

OCTOBER 2024

DELIVERED MONTHLY TO 3,450 HOUSEHOLDS

CANYON MEADOWS

CHRONICLE

BRINGING CANYON MEADOWS RESIDENTS TOGETHER



HALLOWEEN DANCE
OCTOBER 25
6:00 TO 9:00 PM



TARGET BY COMMUNITY

PLACE YOUR AD HERE AND PROMOTE YOUR BUSINESS

403-720-0762 | grow@greatnewsmedia.ca



GET A QUOTE NOW

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

Get Noticed

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



yogadotcalm
studio

Work your body. Calm your mind.

**\$49 Introductory
One Month
Unlimited Pass**



Check out our schedule!
Over 30 drop-in classes a week!

www.yogadotcalm.com | info@yogadotcalm.com | 380 Canyon Meadows Dr



LTW

LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



CANYON MEADOWS COMMUNITY REAL ESTATE ACTIVITY

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program*

Trade Up Program*

Blanket Home Warranty Program*

Accepting Crypto Currency

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

Call or Text 403-606-8888

Email len@lentwong.com

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

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	24	23	9	\$649,900	\$625,000
July	24	22	21	\$390,000	\$415,000
June	24	23	23	\$459,900	\$485,000
May	24	30	21	\$460,000	\$440,000
April	24	20	19	\$619,900	\$614,900
March	24	20	19	\$567,500	\$565,000
February	24	12	6	\$237,000	\$252,000
January	24	13	13	\$339,900	\$356,000
December	23	8	6	\$389,489	\$405,000
November	23	9	15	\$500,000	\$488,000
October	23	15	20	\$314,950	\$345,000
September	23	26	16	\$576,950	\$579,950

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

CMCA Office Hours

Monday to Friday: 9:00 am to 4:00 pm. Closed on holidays.
 Phone: 403-251-1715
 Website: www.cmca.ca

Mailing Address:

844 Cantabrian Drive SW
 Calgary, AB
 T2W 6G4

Facility 1 (Canterbury Hall)
 844 Cantabrian Drive SW

Facility 2 (Lloyd Hand Hall)
 848 Cantabrian Drive SW

Community Association Contacts

President	Michael Richmond	president@cmca.ca
Vice President	Anna Glickman	vicepresident@cmca.ca
Treasurer	Sarah Weatherdon	treasurer@cmca.ca
Secretary	Emma Heise	secretary@cmca.ca
Bingo Director	Johanne Smith	bingo@cmca.ca
Membership Director	Baylea Willan	memberships@cmca.ca
Events Director	Lindy Bowler	events@cmca.ca
Civic Affairs Director	Monica Fassnidge	civicaffairs@cmca.ca
Director at Large	Ryan Hogan	

Office Staff

Facility Manager / Hall Rentals	Bonnie Treavor	info@cmca.ca
General Manager	Colleen Griffin	gm@cmca.ca
Bookkeeper	Sherry Klimow	accounting@cmca.ca



CMCA Bingo

The dedicated crew of CMCA Bingo volunteers continue with the monthly Friday events at the Grey Eagle Bingo facility. Our scheduled events run from 10:15 am to 4:00 pm. CMCA covers the lunch costs for all volunteers. If you are interested in joining this amazing group of volunteers, please email Johanne at info@cmca.ca.

Upcoming Bingo Dates

- October 18
- November 15
- December 13
- January 10, 2025
- February 14, 2025
- March 21, 2025



CUSTOMER SATISFACTION GUARANTEED

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo
 Property Management

Snow and Ice Removal

Address

20 Sunvale Place SE, Calgary, AB T2X 2R8

Call us now

(403) 256-9282

Email us

info@jacksonjackson.ca
 contact@jacksonjackson.ca

www.jacksonjackson.ca



CMCA Facility Rentals

Weekday rates are for 6:00 am Monday to 6:00 pm Friday.
 Weekend rates are for 6:00 pm Friday to end of day Sunday.
 Minimum two-hour rental on weekends.
 Set up and clean up must be included in your rental time.
 CMCA members receive 10% off all bookings!



Rinks



Kitchen



Boardroom



CMCA Community Hall Aerial



Canterbury Hall



Lloyd Hand Hall



Playground



CMCA Community Hall



Gazebo

Facility	Description	Weekday rate	Weekend & stat holiday rates	Security Deposit
Canterbury Hall (F1) Main Hall 27x48' (1300 sq ft)	Includes bathrooms, spacious entryway, coat racks, small prep kitchen for reheating only, full size fridge, large East & West facing windows, tables & chairs, Wi-Fi	\$50/hr Mon 6:00 am to Fri 6:00 pm	\$70/hr Fri 6:00 pm to Sun (end of day)	\$1,200
Lloyd Hand Hall (F2) Main Hall 39x48' (1872 sq ft)	Includes bathrooms, outdoor gazebo, spacious entryway, generous coat room, portable bar, large windows, tables & chairs, podium, highchairs & Wi-Fi *Commercial kitchen is available for an additional fee*	\$60/hr Mon 6:00 am to Fri 6:00 pm	\$80/hr Fri 6:00 pm to Sun (end of day) Wedding Special Sat 8:00 to 2:00 am \$1,260	\$1,200
Lloyd Hand Hall (F2) Commercial Kitchen	Full rental – Includes use of all appliances; walk-in cooler, freezer, dishwashers, industrial double oven with 10 burner stovetop, & pizza ovens. Dishes, glassware, cutlery & serving dishes. Limited rental – Includes use of walk-in cooler, freezer, counter tops, sink	\$450 with hall rental \$165 with hall rental	\$450 with hall rental \$165 with hall rental	Equal to kitchen rental
Lower Boardroom Approx. 500 sq ft	Includes counter area, sink, bathrooms, microwave, fridge	\$35/hr Mon 6:00 am to Fri 5:00 pm	\$45/hr Fri 5:00 pm to Sun (end of day)	\$500

Programs and Events at the Canyon Meadows Community Centre

The groups listed here are all users of the Canyon Meadows facilities. If you have an interest in joining, please get in touch with the group directly.

