afar. For more information about the Fish Creek Ambassador program, please contact Kumiko Kamiike, Visitor Services Coordinator, at kumiko@friendsoffishcreek.org.

Signs You May Have Depression

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

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

Some differences in symptoms you may see in teens and children:

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



Differences in symptoms seen in older adults:

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.



Accepting NEW PATIENTS

FAIRMOUNT DENTAL

Conveniently located at the intersection of
Southland and Fairmount Drive

Family and Cosmetic Dentistry
 Implants, Crowns and Bridges, Root Canals
 Evening Hours
 Free On-Site Parking
 Direct Billing According to the Provincial Fee Guide

*Dr. Marius Caragea
 General Dentist*



Book at
403-454-0054 or fairmountdental.ca



CORNERSTONE PAINTERS

- Interior
- Commercial
- Exterior
- Residential

WHY CHOOSE US

Above all, we value integrity, professionalism, and consistent attention to detail. We use top quality products.



(403) 604-9295 Call us today for your free estimate!

Stemp & Company

We find solutions®

- Copyright Law
- Patents
- Trademarks
- Corporate Law
- kari@stemp.com

- Wills & Estates
- Probate
- Real Estate/Conveyancing
- Litigation
- tasha@stemp.com

403-777-1122 (Toll Free 1-800-665-4447)

www.stemp.com | bill@stemp.com
 #1670, 734 - 7 Ave SW, Calgary, AB T2P 3P8



CERULEAN

PLASTIC SURGERY CENTRE

Cosmetic Injectables | Lasers | Thread Lifts | Platelet-Rich Plasma

Non-surgical consults are complimentary! Call us today or book online

ceruleansurgery.com

Suite 385 - 11012 Macleod Trail SE, Calgary, AB T2J 6A5
 Ph: 403-225-2141 F: 403-271-4546

 Cerulean Plastic Surgery Centre
 @ceruleanplasticsurgery
 

Pan Fried Salmon with Beans Almondine

by Jennifer Puri

Our modern Pacific Salmon appeared four to six million years ago and have been part of the spiritual and cultural identity of the Indigenous people of the Pacific Northwest for centuries. Salmon is part of their social network, their history, and their employment. Generally associated with long life and wisdom, the salmon is also a primary food source for the Indigenous people and considered an important gift of food from the Creator.

Chinook or King salmon is the largest species, averaging 30 lbs, though there are some that could weigh as much as 100 lbs. On the opposite end of the scale, Pink salmon weigh less than 5 lbs.

Classified as an oily fish, salmon is a popular food choice due to its rich, buttery flavour. It is also considered to be healthy and is high in protein, Omega 3 fatty acids, and Vitamin D content. The Omega 3s in salmon can help protect our skin from the aging effects of the sun, decrease inflammation, and support brain, eyes, and heart health.

Wild salmon is overall better for health, particularly Pacific Salmon of which there are five types in North America – Chinook, Coho, Chum, Sockeye, and Pink.

The flesh of fresh salmon fillets should be orange or bright pink in colour with no darkening, discolouration, or drying around the edges. Salmon should appear moist rather than dried out as dryness is an indication that the fish is old or was not handled correctly.

Prep Time: 12 minutes

Cook Time: 12 minutes

Servings: 4

Ingredients:

- 4 5oz salmon fillets with skin
- 3 ½ tbsps. of extra virgin olive oil
- Rock salt to taste



- Coarse black pepper to taste
- 1 lb cooked whole green beans
- 4 shallots, finely chopped
- 2 garlic cloves, finely chopped
- ½ cup sliced almonds
- ¼ cup lemon juice
- 3 tbsp honey
- 1 tbsp Dijon Mustard
- ½ cup extra virgin olive oil

