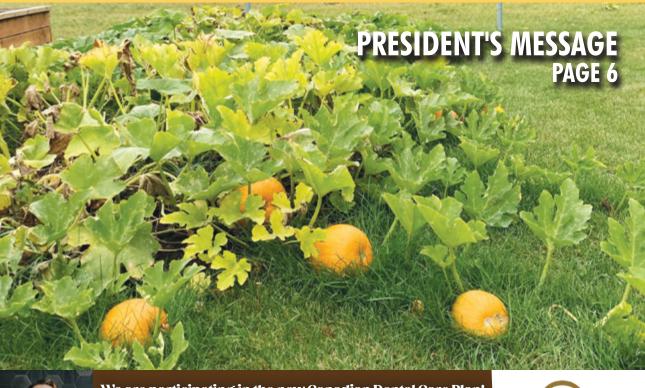
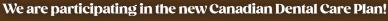
myWILLOWRIDGE.ca

THE OFFICIAL WILLOW PARK MAPLE RIDGE COMMUNITY NEWSLETTER





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



Dr. Lucas Curran
General Dentist

• OPEN ON ALTERNATE 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.





456 Wilderness Drive 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?

"Demand in Calgary has been fuelled by a surge in migrants. So far this year, home prices have risen by 10%. We anticipate slowing price growth throughout the year's 2nd half as supply levels improve" (CREB)

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



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

403-804-3990



We are participating in the new Canadian Dental Care Plan!

WELCOMING NEW PATIENTS



403.455.3220 www.willowsidedentist.ca

580 Acadia Dr SE Second level

Entrance located on west facing side of building

₼ Wheelchair accessible

 Open on alternate Saturdays

- Emergencies welcome
- We direct bill your insurance

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.



WILLOW RIDGE COMMUNITY ASSOCIATION

680 Acadia Drive SE Calgary, AB T2J 0C1

Ph: 403-271-8044 Website: mywillowridge.ca Email: info@mywillowridge.ca We are available by phone Monday to Friday 8:30 am to 3:30 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	vp@mywillowridge.ca	
Treasurer	Kody Shiels	treasurer@mywillowridge.ca	
Secretary	Dustan 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	Tom Firth	tfirth@mywillowridge.ca	
Communications	Karin Holmgren	kholmgren@mywillowridge.ca	
Volunteer Coordinator	Vacant		
Civic Affairs	Gord Rouse	grouse@mywillowridge.ca	
HR Director	Mike Krisa	mkrisa@mywillowridge.ca	
Urban Forestry	Gordon Paynter	gpaynter@mywillowridge.ca	
Strategy Director	Andres Galindo	agalindo@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	
	noger zome)	nomey@mywmownuge.ca	
Director-at-Large	Jecielle Alonso	jalonso@mywillowridge.ca	
	,		
Director-at-Large	Jecielle Alonso	jalonso@mywillowridge.ca	
Director-at-Large	Jecielle Alonso Katie Bradbury	jalonso@mywillowridge.ca kbradbury@mywillowridge.ca	
Director-at-Large Director-at-Large Director-at-Large	Jecielle Alonso Katie Bradbury	jalonso@mywillowridge.ca kbradbury@mywillowridge.ca	
Director-at-Large Director-at-Large Director-at-Large Other Contacts	Jecielle Alonso Katie Bradbury Susie McQuaid	jalonso@mywillowridge.ca kbradbury@mywillowridge.ca smcquaid@mywillowridge.ca	
Director-at-Large Director-at-Large Director-at-Large Other Contacts Soccer Administration	Jecielle Alonso Katie Bradbury Susie McQuaid Rich Cree Rob Kettle	jalonso@mywillowridge.ca kbradbury@mywillowridge.ca smcquaid@mywillowridge.ca soccer@mywillowridge.ca	
Director-at-Large Director-at-Large Director-at-Large Other Contacts Soccer Administration Garden Liaison	Jecielle Alonso Katie Bradbury Susie McQuaid Rich Cree Rob Kettle	jalonso@mywillowridge.ca kbradbury@mywillowridge.ca smcquaid@mywillowridge.ca soccer@mywillowridge.ca	
Director-at-Large Director-at-Large Director-at-Large Other Contacts Soccer Administration Garden Liaison WRCA Staff	Jecielle Alonso Katie Bradbury Susie McQuaid Rich Cree Rob Kettle	jalonso@mywillowridge.ca kbradbury@mywillowridge.ca smcquaid@mywillowridge.ca soccer@mywillowridge.ca wrveggiesandherbs@gmail.com	
Director-at-Large Director-at-Large Director-at-Large Other Contacts Soccer Administration Garden Liaison WRCA Staff General Inquiries Community Services	Jecielle Alonso Katie Bradbury Susie McQuaid Rich Cree Rob Kettle Leslie Smith	jalonso@mywillowridge.ca kbradbury@mywillowridge.ca smcquaid@mywillowridge.ca soccer@mywillowridge.ca wrveggiesandherbs@gmail.com info@mywillowridge.ca	
Director-at-Large Director-at-Large Director-at-Large Other Contacts Soccer Administration Garden Liaison WRCA Staff General Inquiries Community Services Manager	Jecielle Alonso Katie Bradbury Susie McQuaid Rich Cree Rob Kettle Leslie Smith	jalonso@mywillowridge.ca kbradbury@mywillowridge.ca smcquaid@mywillowridge.ca soccer@mywillowridge.ca wrveggiesandherbs@gmail.com info@mywillowridge.ca gm@mywillowridge.ca	
Director-at-Large Director-at-Large Director-at-Large Other Contacts Soccer Administration Garden Liaison WRCA Staff General Inquiries Community Services Manager Office Administrator	Jecielle Alonso Katie Bradbury Susie McQuaid Rich Cree Rob Kettle Leslie Smith	jalonso@mywillowridge.ca kbradbury@mywillowridge.ca smcquaid@mywillowridge.ca soccer@mywillowridge.ca wrveggiesandherbs@gmail.com info@mywillowridge.ca gm@mywillowridge.ca info@mywillowridge.ca	