Group/Program	Day/Time	Contact
Iglesia Ni Cristo	Wednesdays and Saturdays	romting@hotmail.com
Dancing Heals	Saturday mornings	dancingheals@hotmail.com
Deeper Life Bible Church	Sundays, Wednesdays	calgary@deeperlife.ca or Joshua: 587-717-8675
Girl Guides – CGG TallTrees Dist.	Monday, Tuesday, Thursday	any-calgarytalltrees@girlguides.ca
Good Food Box	Once monthly	Visit cmca.ca for order and pickup dates.
Gospel Meeting	Sunday afternoons	B. Drummond: 403-921-8791
Hopscotch Before and After School Care	Monday to Friday	hopscotchbasc@gmail.com Jenn or Tammy: 403-890-8233
Little Kickers	Tuesday evenings	aboffice@littlekickers.ca 1-833-444-5425, ext. 4
Night Markets	One Friday a month. May to September	kelliecarterevents@gmail.com
Quilted Mouse	Every first and third Tuesday	kimmorrison4@gmail.com
Rock the Diploma	January and June diploma prep classes	marc@rtdacademy.com
Seniors' Coffee Time	Every other Wednesday morning. September to June	Bonnie: info@cmca.ca
Yoga and Tai Chi	Thursday mornings. September to June	janesponiar@gmail.com

**READY FOR
ZUMBA®
CLASS?**

Thursdays at 7:00PM
11 Sackville Drive SE
Southwood Community Centre
403-630-5756



403-281-2008
info@summitplumbing.ca
www.summitplumbing.ca

**OVER
18 YEARS
IN BUSINESS**



Specializing in Residential Services



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

**Unlock
Your Dream
Home Now!**

Low Rates,
Fast Approval,
Big Savings!
Don't Wait – Act Today!

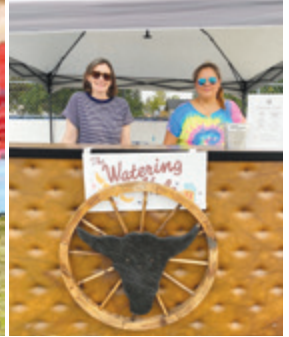




Stampede in September Thank You!

Thanks to everyone who came out to the 2024 4th Annual CMCA Stampede in September on Sunday, September 8. The event was a success with baby kangaroos, sugar gliders, and a few new carnival games. The day of the event would not have been possible without our 70+ volunteers, most of whom come from this caring community. Volunteer Central also brought out 21 smiling (and sometimes dancing) volunteers to fill in the gaps supervising the games, inflatables, popcorn, and wherever else they were needed. The Calgary Stampede does an incredible job setting up their free, impressive stage and sound system. The Frontiers rocked it! We were also graced by the Stampede Princesses, our MLA Diana Batten, and Patrick Poilievre from Councillor Dan McLean's office.

Finally, thanks to our sponsors and donors: Tempo, generous neighbour, Canyon Creek Liquor (even came to the event and helped take down!), Tim Horton's at Crowfoot Corner (owned by residents Lissy and Michael C.), and Canyon Creek Dental Care (where they turn canyons into meadows), Ward 13 office, WCEF Grant, and Cathi Groves, our Neighbourhood Partnership Coordinator at the City of Calgary. We couldn't have done it without you!



Cats, Canines, & Critters of Calgary



Buck, Montgomery



Dry Bones, McKenzie Lake



Harper Lee, Beddington



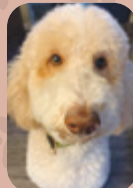
Hemi, Shawnessy



Jasper, Mahogany



Josie, Springbank Hill



Leo, Panorama Hills



Percy, Evanston

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

Upcoming CMCA Programs and Events

Learn more and register at CMCA.ca.

Seniors' Coffee	October 2 and 16
Movie in the Park	October 5
Good Food Box Order Deadline	October 14
Good Food Box Pick Up	October 23
Halloween Dance	October 25
Christmas Market	November 16



Hire A Handy Guy

"Your one call specialist for all your home maintenance needs"



- Maintenance
- Fences & Decks
- Repairs
- Carpentry
- Renos
- Bathrooms
- Odd Jobs
- Floorings
- Drywall
- Junk Hauling

11 Years' Experience

Why call several companies when we can do it all for you!

FREE ESTIMATES
403-861-0179
hireahandyguy@gmail.com



Support your business
Support your community

CMCA BUSINESS PARTNERSHIP PROGRAM

- AllKind Appliance Service Ltd.
- Aquality Plumbing & Heating Inc.
- Beitel Brothers Liquor
- Canyon Creek Liquor Store
- Canyon Meadows Auto Service
- Canyon Meadows Bakery
- Canyon Variety & Novelty Store
- Chamberlain Real Estate Group – Lindy Bowler
- Cloud K9 Pet Services
- Domino's Pizza Canyon Meadows
- Electronic Innovation
- Evans Resource Management
- In Construction Inc.
- Isle Love Travel - Tasha Walsh
- Living Tai Chi
- My Mortgage Line
- Optimum Wellness Centres
- Paulina Richmond Century 21 Bamber
- Smith Pezzente Real Estate Team Remax
- Spirit Leaf Canyon Meadows
- Sylvan Learning of Mid-South Calgary
- Thornborough Smeltz LLP
- Wendy Kelman – Realtor Coldwell
- Ukrainian Bakery and Cafe - Seniors (65+) receive 5% off any purchase.

WWW.CMCA.CA/BPP

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.