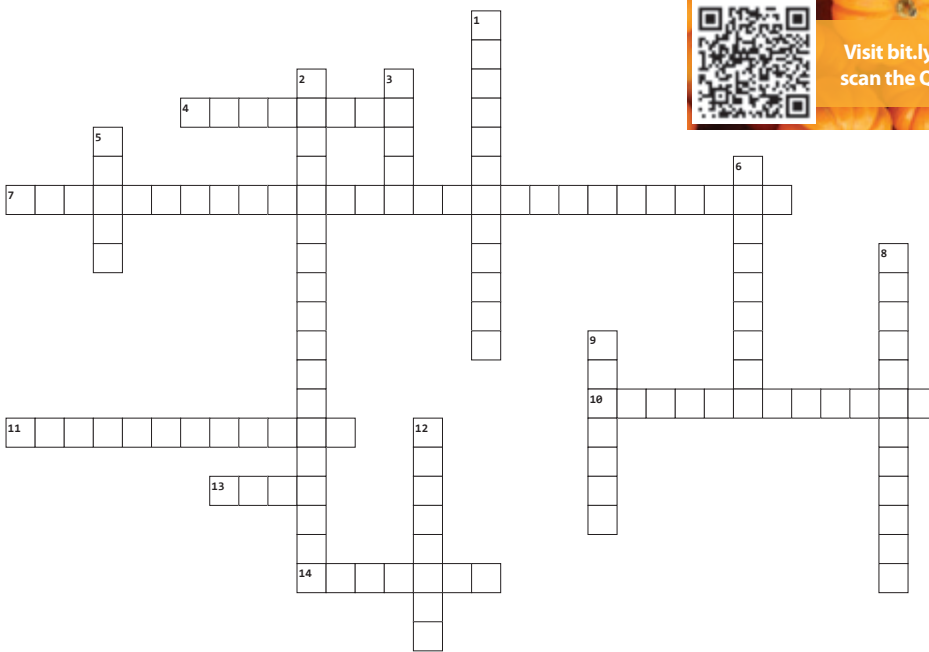
Directions:

- Season salmon fillets with salt and black pepper. Over medium heat, warm 2 tbsp of olive oil in a large non-stick skillet. Add the salmon fillets skin side up and cook for about 4 minutes. Turn fish over and cook for an additional 5 minutes or until skin is crisp.
- Prepare citrus dressing by combining lemon juice, honey, half the chopped shallots, ½ tsp each of salt and black pepper, and ½ cup of olive oil in a small bowl. Mix well and set aside.
- Prepare beans almondine: In a frying pan or wok, sauté garlic and remaining shallots in 1 ½ tbsps. of olive oil for a couple of minutes. Add cooked green beans and cook for another couple of minutes. Add sliced almonds and salt and pepper to taste and cook for two minutes or until beans are warmed through.
- Place cooked salmon fillets on plates and top each one with a little citrus dressing. Serve with beans almondine and a side of Spanish or coconut rice if desired.

Bon Appétit!



October Crossword



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

Down

- In October of 2018, the longest postseason Baseball World Series game took place; the LA Dodgers beat the _____ after 7 hours and 20 minutes.
- Every fall, these majestic, winged insects migrate 4,000 kilometres from Canada to Mexico.
- Born on October 24, 1986, this Canadian rap artist rose to fame on the television drama, *Degrassi*.
- In the Middle Ages, this was used to sweeten candy.
- This traditional Halloween candy was originally called 'Chicken Feed.'
- Hailing from Transylvania, Vlad the Impaler served as inspiration for novelist Bram Stoker's blood-thirsty protagonist, _____.
- In North America, this fruit becomes very popular in October.
- Harvested in October and November in Canada, these legumes are a complete protein, meaning that they have all nine essential amino acids.

Across

- Published on October 27, 2016, this novel by Naomi Alderman depicts a world where females develop the ability to release an electrical charge from their fingers, thus becoming the dominant sex.
- Released on October 29, 1993, this stop-motion film, written by Tim Burton, is a Halloween classic.
- Born on October 9, 1823, _____ was the first woman to own and publish her own newspaper, *The Provincial Freeman*, in Canada.
- Observed on October 11, International _____ aims to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face.
- October's official birthstone and Australia's national gemstone.
- This 2,000-year-old Celtic festival marks the end of harvest and honours the spirits that are believed to walk the Earth on this day.



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP

YOUR HOME SOLD GUARANTEED!*

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

Virtual Tours

Guaranteed Sale Program*

Trade Up Program*

Blanket Home Warranty Program*

Accepting Crypto Currency

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

Call or Text 403-606-8888

Email len@lentwong.com

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

The Calgary Zoo: Past and Present

by Anthony Imbrogno, a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

It's autumn – fall colours are out and days are noticeably shorter. Before the snow falls, it's time to visit the Calgary Zoo!

The Zoo is located on St. George's Island. In 1887, the Bow River islands were leased for development as parks. A ferry serviced them from 1891 until St. George's Zoo Bridge was constructed in 1908.