Community Resources						
Councillor - Ward 11						
Kourtney Penner	403-268-2430	ward11@calgary.ca				
MLA - Calgary Acadi	a					
Diana Batten	403-640-1363	calgary.acadia@assembly.ca				
MP - Calgary Midnapore						
Stephanie Kusie	403-225-3480	stephanie.kusie.c1@parl.gc.ca				
CPS Community Resource Office						
Pavel Adaikin		PAdaikin@calgarypolice.ca				
Girl Guides of Canad	Girl Guides of Canada Calgary Area					
403-283-8348		ggcinfo@calgarygirlguides.com				
Scouts Canada Chin	ook Council					
403-283-4993		www.scouts.ca				
TI WILL BUT CO. 14 A 14 (WDCA) W.						

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

WRCA website mywillowridge.ca



@mywillowridge

The myWILLOWRIDGE.ca is the official newsletter of the Willow Park and Maple Ridge communities. It is generously published by Great News Media and 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.



Magnificent Jewellery Outstanding Value



Dazzling Drop Dangle Earrings

- 4.7ct Total Weight Lab Created Diamonds
- 14K White Gold
- Item Price: \$8.500
- Recommended Insurance: \$17,500



Luxurious Diamond Solitaire Ring

- 3.08ct Lab Created Diamond
- 14K Yellow Gold & White Gold
- Item Price: \$3.350
- Recommended Insurance: \$13,560



Classic Diamond Stud Earrings

- 4.03ct Total Weight Lab Created Diamonds
- 14K White Gold
- Item Price: \$3.600
- Recommended Insurance: \$14,950

www.fleetwoodjewellery.com

Atrium Heritage Square 8500 Macleod Trail SE Calgary, AB 403.252.8850 ALL SALES FINAL
Tues-Fri 9am to 5pm
Sat 10am to 4pm
Sun & Mon Closed





PRESIDENT'S MESSAGE

September 6, 2024, is a day for our community history books. On that beautiful Friday, our Community Association ran yet another successful annual Community Appreciation Party. Hundreds of people showed up to hang out with their neighbours and to enjoy games, food, bouncy castles, a petting zoo, and an amazing local band, The Frontiers. Unfortunately, on the same day, we started the day by taping off and closing most of our Community Association building. You see, shortly before our community party, we received notice that our newly renovated building must be partially closed due to code compliance issues. When our building was renovated in 2019, we added a significant amount of new space, but we left most of the original 1970 building in its original form. That 1970 structure is not code compliant for our community needs any longer. Going forward, we are now working with the City to figure out the best solution to update our building, and it is our top priority. Helping us through the journey is our amazing WRCA team - Anna, Faye, and Jenna. I cannot say enough good things about how our team worked tirelessly to help our displaced renters, while simultaneously preparing and running another successful community party. If you want to help with our community party next year, or you are interested in helping your CA in any way, please contact me at president@mywillowridge.ca.