BE.VOCALLY.LOCAL

The Avenida Village Reporter

2024 FALL DINING GUIDE

TASTE THE WORLD

COME TOGETHER...
THE BEST PLACE TO SHARE A MEAL
WITH FRIENDS & FAMILY

Read Our Dining Guide

ORDER
YOUR NEXT
MEAL



FRESH & LOCAL
MARKET + KITCHENS
IN AVENIDA VILLAGE

3X VOTED BEST FARMERS MARKET

AWARD-WINNING FOOD INNOVATION

**PLATINUM
WINNERS**



YEAR OF CHAMPIONS

RETAIL STORES

Farmers Markets	Fresh & Local Market + Kitchens
Specialty Foods	Fresh & Local Farm Store
Grocery Stores	Fresh & Local Farm Store
Gourmet Food Shops	Fresh & Local Farm Store
Bulk Foods	Calgary Bulk Foods in Avenida (Fresh & Local Farm Store)
General Stores	Fresh & Local Farm Store
Health Food Stores	Fresh & Local Farm Store
Health Supplements	Fresh & Local Farm Store

RESTAURANTS, BAKERIES & CAFES

All Restaurants	Expat Asia
Asian Restaurants	Expat Asia
Bars & Pubs	Sips Wine and Beer
Breakfast Restaurant	The J Spot
Brunch	Expat Asia
Burgers	The J Spot
Caterers	Expat Asia
Chicken Restaurants	Expat Asia
Chinese Restaurants	Expat Asia
Dessert	Blissquisite
Donuts	Sprinkles & Co.
European Restaurants	Krooked Provisions
Fast Food	Expat Asia
Fine Dining	Expat Asia
Fish and Chips	Rustic Plate: Croffles & French Japanese Street Food
Fries	The J Spot
Fusion Restaurants	Expat Asia
Hawaiian	The J Spot
Home Cooking	Expat Asia



Indian Restaurants	A Touch of India
International Food	Shawarma Rebolusyon
Italian Restaurants	Pranzo Italiano
Japanese Restaurants	Rustic Plate: Croffles & French Japanese Street Food
Korean Restaurants	Nice to Meet You Korean BBQ, Rendezvous Korean Cuisine
Latin American Restaurants	Arepas Ranch
Mediterranean Restaurants	Shawarma Rebolusyon
Mexican Restaurants	Blissquisite
Middle Eastern Restaurants	Shawarma Rebolusyon
Noodles	Oishidesu Ramen Shack
Pasta	Pranzo Italiano
Poutine	Shawarma Rebolusyon
Sandwiches and Subs	The J Spot
Seafood	Rustic Plate: Croffles & French Japanese Street Food
Soup	Primal Soup Company
South American Restaurants	Arepas Ranch
Specialty Coffee	Coffea Cafe
Sushi	Zushi
Take Out	Expat Asia
Tapas	Expat Asia
Thai Restaurants	Bangkok Kitchens
Vegan	Shawarma Rebolusyon
Vegetarian	Shawarma Rebolusyon
Wings	Expat Asia



ENTER TO WIN!

Scan the code, subscribe, and get a chance to win a dinner for 4 from any one of our 22 culinary kitchens. Enter to Win Dinner for 4. Valid at any Fresh & Local Market + Kitchen culinary kitchen for a value up to \$350. Draw will be made on October 28, 2024. No purchase is required to enter. The prize has no cash value. Only one entry per email address per month.



AWARD-WINNING FOOD INNOVATION



Great portions, great food. The Venezuelan dishes at Arepas Ranch satisfy any food craving and will bring you to new horizons of culture and flavour.

Menu Highlights

- ★ **Empanadas Operadas:** A classic dish from Venezuela.
- ★ **Patacon Pisao:** Green plantain sandwich stuffed with meat.

Arepas Ranch

403-918-3177

PLATINUM

Best South American

PLATINUM

Best Latin American

GOLD

Food Truck

GOLD

Home Cooking

SILVER

Caterers

BRONZE

Tapas

TOP PICK

Take Out



This family-owned and operated business offers authentic Indian cuisine, with familiar Indian favourites that continue to impress and intrigue.

Menu Highlights

- ★ **Butter Chicken:** Gluten-friendly tandoori marinated chicken breast, soft and warm with a creamy tomato sauce.
- ★ **Samosas:** Fresh and made daily.

A Touch of India

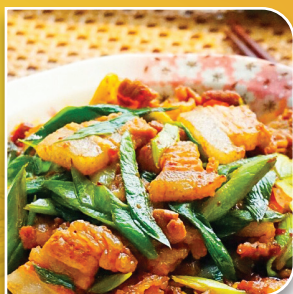
403-971-2579

PLATINUM

Best Indian

TOP PICK

Tapas



Thai street food you can't put down. Variation with a commitment to food that will make you happy and full. Bangkok Kitchen offers green curry, red curry, spring rolls, chicken satay and many more familiar favourites.

Menu Highlights

- ★ **Tom Yum Soup:** Gluten-free chicken or shrimp with lemongrass, lime leaf, galangal, mushroom and cilantro. It truly is yummy.
- ★ **Basil Fried Rice**

Bangkok Kitchen

825.558.6950

PLATINUM

Best Thai

SILVER

Asian

NEW
VENDOR



Bee The BanhMi

Authentic Vietnamese fresh rolls and BanhMi. Our culinary commitment is to elevate the Vietnamese food scene in YYC. Everything is made fresh to order.



Passionate and gratifying, this Mexican style restaurant creates gourmet delights. A family-run business committed to creating a delicious experience. Sandwiches, cheesecakes, Mexican corn and salsa, you will be coming back for more.

Menu Highlights

- ★ **Milanesa Torta:** This award-winning Mexican steak sandwich is a culinary experience that gives you a seat at Mama Luz Maria's kitchen table.
- ★ **San Sebastian Cheesecake:** Decadent, creamy, and crustless.

Blissquisite
403.852.5496

PLATINUM
Best Desserts

PLATINUM
Best Mexican

GOLD
Sandwiches and Subs

SILVER
Home Cooking

TOP PICK
Tapas

NEW
VENDOR



BoBa Street Grill

BoBa is slang for bubble tea. A fresh approach to the popular drink, plus their savoury menu has a taste of Bourbon Street. Inspired by the energy of New Orleans with a splash of bubble tea's Taiwanese origins.