An animal park popped up in 1917, which became the Calgary Zoo in 1929. Dr. Omer Patrick from Ontario practiced medicine in Michigan before arriving in Calgary to develop Drumheller's coal fields. He took an interest in the city's beautification and natural spaces and was the founding president of the Calgary Zoological Society, until 1944.

An early addition to the Zoo was "Dinosaur Gardens." Lars Willumsen (president of the Zoological Society, 1959 to 1965) suggested it to Dr. Patrick after visiting a dinosaur park in Hamburg, Germany. Work on Calgary's Natural History Park began in 1935. German sculptor Dr. Charlie Beil designed the first dinosaurs, with Finnish engineer Aarne Koskelainen and Finnish sculptor John Kanerva constructing them.

The only survivor of these 56 pieces is Dinny the Dinosaur. In 1983, Prehistoric Park was created north across the river to make room for more animal enclosures. The original concrete figures were too costly to move during the recession. They were destroyed and replaced with fibreglass ones. To preserve the 110 tonne Dinny, it was designated a provincial historical resource in 1987 and recently underwent repairs thanks to donations from Calgarians.

Part of Calgary's conservation heritage is the Zoo's work. The Calgary Zoo is the oldest registered charity in Alberta (since 1967). It was among the first in Canada accredited by three zoo associations, who provide support for animal care, conservation, and environmental education. In 2013, the Association of Zoos and Aquariums wrote, "the Calgary Zoo sets itself apart as one of the top zoos in the world."

The Zoo continues its conservation work as part of the Wilder Institute and is a prime destination for enjoyment and education. A favourite is ZOOLIGHTS, a holiday tradition for many that celebrated its 25th anniversary in 2021.

* All copyright images cannot be shared without prior permission



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1X4XGAO?WS=PackagePres>. "Dinosaur at St. George's Island Natural History Park, Calgary Zoo, Calgary, Alberta.", [ca. 1940-1945], (CU1216466) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary.



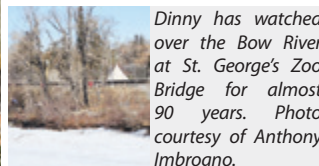
https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FYTO5F?WS=PackagePres&FR_=1&W=1536&H=656. "John Kanerva, dinosaur builder, Calgary, Alberta.", 1956-11, (CU1139955) by De Lorme, Jack. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary.



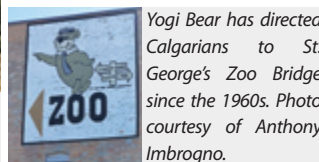
Family outing to the Calgary Zoo, April 2023. Photo courtesy of Anthony Imbrogno.



Donations from Calgarians have preserved Dinny for future generations. Photo courtesy of Anthony Imbrogno



Dinny has watched over the Bow River at St. George's Zoo Bridge for almost 90 years. Photo courtesy of Anthony Imbrogno.



Yogi Bear has directed Calgarians to St. George's Zoo Bridge since the 1960s. Photo courtesy of Anthony Imbrogno.



<https://www.dreamstime.com/zoo-lights-heralds-christmas-season-calgary-alberta-canada-zoo-lights-heralds-christmas-season-calgary-alberta-canada-image204322376>. ZOOLIGHTS heralds the Christmas season, Calgary, Alberta, no date. ID 204322376 © David Butler | Dreamstime.com. Editorial license paid.

Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business



Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep “tunnel” around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle’s life as wax has a “memory” so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

The Fix

If you have an old candle that’s already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!

Tips For Cutting Down on Your Tobacco Use

by Alberta Health Services



Every year, more than 4,000 Albertans die because of commercial tobacco use, while tens of thousands more Albertans have serious tobacco-related illnesses. Tobacco and tobacco-like products can cause lung, heart, fertility, and other health problems.

If you want to cut down on your tobacco use but aren't yet ready to quit:

- Lower the number of cigarettes or other tobacco products you use.
- Add more time between cigarettes or tobacco products.
- Smoke or use tobacco only during odd or even hours.
- Limit your smoking or using tobacco to certain places.
- Wait as late in the day as you can before use.

If you are ready to quit:

- Create a quit plan. AlbertaQuits.ca has a Tobacco Change Plan to help you quit.
- Make a list of reasons to quit smoking or using tobacco and reflect on them.
- Set a quit day. Think about when your quit date should be. Try within the next three weeks. Let someone close to you know you are making a quit attempt. Try to plan your quit day for when your stress levels are lowest.