Jason Carling

President, Willow Ridge Community Association

president@mywillowridge.ca



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

WILLOW PARK



MAPLE RIDGE



Activities at the Willow Ridge Community Centre

Sundays

- Unity of Calgary Spiritual Community
- Church of Christ
- YYC Drum Circles

Mondays

- Expand Yoga
- Sparks

Tuesdays

- Devotion Danceworks
- National Sports Academy

Wednesdays

- Devotion Danceworks
- Expand Yoga
- Girl Guides
- · Zumba with Maan, Marian, and MJ

Thursdays

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

Mondays to Fridays

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

Saturdays

Devotion Danceworks



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.

55. Coffee & Games!



The 55+ Coffee & Games is on hold due to the partial building closure. We apologize for the inconvenience - WRCA

Pet of the Month



Boots, or Bootsy as we like to call her, is an eight-year-old tabby cat. She gets her name from her white paws. She gets spoiled with scratches and treats and loves to cuddle and watch TV together with her family.



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

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, crock curl (in the winter), gaga ball pit, pickleball/tennis courts, lacrosse box/hockey rink, baseball diamond, 50-plot community garden, 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 standing) 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 standing) with large windows, separate sink/washing area, additional storage, vaulted ceilings, and a sound system.
- The Herard Room 540 sq. ft. Board Room (25 dining/50 standing) with large windows, available projector, and mounted whiteboard, conveniently situated off the Ridge Lounge. Perfect for small group yoga, art classes, meetings, catering set-up, etc.

The community centre has the following additional features:

- The Ridge Lounge, an upstairs gathering area for members with a view of the rinks/fields.
- Large floor-to-ceiling windows to allow for more natural light.
- Internal stairs and elevator access to lower level.
- 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.



















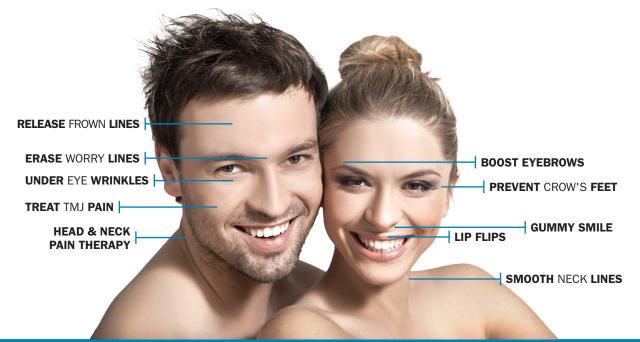








*For Therapeutic Treatments Using Dysport. Cosmetic Treatments Starting at \$10 Per Unit.



BOOK YOUR FREE CONSULTATION TODAY

403.768.3227 | info@willowparkdental.com



We've partnered with QUIP to provide you with a

FREE QUIP Adult Electric Toothbrush, Toothpaste and Refillable Floss String

with your next Complete Exam, Cleaning & X-Rays! (Valued up to \$70.00)



we Follo	SAME FEE		
Code	Treatment Description	ADA&C Fee Guide Pricing	Willow Park Dental's Pricing
01103	New Patient Exam	\$116.66	\$116.66
02144	4 X-Ray Bite Wings	\$100.36	\$100.36
11113	3 Units Scaling	\$240.90	\$240.90
11101	Polishing	\$71.54	\$71.54
12112	Fluoride Treatment	\$34.66	\$34.66

Family and Cosmetic Dentistry

Whether you're looking for a simple cleaning and check-up for your family or more advanced Cosmetic work, we can help. We offer a full range of services, from Dental Cleanings and Fillings to Cosmetic Procedures such as Dental Implants, Veneers, Crowns & Bridges, Tooth Coloured Fillings, Teeth Whitening, and more. Oh, and did we mention we're great with kids?