NEW
VENDOR



Chai Stories

403.918.8147

A female-owned kitchen that recreates South Indian food culture where people regularly share stories over a meal. Based on their popular food truck, the menu includes kappi otheo, cold beverages, dosa, idli and South Indian snacks.

AWARD-WINNING FOOD INNOVATION



Coffea
587.982.6006



COFFEA CAFE

— fresh coffee · fresh bites —

Experience the rich aroma and flavour of freshly roasted coffee, paired perfectly with delectable desserts at Coffea. From cakes to brownies, every bite is a treat for your taste buds!

PLATINUM

Best Specialty Coffee

GOLD

Cafés and Coffee Shops

GOLD

Dessert



Expat Asia
403.899.2742

PLATINUM
Best Fast Food

PLATINUM
Best Fine Dining

PLATINUM
Best Fusion

PLATINUM
Best Brunch
PLATINUM
Best Home Cooking

PLATINUM
Best Caterers
PLATINUM
Best Take Out

PLATINUM
Best Restaurant

PLATINUM
Best Asian

PLATINUM
Best Chicken

PLATINUM
Best Chinese

PLATINUM
Best Tapas

PLATINUM
Best Wings

expat.asia

What a year for Expat Asia! As winner in thirteen categories, they are clearly doing it right. The father-son duo provides you with over 30 years experience in Asia, with dishes inspired from Singapore, Indonesia, Japan, Korea and Malaysia.

Menu Highlights

- ★ Crack & Cauli
- ★ Pork Belly Meal



Istanbul Kitchen
587.998.2117

Istanbul Kitchen

Tasty Turkish style dishes that will indulge your senses. Your journey to Istanbul starts here.

Dine on signature dishes from the beef kebab donair wrap, to the meatball plate, to delicious snacks like cigar rolls, vegan stuffed grape leaves and eggplant dip.

GOLD
European Restaurants

GOLD
Ice Cream

GOLD
Mediterranean Restaurant

GOLD
Middle Eastern Restaurant

TOP PICK
Tapas

NEW
VENDOR



Frutti Bliss Exotic Colombian Fruit

403.903.2355

Buy fresh exotic South American fruits like baby mango, prickly pear cactus, feijoa, curuba, guava, lulo, granadilla, maracuya, pepino melon, gooseberry, yellow dragon fruit. Try Colombian fruit pulp and enjoy a fresh glass of juice. Selection will vary by season.



The J Spot
403-971-2508

GOLD
Brunch

GOLD
Caterers



It's clear at first glance each ingredient of the meals at The J Spot have been carefully and expertly placed to create what voters are calling the best burger joint in town. Fine-dining quality classic comfort food you must try.

Menu Highlights

- ★ Best Burger & Fries in Calgary
- ★ Mochiko Sandwich

PLATINUM
Best Breakfast

PLATINUM
Best Burgers

PLATINUM
Best Fries

PLATINUM
Best Hawaiian

PLATINUM
Best Sandwiches and Subs

GOLD
Fast Food

GOLD
Poutine

SILVER
All Restaurants

SILVER
Tapas

BRONZE
Take Out



Family-operated business Krooked Provisions offers you the handmade Eastern European classics of sauerkraut and perogies. Uniquely delicious with a Western twist prepared by Red Seal chefs.

Menu Highlights

- ★ **Lucy Dawg:** Mennonite sausage, swiss cheese, honey habanero aioli, arugula, pineapple-ginger kraut salsa. You will be thinking about it for days to come.
- ★ **Pan Fried Brussels**

PLATINUM
Best European

SILVER
Caterers

BRONZE
All Restaurants

TOP PICK
Take Out

Krooked Provisions

lyndon@krookedlucys.com

AWARD-WINNING FOOD INNOVATION



**Lola's
Cluck & Oink**
587-877-2253



Familiar foods with worldly taste, upscale, tender and worth it. Lola's Cluck & Oink, brings grilling to an elevated place. A dynamite mix of pork and chicken recipes!

Menu Highlights

- ★ **Sisig:** Chopped pork or chicken with sizzling onions and green chili. Classic and creamy Manila options you can recall with pleasure.



The Mercantile
403-860-8794



Showcasing a wide selection of premium products from over 50 different vendors, there is something for everyone. Whether you are entertaining a party or cooking a new recipe, the Mercantile will impress you with their selections of pantry, meat, dairy and condiment products.

Menu Highlights

- ★ **Irving's Pork Products**
- ★ **Rustic Sourdough Bakery**



**Mestizo Mexican
Street Food**
587-586-0125



Authentic Mexican cuisine, you can taste the difference. Fresh ingredients, technique and care are what make Mestizo a staple in the food business. Incredible food is what you will find here. Catering available.

Menu Highlights

- ★ **Assorted Tacos**
- ★ **Enchiladas**



BOTOX[®]

COSMETIC

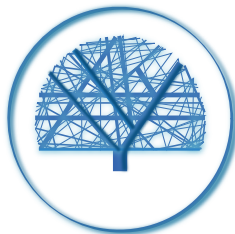
onabotulinumtoxinA
injection

STARTING AT
\$8 PER UNIT*

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



BOOK YOUR FREE CONSULTATION TODAY
403.768.3227 | info@willowparkdental.com



willowparkDENTAL

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 Follow the ADA&C Fee Guide!

			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.



STARTING AT
\$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!



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



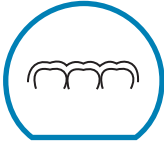
CERAMIC RESTORATION



BOTOX TREATMENTS



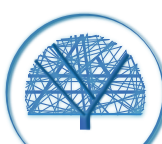
PORCELAIN VENEERS



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



willowparkDENTAL

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

NEW
VENDOR



Momo Corner
306.307.4662

Offering authentic and delicious Nepalese food that bursts with flavour and is sure to delight. Momo Corner has impressed all foodies with consistently tasty traditional menu options including the national dish of Nepal, momo.