Here are more resources to help you quit:

- AlbertaQuits.ca provides information and tools to prepare for your quit.
- Talk to a counsellor at the AlbertaQuits helpline (1-866-710-7848). Free for all Alberta residents, it's open from 8:00 am to 8:00 pm, seven days a week.
- Register for QuitCore (albertaquits.ca), a free virtual or in-person group support program that provides Albertans (18+) with the tools and skills they need to quit using tobacco.
- Ask your doctor or other healthcare provider for one-on-one tobacco counselling.
- Sign up for AlbertaQuits by text. It's a free, three-month text messaging program that delivers motivational messages, advice, and tips to your cell to help you quit. Text the word ABQUITS to number 123456 to register.
- Get support 24 hours a day, seven days a week through the Addiction Helpline, 1-866-332-2322, or Health Link at 811.
- Talk to your healthcare provider or pharmacist about medications that can help you quit.



**MP Calgary Midnapore
Stephanie Kusie**
204 – 279 Midpark Way SE
Calgary, AB T2X 1M2
📞 403-225-3480 📠 403-255-3504
✉️ stephanie.kusie.c1@parl.gc.ca
🌐 stephaniekusiemp.ca

Dear Constituents,

Last month I returned to Ottawa for the start of the fall session of Parliament. Our common-sense Conservative team kicked off the session highlighting our plan to bring it home for all Canadians.

A key pillar of our plan is to bring home lower prices. We will do this by capping costs and stopping government waste to bring down inflation and interest rates. We will also cancel both Liberal carbon taxes and stop punishing hardworking Canadians like yourself just for buying food, filling up your car, and heating your home. In Parliament we have used every tool available to us as the Official Opposition, including multiple Opposition Day Motions calling on the government to make life more affordable for Canadians. We will continue to pressure the government to take a common-sense approach and ease the financial burden that families and individuals across Canada are feeling.

From my family to yours, I'd like to wish all constituents a Happy Thanksgiving! I hope you have the opportunity to gather with loved ones and appreciate all that we have been blessed with. I am extremely thankful to call Calgary Midnapore home.

To stay up to date on my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter. You can do so online at StephanieKusieMP.ca. Another way to keep engaged is through my social media – @StephanieKusiePolitian (Facebook), @StephanieKusie (X/Twitter and Instagram), @StephanieKusieMP (YouTube).

Happy Thanksgiving and have a fun and spooky Halloween!

Sincerely,

Stephanie Kusie

MP Calgary Midnapore



**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
contact@jacksonjackson.ca



www.jacksonjackson.ca



Willow Park Real Estate Update

Last 12 Months Willow Park
MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| August 2023 | \$ 544,950 | \$ 522,500 |
| July 2023 | \$ 524,900 | \$ 575,000 |
| June 2023 | \$ 675,000 | \$ 707,000 |
| May 2023 | \$ 650,000 | \$ 687,500 |
| April 2023 | \$ 549,900 | \$ 590,750 |
| March 2023 | \$ 857,000 | \$ 817,240 |
| February 2023 | \$ 634,900 | \$ 622,700 |
| January 2023 | \$ 587,450 | \$ 590,000 |
| December 2022 | \$ 307,450 | \$ 295,000 |
| November 2022 | \$ 497,444 | \$ 472,500 |
| October 2022 | \$ 562,500 | \$ 549,000 |
| September 2022 | \$ 624,900 | \$ 590,000 |

Last 12 Months Willow Park
MLS Real Estate Number of Listings Update

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| August 2023 | 7 | 8 |
| July 2023 | 13 | 9 |
| June 2023 | 13 | 15 |
| May 2023 | 15 | 12 |
| April 2023 | 11 | 14 |
| March 2023 | 10 | 11 |
| February 2023 | 8 | 8 |
| January 2023 | 6 | 2 |
| December 2022 | 4 | 4 |
| November 2022 | 3 | 8 |
| October 2022 | 9 | 14 |
| September 2022 | 8 | 11 |