Get the smile you've always wanted with the clear alternative to braces for as little as \$70/week. Book a FREE consultation today and find out if you're a candidate.

BOTOX COSMETIC Dysport.

\$8 PER UNIT

Want to look like you've turned back the hands of time? Need relief from TMJ or tension headaches? Book a FREE consultation and see how Botox can help!

Пего[®]

We are a digital impression practice.

Visualize a better smile.

Do you have a strong gag reflex? Hate the mess of gooey impression materials? The iTero 3D Oral Scanner comfortably captures the intricate contours of your teeth with high levels of precision for crowns, bridges, Invisalign, and much more without the goop or gag.

Flexible In-Office Financing options available at 0%!



services



TEETH WHITENING



DENTAL IMPLANTS



CERAMIC RESTORATION



BOTOX TREATMENTS



PORCELAIN VENEERS



INVISALIGN



SMILE MAKEOVER





TEETH CLEANING



CROWNS



SNORE GUARDS



ORTHODONTICS



BRIDGES



TMD THERAPY



TOOTH COLOURED FILLINGS

DIRECT BILLING TO INSURANCE

OPEN EVENINGS AND WEEKENDS

NOW ACCEPTING NEW PATIENTS





LOCATION

Ground Floor of Southcentre Executive Tower #106, 11012 MacLeod Trail SE

CONTACT US

P 403.768.3227 E info@willowparkdental.com W www.willowparkdental.com







All services performed by a general dentist

Memberships Available Online



Family Membership \$35



Seniors 60+ Membership \$20



Individual Membership \$25



Business Membership \$40





Visit mywillowridge.ca for more info

RENTAL RATES: Minimum 3-hour rental on weekends.

Facility	Weekday Hourly 6:00 am Monday to 5:00 pm Friday	*Weekend Hourly 5:00 pm Friday to 1:30 am Monday	Weekend 6 Hours (consecutive) 6:00 am-1:30am	Weekend 13 Hours (consecutive) 6:00 am -1:30 am	Deposit
Willow (North Hall)	\$65/hr.	\$98/hr.	\$ 550	\$1,175	\$ 550
Maple (South Hall)	\$54/hr.	\$81/hr.	\$ 450	\$ 975	\$ 450
Herard	\$33/hr.	\$49/hr.	\$ 275	\$ 575	\$ 275
PARTY PACKAGE (all 3 rooms)	N/A	N/A	N/A	\$2,500	\$1,000

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





The GFB program is on hold due to the partial building closure. We apologize for the inconvenience - WRCA

PLUMBER



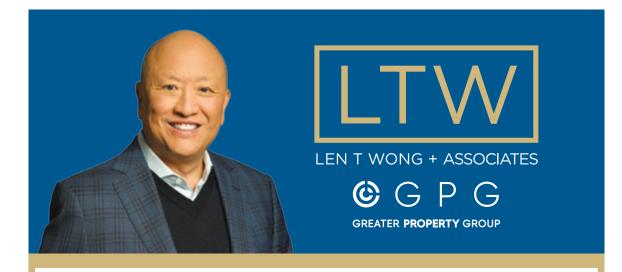
- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490

Nobel Canadians



Nobel Prize winners are announced in the first two weeks of October. Since the very first awards, Canada has won 27 Nobel Prizes. From 1923 to 2021, Canadians have received the award for everything from Economics and Physics to Literature.



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.

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.

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.

JUNKTOTHE DUMP/ODD JOBS: Safety starts with a clean and clutter free environment. Disposal of any household unwants. 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.

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.

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.

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

PAINTER SERVICING WILLOW PARK | MAPLE RIDGE: 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.

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! Dental care that's affordable, accessible, and essential. Minutes from Willow Park. Accept and follow all dental Insurances. Tax Receipts on your cash portion. Direct Billing OAC. Non-corporate independent established 1989. No fluff, no frills! Canada Dental Care Plan welcome! Call today at 403-287-6453 or 403-272-7272. Visit www.calgarydentalcentres.com.

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.