Menu Highlights

- ★ **Vegan Thukpa Nepali Noodle Soup**
- ★ **Biryani with Chicken**
- ★ **Everest Momo Platter**

GOLD
International Food

SILVER
Asian

TOP PICK
Home Cooking

NEW
VENDOR



Nan's Noodle House
(north doors)

Nan's Noodle House is a 100% plant-based Asian Kitchen and Market. Our chefs serve up delicious, heart-healthy, plant-based food with passion and creativity. Nan's also carries a variety of plant-based frozen soups, curries, buns, and proteins in one convenient stop.

Menu Highlights

- ★ **Laksa**
- ★ **Black Garlic Ramen**
- ★ **Lemongrass Banh Mi**

SILVER
Vegan

SILVER
Noodles



Nice to Meat You Korean BBQ

The wonderful people at Nice to Meat You Korean BBQ serve fantastic meals time and time again. Treat yourself with thick, juicy cuts of meat, dumplings, steamed rice, noodles and vegetables.

Menu Highlights

- ★ **Glass Noodle Box:** A new addition, these delicately cooked glass noodles with barbequed meat leave you longing for more.
- ★ **Meat Lovers:** A classic carnivorous pleasure.

PLATINUM
Best Korean

GOLD
BBQ

AWARD-WINNING FOOD INNOVATION



**Oishidesu
Ramen Shack**
587-966-4744



"Without noodles, there would be chaos and darkness", is their mantra. The food here lights up the faces of your friends and family with gluten-free and vegan options.

Menu Highlights

- ★ **Build Your Own Ramen:** A chicken, beef, pork option, with four vegetable choices. Vegan choices are also available.
- ★ **New Broth Additions:** Shoyu and miso options, along with chicken, pork & mushroom.

PLATINUM
Best Noodles

SILVER
Japanese

NEW
VENDOR



Oh Delirium YYC (north doors)
403.891.4058

A family-operated Venezuelan bakery that's been popular at summer farmers markets. They specialize in Latin pastries and baked products like empanadas, pastelitos, tequeños plus special event cakes, thousand layer cake, crème brûlée, profiteroles, and tiramisu. Custom cakes for every occasion.

NEW
VENDOR



Petal Aura Floral
403.926.0479

New full-service florist shop at Fresh & Local will give you that splash of colour to fill a room. In just 10 minutes they will create your own custom bouquet that sends the message you want. Look at their new terrariums in various sizes. Call to order.



Pranzo Italiano
587-707-0098



Fresh, handmade, skillfully curated meals at Pranzo Italiano are something you can brag about. Italian meals from scratch both fresh and frozen. Soups, pastas, salads, dips, antipasto, pizza, paninis and lasagna.

Menu Highlights

- ★ **Roasted Cornish Hen**
- ★ **Pork Cutlet**

PLATINUM
Italian

PLATINUM
Pasta

GOLD
Pizza

BRONZE
Tapas

TOP PICK
Take Out



RENDEZVOUS
KOREAN CUISINE

With inviting service, presentation and taste, Rendezvous Korean Cuisine will amaze you with their menu and give you traditional Korean food with a Western twist.

Menu Highlights

- ★ **Bibimbap:** Warm rice with meat, a sunnyside-up egg and vegetables presented beautifully with the right combination of flavours.
- ★ **Bulgogi:** Marinated slices of beef with egg and a variety of vegetables.

PLATINUM
Best Korean

Rendevous Korean Cuisine
(north doors)
403-660-1681



Constant variety and new products, Primal Soup menu items are all made from scratch and gluten-free. With vegan options and many cultural influences, there is something for everyone.

Menu Highlights

- ★ **Thai Coconut Chicken Soup:** Dairy and gluten-free with vegetables, chicken breast, rice vermicelli and more.
- ★ **Thai Coconut Red Curry Soup**

PLATINUM
Best Soup

Primal Soup
403-454-5282



QUECHIVO
SALVADORAN STREET FOOD

Specializing in the exquisite cuisines of El Salvador, the friendly faces at QueChivo bring wonder to the tamales, yuca frita, tacos, sweet plantain, pupusas and other foods you are sure to enjoy.

Menu Highlights

- ★ **Pupusas:** Affectionately handmade corn tortillas
- ★ **QueChivo Bowls:** Steak, chicken, chorizo, keto and veggie bowls.

GOLD
South American

SILVER
Latin American

BRONZE
Caterers

TOP PICK
Tapas

TOP PICK
Take Out

QueChivo Salvadoran Street Food
403-472-9998

AWARD-WINNING FOOD INNOVATION

NEW VENDOR



Ruben's Salsas



Daily samples at Ruben's Salsas give you the opportunity to try a wide range of delicious salsa flavours. You can taste vegan, gluten-free, homemade Mexican style salsa with no preservatives! In salsa heaven they serve Ruben's Salsas. If you miss real salsa this is the place to get it!

SILVER
Mexican

NEW VENDOR



Rustic Plate: Croffles & French Japanese Street Food

587.703.9673

From refreshing cold noodles to warm, and comforting Japanese tempura with a French twist, this one-of-a-kind food hub offers an unparalleled fusion dining experience of French and Japanese cuisine. The croffle—an irresistible croissant waffle—paired perfectly with indulgent melted Raclette cheese adds a touch of decadence to your dining experience. Try our kid's menu.

Menu Highlights



- ★ Tempura Style Fish & Chips with hand-cut fries
- ★ Chicken Karaage
- ★ Smoked Brisket Croffle Sandwich
- ★ Tempura Noodle Bowl

PLATINUM
Best Fish & Chips

PLATINUM
Best Japanese

PLATINUM
Best Seafood

SILVER
Asian

SILVER
Fusion

BRONZE
Home Cooking



Sabor A Perú
825-712-5522



The authentic and traditional Peruvian experience. Smiling and passionate service with skill and precision. Peru is represented and proud with the amazing food at Sabor a Perú.