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

Maple Ridge Real Estate Update

Last 12 Months Maple Ridge
MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| August 2023 | \$ 899,000 | \$ 897,800 |
| July 2023 | \$ 899,888 | \$ 867,500 |
| June 2023 | \$ 749,900 | \$ 730,000 |
| May 2023 | \$ 724,950 | \$ 775,000 |
| April 2023 | \$ 858,950 | \$ 853,750 |
| March 2023 | \$ 572,450 | \$ 552,500 |
| February 2023 | \$ 550,000 | \$ 526,500 |
| January 2023 | \$ 0 | \$ 0 |
| December 2022 | \$ 0 | \$ 0 |
| November 2022 | \$ 559,000 | \$ 540,000 |
| October 2022 | \$ 624,450 | \$ 605,000 |
| September 2022 | \$ 649,950 | \$ 652,500 |

Last 12 Months Maple Ridge
MLS Real Estate Number of Listings Update

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| August 2023 | 7 | 3 |
| July 2023 | 1 | 1 |
| June 2023 | 4 | 5 |
| May 2023 | 6 | 4 |
| April 2023 | 3 | 2 |
| March 2023 | 2 | 2 |
| February 2023 | 3 | 3 |
| January 2023 | 0 | 0 |
| December 2022 | 0 | 0 |
| November 2022 | 2 | 5 |
| October 2022 | 5 | 6 |
| September 2022 | 5 | 2 |

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

BUSINESS CLASSIFIEDS

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Willow Park and Maple Ridge. 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.

WILLOW PARK | MAPLE RIDGE 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.

HERITAGE WEST PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers and gasfitters. Water heaters, furnaces, boilers, drain cleaning, leaks, and renovations! Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

ELEVATE YOUR HOME WITH OUR EXTENSIVE RENOVATION SERVICES! From stunning kitchens and luxurious bathrooms to functional basement development, Big City Developments delivers top-notch craftsmanship, style, and value. Transform your living spaces today! 403-612-8220. bigcitydevelopments.com.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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.

JUNK TO THE DUMP / ODD JOBS: Safety starts with a clean and clutter free environment. Disposal of any household unwhants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

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. 19 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email marcinj09@gmail.com.

ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Willow Park? Our unified team of expert practitioners have one common goal – to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

AFFORDABLE DENTAL CARE MINUTES FROM WILLOW PARK | MAPLE RIDGE! Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

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.

CS HANDYMAN SERVICES: Serving Kingsland, Haysboro, Willow Park, Maple Ridge, Fairview, Acadia, and Southland, doing drywall repairs, fence repairs, painting, small plumbing repairs, and odd jobs around the house. Courteous and reliable. Licensed and insured. Low rates. Phone Cliff at 403-620-8170.

ED'S HANDYMAN SERVICES: "No job too small- give me a call!" Free estimates and seniors' discounts! 25 years of experience in general repairs, painting, tile installation, laminate/hardwood flooring, bathroom repairs/renovations and fencing. Call 587-998-2858 or email diaz180@telus.net.

GENERAL ACCOUNTING & BOOKKEEPING SERVICES: CPA, CGA with 20+ years' experience accepting new bookkeeping clients. QuickBooks Online Pro Advisor and Xero Partner. Phone 403-453-4734 or email grace@edgepointconsulting.ca for more information.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

LET GEORGE DO IT: Home repair and installation services. 30+ years serving Calgary communities. Providing plumbing and electrical repairs, new fixture and appliance installation, interior and exterior repair and painting. No job is too small! Contact George at 403-650-9182 or letgeorgedoit@shaw.ca.

LANDSCAPING: Calgary's premiere lawn and landscape providers. Schedule your fall cleanup today and ask about our free fall fertilizer application. From fall cleanups including aerating, leaf removal, and fertilizer, to stunning landscape construction including patios, mulch, and more, we've got you covered. Contact Skape Shapers Landscaping today for a beautiful, well-maintained property. tj.wiebe@skapeshapers.ca | 587-998-1518.

SMITH PROPERTY RENOVATIONS: Experienced general contractor with high attention to detail. From kitchens to bathrooms, and everything in between. Check out my website and homestars page for pictures and reviews. Free estimates, licensed and insured. Website: Sp-renos.ca, phone: 587-333-5568, email: craig@sp-renos.ca.

REYNOLD'S & SPACKMAN ELECTRIC LTD: Fully licensed and insured with a master electrician committed to quality, honesty and dependable electrical service. Whatever the job, we're here for all your electrical needs. Feel confident the job will be done right, with a master electrician on site. Call Travis, your neighbour in Maple Ridge at 403-813-6932.