CERTIFIED LYMPHATIC THERAPY: Helps with pain relief, reducing swelling, circulation, detox and rejuvenation of our bodies, to name a few of many benefits. This treatment is natural, gentle, and relaxing. Save 10% on your first visit. Call Denise at 587-700-1246 or email deniseengel.lymph. clt@gmail.com. Located in South Calgary.

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.

TRANSFORM YOUR OUTDOOR SPACE WITH KORU CONTRACTING! With 18 years' expertise, we specialize in decks, fences, pergolas, gazebos, and concrete. Owner oversight ensures personalized service from quotes to completion. Elevate your outdoor living with top-notch craftsmanship. From decks to gazebos, trust our experience for exceptional results. Contact us today at Koru4u@gmail.com or 403-804-1505. Korudecksandfences.ca.

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.

SNOW REMOVAL: With over 20 years of service and top of the line equipment you can be sure your Snow Removal will be well taken care of this winter. We provide Affordable Flat Rates. Let us handle the cold so you don't have to. Call Jakub at Urban Element Landscaping for a free estimate, 403-826-4214.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



403-714-0711 gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!



• MEDICAL DIETS • PROTEIN SUPPLEMENTS • MEDICATION

403.278.3411



www.calgaryweightlossclinic.com

Stemp & Company We find solutions

- Copyright Law
- Patents
- Trademarks
- Corporate Law kari@stemp.com
- Wills & Estates
- Probate
- Real Estate/Conveyancing
- Litigation tasha@stemp.com
- tasna@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



DISCREET & CONVENIENT TEETH STRAIGHTENING





COMFORTABLE:



Custom-made for each individual, Invisalign aligners ensure a comfortable and snug fit, eliminating the potential for irritation or discomfort associated with traditional braces.

PREDICTABLE RESULTS:

Invisalign uses advanced digital technology to create a step-by-step plan for teeth movement, allowing individuals to visualize expected results before starting treatment for a predictable and controlled approach.



INVISIBLE APPEARANCE:

Invisalign offers a virtually invisible appearance due to its clear and transparent aligners, allowing individuals to undergo orthodontic treatment discreetlu.



SHORTER TREATMENT:

In some cases, Invisalign may offer a shorter treatment duration compared to traditional braces, thanks to precise and personalized treatment plans.



REMOVABLE:

Invisalign aligners are removable, providing flexibility in eating and facilitating easier oral hygiene practices by allowing individuals to take them out for brushing and flossing.



IMPROVED ORAL HEALTH:

Being able to remove the clear aligners when necessary makes it easier to practice good oral hygiene like brushing and flossing. This can lead to a cleaner, healthier mouth and cut down on additional issues like mouth sores, cavities, bad breath, and tooth decay.





EXPLORE OUR WEBSITE

www.symmetrydental.ca

All services provided by a general dentist



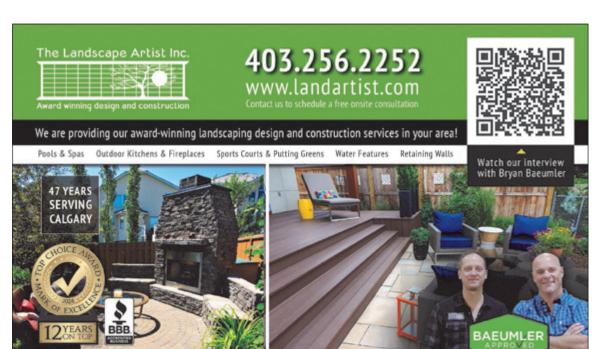
FAMILY COUNSELLING CENTRE GREAT HEIGHTS, CALM MINDS PSYCHOLOGY

- Child & Teen Counselling (Emotional Regulation, Divorce, ADHD, Social Skills, Fears, Anxiety & more)
- Parenting Specialist
- Adult Counselling (Anxlety, Depression, Trauma, Chronic Pain, Gut Issues, Divorce)
- Family Counselling
- Assessment & Diagnosis for All Ages (ADHD, Anxiety, Learning Concerns, OCD, Depression)

New Clinic at Heritage & Macleod - Accepting New Clients -



403-470-6059 www.GreatHeightsCalmMinds.com



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!





Your Home is in High Demand! Call Today!