Menu Highlights

- ★ AAA beef tenderloin sautéed with onions & tomatoes served with rice and fries.

GOLD
Latin American

SILVER
Chicken

SILVER
Dessert

SILVER
South American

TOP PICK
Take Out

TOP PICK
Tapas

TOP PICK
Home Cooking



Shawarma Rebolusyon
825-863-0404



For avid fans and newcomers alike, Shawarma Rebolusyon takes the Mediterranean classic to new places with French, Western and Halifax style twists. Sweet and savoury, you will always be satisfied.

Menu Highlights

- ★ **Surf Shawarma:** An innovative twist that includes breaded white fish fillet and all the familiar toppings.
- ★ **Poutine Shawarma**

PLATINUM
Best Vegan

PLATINUM
Best International

PLATINUM
Best Vegetarian

PLATINUM
Best Mediterranean

GOLD
All Restaurants

PLATINUM
Best Middle Eastern

GOLD
Fusion

PLATINUM
Best Poutine

GOLD
Take Out



Siomai Queen Filipino Street Food
403-835-8790



Recipes perfected over many years, the food at Siomai Queen will remind you of the love and comfort of home. A popular street food across the Philippines, these pork dumplings are best washed down with a sago drink.

Menu Highlights

- ★ **Dumpling Siomai:** Steamed or fried, chili garlic and soy lime sauce, you won't stop until you're full.
- ★ **Sago Drink**

GOLD
Asian

GOLD
Tapas

SILVER
Take Out



SIPS Wine & Beer
403-475-4155 ext 6

An inviting and enjoyable atmosphere centre stage with live music on weekends, SIPS Wine and Beer provides Canadian craft beer and glasses of wine along with daily specials!

- ★ **Daily Special:** \$24/60oz pale ale jugs ALL DAY EVERYDAY, ideal for a group after a long day's work.
- ★ **Happy Hour Specials 3-5pm:**
Thursday: \$2 off glasses of wine
Friday and Saturday: \$5 draft
Sunday: \$7 Mimosas, \$6 Caesars
- ★ **Live Music:**
Thursdays, Fridays and Saturdays 5:30-7:30pm



PLATINUM
Best Bars & Pubs

AWARD-WINNING FOOD INNOVATION



These hot summer delights and cold winter comforts are a dream come true. Readers be warned! Once you start eating their mini donuts, you may not be able to stop! (Formerly Fantasy Donuts)

Menu Highlights

- ★ **Donuts:** Jelly-filled, rainbow sprinkled, unicorn, rocky road and many more.
- ★ **Chocolate Churros:** Spanish inspired dessert dipped in chocolate and cinnamon.



Sprinkles & Co.
403-890-0001
403-926-7349



Sugarberry Sweets
(north doors)
403-969-1103

Sugarberry's unique selection of candy floss flavours, soft serve ice cream treats and novelties are a neat treat that everyone will love to eat!

Don't forget the waffles and waffles on a stick! Ice cream cake for spring 2024.

Menu Highlights

- ★ **Maple Bacon Candy Floss**
- ★ **Ice Cream Tacos, Bars and Sandwiches**
- ★ **Waffles on a stick**

YOUR YEAR-ROUND FARMERS MARKET

3X VOTED BEST GROCERY STORE



3X VOTED BEST GROCERY STORE



FRESH & LOCAL FARM STORE
IN AVENIDA VILLAGE

Supporting local producers and food artisans is second nature to our community of shoppers. Shop with us first when you buy your groceries.

1 block north of the Canyon Meadows LRT
Located next to the Collective Beer Store
426, 12445 Lake Fraser Drive SE, Calgary
403.475.3155

Winter Hours: Closed Monday-Wednesday
OPEN Thursday - Saturday 11am-8pm;
Sundays 11am-5pm





NEW VENDOR



Tipzy Cow Creamery



Liquor infused ice cream? You heard right.

Frozen cocktails, boozy floats, sundaes, and dirty sodas – Tipzy Cow has ice cream that will make you go MOOOO. Try the Moo-lala, lime, coconut, and cream coke. Or the Shirley Moo, a little twist on the classic Shirley temple.



Zushi
403-764-7547



A wide selection of texture and powerful taste, Zushi's attention to detail gives you the prime opportunity to be in a joyous moment with a wide array of flawless sushi.

Menu Highlights

- ★ **Fresh Spring Salmon Te-maki:** Served in a large piece of nori, this fresh salmon is topped with cucumber, sweet soy and chive.
- ★ **Shiitake Truffle**



EVENTS

LIVE
Music

THURSDAY, FRIDAY & SATURDAY
5:30pm – 7:30pm

Call 403.475.4155 ext 6 for reservations





YOU HAVE GREAT TASTE!

You have great taste! Getting together with friends and family to share a meal is an essential ingredient to our recipe of success. Use this dining guide to help you decide on your next taste experience.

We are grateful to everyone who shops for weekly groceries, orders culinary creations from our chefs, and buys interesting products from market vendors. The heart of our Fresh & Local community is our collective commitment to food innovation and service excellence which embraces the needs of our diners and shoppers.

Thank you for voting the Fresh & Local Market + Kitchens as the best Farmers Market in Calgary for the third year in a row. Our culinary kitchens and market vendors extend extraordinary gifts of tasty food and compassionate hearts to all those who enter our award-winning food HUB.

Everyone at Fresh & Local Market + Kitchens appreciates the amazing support that our local businesses and food artisans received from you in the Community Votes 2023 awards. In return for delicious meals and service, our customers rewarded the Fresh & Local small businesses with an incredible 146 awards in 65 award categories including 64 platinum first place awards.

Thank you.