TY THE IPHONE GUY: iPhone and iPad repair servicing Calgary and area since 2009. Same day service! Now back in Lake Bonavista. Please check out hundreds of our 5-star reviews on Facebook, Google and Instagram under Ty the iPhone Guy. Great rates and excellent service. Call 403-613-2013 anytime.

The advertisement for Accent Plumbing & Heating features a smiling male technician in a blue uniform and cap. The background is a blue and yellow gradient with the company logo, which consists of two stylized houses forming the letter 'A' and the word 'ACCENT' in large blue letters. Below the logo, it says 'PLUMBING & HEATING'. A red banner with white text reads '10% OFF YOUR FIRST SERVICE*'. A list of services is provided in yellow text on a blue background: RESIDENTIAL PLUMBING, TOILETS & FAUCETS, DRAIN CLEANING, HOT WATER TANKS, FURNACE REPAIR, and BOILER REPAIR. The phone number 587 316 4064 is displayed in a yellow box at the bottom. A circular badge on the technician's uniform says '17 YEARS EXPERIENCE'. Small flags for Canada and the UK are in the top left corner, and a vertical text on the right edge reads '© 2017 TO A SAKHIBULLAH CP 1100'.



Beware of Post-Disaster Document Replacement Scams

from the Better Business Bureau

When coping with a disaster like flooding, wildfires, tornadoes, and other weather events, victims are at a loss for where to begin rebuilding and replacing belongings. Replacing vital documents like birth certificates, driver's licenses, Social Security cards, etc., is another task that can seem daunting. Better Business Bureau warns victims to beware of unsolicited offers of assistance in replacing these essential documents for an upfront fee. You could be dealing with a scammer.

How the Scam Works

Consumers have submitted reports to BBB Scam Tracker about "lookalike" websites that offer to help with everything from updating postal addresses to renewing or replacing ID cards and documents for an upfront fee. In many instances, they later discovered they could have accomplished their goal for little or no money and have provided personal information to an unknown third party.

Scammers continue to call and text people stating they need to replace Medicare, Medicaid, or Social Security cards. Those agencies do not operate that way! BBB warns you to be mindful of any links you click when searching for information so you are not led to a site pretending to be the official agency.

How to Avoid Falling Victim to a Fake Document Replacement Scam

Confirm the URL before entering personal and financial information. It can be easy to click on a sponsored ad or imposter website without noticing. Before typing any sensitive information, double-check that the website and the link are secure. Secure links start with 'https://' and include a lock icon on the purchase page.

Be wary of third-party websites. There are legitimate passport assistance services, but check with BBB.org first to ensure you aren't sharing your personal or financial information with a scammer.

Make online purchases with a credit card. Users can dispute fraudulent charges on a credit card, which might not be true with other payment methods. Unfortunately, there is no way to get back the personal information you may have shared.

Some provincial and federal agencies will replace certain documents free of charge when an emergency is in effect. See the Government of Canada's Help Centre to replace stolen, lost, or destroyed documents.

If you have been the victim of this or another scam, make others aware by filing a report on [BBB.org/ScamTracker](https://www.bbb.org/ScamTracker) and contacting the Canada Revenue Agency.

Save Today for Their Tomorrow



What is a Registered Education Savings Plan (RESP)?

An RESP is a smart way to begin saving for your child's or grandchild's education after they finish high school. It's a savings plan that's meant for the long term.

- Parents, grandparents and family friends can open a no fee RESP account to save for a child's future.
- Families can receive up to \$2,000 free from the Canadian Government

**RESP support is available for individuals,
groups and agencies.**

Carya can help you open a free RESP account. You'll receive a \$20 gift card for helping your child grow their future.



For more information, call 403-536-6558 or email FinancialWellness@CaryaCalgary.ca.



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!

Willow Park

Detached Home Stats - Last 45 Days



13

New Properties



6

Sold Properties



27

Average Days on Market



\$975,333

Median Sold Price

Maple Ridge

Detached Home Stats - Last 45 Days



13

New Properties



4

Sold Properties



24

Average Days on Market



\$889,200

Median Sold Price

Your Home is in High Demand! Call Today!



JH **JORDY HUNTRODS**
CALGARYREALESTATEPLUS.COM

403.681.4457

ROYAL LEPAGE
Solutions

Jordy Huntrods
jordy@royalpage.ca

Lindsey Bezanson
lindseyb@royalpage.ca

Chad Peffers
chadp@royalpage.ca