The Community Votes 2023 awards program occurred in two voting stages: stage one, voting to nominate small businesses; stage two, the voting period for Calgarians to determine the People’s Choice Winners. Each Calgarian was limited to 1 vote per email address to avoid fraudulent ballot stuffing. 2023 is the third year Fresh & Local Market + Kitchens vendors participated in Community Votes.

In this edition of the Avenida Village Reporter “2024 Fall Dining Guide”, we celebrate our culinary kitchens and market vendors who were nominated and won. Below each vendor description and signature food items, you will see the list of awards in their respective categories.

PLATINUM

GOLD

SILVER

BRONZE

TOP PICK

Our culinary kitchens captured new recognition including best fish & chips, Asian fusion, burger & fries, chicken, wings, Mediterranean, Mexican, noodles, Italian, soup, Korean, BBQ, sandwiches, tapas, sushi, Eastern European, Hawaiian, Japanese, specialty coffee, donuts, East Indian, desserts, Latin, home cooked meals, South American, African, Thai, poutine, flowers, gourmet foods, vegetarian, vegan, ice cream and grocery store.

Come and enjoy our chef-inspired style of community get-togethers at the Fresh & Local Market + Kitchens in Avenida Village.

**3X VOTED BEST FARMERS MARKET
FRESH & LOCAL MARKET+KITCHENS**

**3X VOTED BEST GROCERY STORE
FRESH & LOCAL FARM STORE**



OPEN Thursday – Saturday 11am-8pm;
Sundays 11am-5pm

Winter Hours: Closed Monday-Wednesday
OPEN Thursday – Saturday 11am-8pm; Sundays 11am-5pm

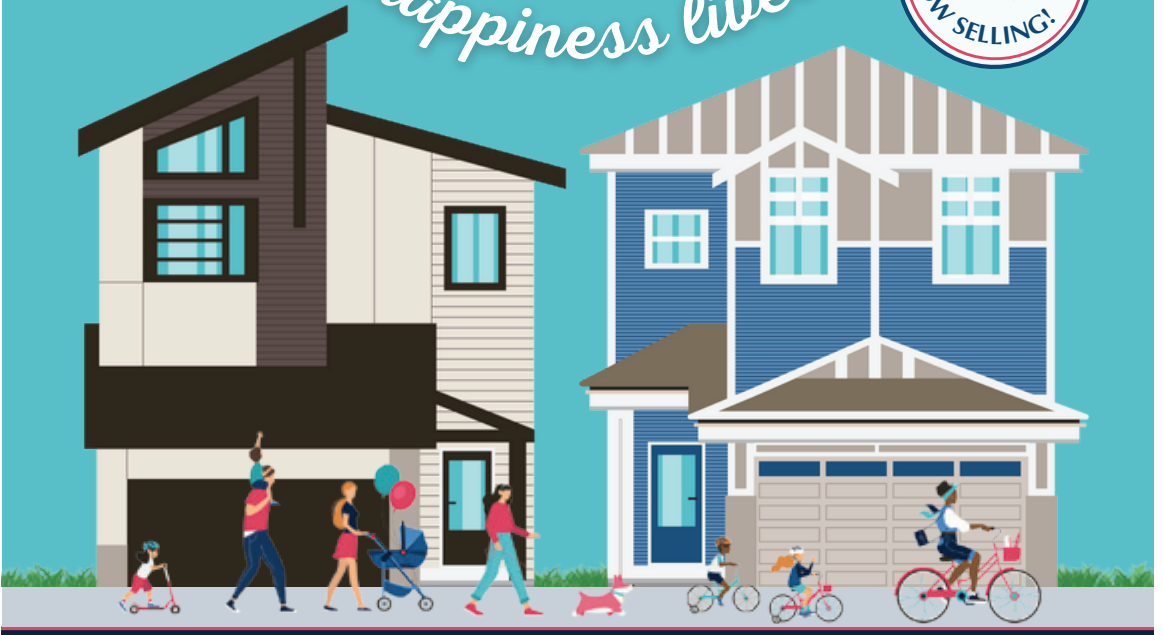
403.475.4155

www.FreshAndLocal.ca || 12445 Lake Fraser Drive SE, Calgary

CREEKSTONE

Your New Southwest Enclave

is where
happiness lives



Laned Duplex

FROM THE LOW

\$600s

Single-Family Front-Drive Garage

FROM THE LOW

\$700s

HOMES BY:
Brookfield Residential
EXCEL HOMES

Welcome

to your new SW neighbourhood. Join us as we build a community that provides more than just a home!

ENCLAVE COMMUNITY

PARKS, PATHWAYS,
& PLAY SPACES

EASY ACCESS TO SHOPPING,
RECREATION & MORE

Prices & terms are subject to change without notice.



Show Home Hours

Monday - Thursday from 2-8 pm Weekends & Holidays from 12-5 pm

Visit Us At: 586 Creekstone Circle SW

QUADRA



CREEKSTONECALGARY.COM



DISCREET & CONVENIENT TEETH STRAIGHTENING



*“Your Oral Health
Is Our Priority”*



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 discreetly.



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.



GIVE US A CALL
(403) 271-2661



EXPLORE OUR WEBSITE
www.symmetrydental.ca

• All services provided by a general dentist

World Stroke Day 2024 - Learn the Signs of a Stroke So You Can Act Fast

by Pam Snowdon



Imagine driving in your car one afternoon with your family, miles away from home, and you stop at a service station to fill the fuel tank and grab a snack. Crossing the parking lot, you suddenly collapse. You wake up in the hospital a day later and discover that your entire right side is paralyzed. You open your mouth, but no words come out. What will happen when you can't get into the bathroom alone or have problems swallowing and chewing your food, if you can't communicate what you need? And what about your family? Who will take care of your kids? What will happen with your job?

Just like that, a stroke can happen in the blink of an eye and shatter your entire life: understanding your risk might be the only thing standing between you and this silent, devastating threat.

A stroke happens when part of the brain has a sudden disruption in its blood supply. The lack of blood

flow means that part of the brain doesn't receive its necessary oxygen and nutrients. As a result, some of the brain tissue dies. Most strokes happen because a blood clot blocks an artery or a blood vessel in the brain or neck breaks.

According to Alberta Health Services, 5,000 Albertans experience a stroke each year. Occurring at any age, not just in the elderly, strokes can often be prevented.

Healthy lifestyle choices, such as diet, exercise, and smoking cessation, can reduce the risk of stroke. High blood pressure and high cholesterol are among the risk factors; talk to your family doctor about managing these and other conditions.

World Stroke Day on October 29 reminds us to recognize the signs of stroke using the FAST acronym:

- **Face** – uneven or drooping like a crooked smile or numbness
- **Arm** (or leg, too) - hanging down and can't be held up straight
- **Speech** - may be slurred or the person may have trouble speaking or seem confused about what you are saying, or they are talking nonsense
- **Time To Call** is calling 9-1-1 immediately.

A stroke is an emergency: the sooner treatment is given; the more likely damage can be minimized.

Pam Snowdon works at a Calgary organization providing neurorehabilitation and wellness programs for people and their families impacted by brain injuries from strokes or accidents.



WEIGHT MANAGEMENT CLINIC

★ **NOW OPEN** ★

• MEDICAL DIETS • PROTEIN SUPPLEMENTS • MEDICATION

403.278.3411

www.calgaryweightlossclinic.com





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



Use the Homeowner Water Guide Fall Checklist to Prepare Your Home and Yard for Winter

by the City of Calgary

Wondering how to prepare your home for winter? The Homeowner Water Guide Fall Checklist is a great place to start.



You'll find reminders and tips like:

- Check your toilets, taps, humidifier, hot water heater, water softener, and other water using devices for leaks.
- Turn off your outdoor water supply and winterize your irrigation system to avoid winter leaks.
- Check the Watering 101 Guides to find out when to stop watering plants, shrubs, trees, and lawns.
- Leave plant debris in plant beds over winter to provide habitat for pollinators.

When it comes to residential and household leaks, toilets, faucets, and outdoor irrigation are the most common culprits. Our library of Homeowner Water Guides provides step-by-step guidance to identify and repair leaks in our homes, ideas to improve water efficiency, and tips to prepare yards for winter.

Together, we can make every drop count.

To find everything you need, including the Fall Checklist, visit calgary.ca/waterguide.

SCAN HERE TO VIEW ADDITIONAL CANYON MEADOWS CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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

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

CANYON MEADOWS 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.

JUNK TO THE 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.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

BUSINESS CLASSIFIEDS

CANYON MEADOWS PAINTER: 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.

LANDSCAPING & SNOW REMOVAL: AS/F Contracting specializes in landscaping & lawn care services, residential, commercial, spring clean ups, tree pruning and more. Call Shawn for a free estimate at 403-651-0424 | www.asfcontracting.com | asfcontracting1@gmail.com.

AFFORDABLE DENTAL CARE MINUTES FROM CANYON MEADOWS! Dental care that's affordable, accessible, and essential. Minutes from Canyon Meadows. 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.

BUSY BONNIE CLEANING: 26 years of house cleaning experience in Calgary. Dusting, vacuuming, mopping, bathrooms, kitchens, etc. I do my best to provide personalized, professional cleaning for homes and businesses - tailored to your needs. Roughly \$40 per hour (negotiable). References available upon request. Text 403-815-0033 or email labonda@hotmail.com to set up a free consultation.

CROWN RENOVATIONS: Beautiful kitchen, bathroom and complete basement 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. Check out our website at www.crownrenovations.com. Contact Susan at 403-801-1140 or crownreno@shaw.ca.

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.

RENOVATION/DEVELOPMENT IN CANYON MEADOWS: Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Cell: 403-831-4645. Website: www.JDMeyerConstruction.ca.

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.

RESIDENTIAL CLEANING: Need help with your cleaning? R&N can help you. We have an affordable rate and well experienced cleaners. Available weekly, bi-weekly, monthly and one time clean. Call Rachell at 403-708-3119 to book.

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.

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.

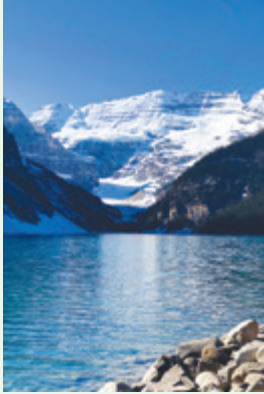
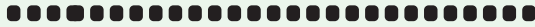


the Gutter Doctor 403-714-0711
gutterdoctor.ca

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!

Photo Gallery

by Kim Chulsky



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



Introducing
Your New Silver Lining in
SW Calgary
 Living in the established community
 of Silverado puts you close to nature,
 daily adventures and essentials.

COMMUNITY FEATURES

- 
7
PARKS
- 
10KM
PATHWAYS
- 
2
SCHOOLS
- 
40 MIN
TO AIRPORT



Prices & terms are subject to change without notice.

Single-Family
Front-Drive Garage
 FROM THE LOW
\$700s

Duplex Homes
 FROM THE HIGH
\$500s

HOME BUILDERS
Brookfield Residential **EXCEL HOMES**

Show Home Hours

Monday - Thursday from 2-8 pm Weekends & Holidays from 12-5 pm

SilverSpruceCalgary.com



#1
YEARLY TOP
PRODUCER
RE/MAX
LANDAN REAL ESTATE

SMITH
PEZZENTE
INFO@SMITHPEZZENTE.COM



— Homes for sale in Canyon Meadows, Calgary —



260 CANTERVILLE DRIVE SW



CANTERBURY COURT SW



459 CANTRELL DRIVE SW



404 CANTERBURY PLACE SW

CONTACT US FOR YOUR FREE EVALUATION:
403.251.2900

NOT INTENDED TO SOLICIT PROPERTIES ALREADY LISTED FOR SALE