

AUGUST 2023

DELIVERED MONTHLY TO 7,055 HOUSEHOLDS

THE CHRONICLE

THE OFFICIAL NEWSLETTER FOR MILLRISE & SHAWNEE-EVERGREEN COMMUNITY ASSOCIATIONS



THIS SPACE IS AVAILABLE!

Use this ad space to promote your business and get noticed!
Contact us at 403-720-0762 or grow@greatnewsmedia.ca



GET A QUOTE NOW

www.shawnessy.ca | www.millrise.org | www.shawnee-evergreen.ca

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

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

- ✓ Professional Measurements & Photos
- ✓ 100% Real Estate Agent Services
- ✓ Full Realtor.ca Exposure

ONLY 2% COMMISSION!

Save THOUSANDS* by listing with me.
What are YOU going to do with
the savings?

SABRIYAREALTY.COM

Sabriya Halford

Contact me today
for a free home
evaluation!



*all commissions
are negotiable



FITFIX INC.

FOR ALL YOUR FITNESS EQUIPMENT NEEDS

FITNESS EQUIPMENT SALES AND SERVICE RESIDENTIAL AND COMMERCIAL

WHAT WE OFFER:

- Fitness Equipment Repairs & Preventive Maintenance
- Secure Equipment for Moves and/or Relocation
- High-Quality Gym Flooring Options

OUR SERVICES ARE FITFIX FIX'D OR IT'S FREE! CUSTOMER SATISFACTION GUARANTEED

GRAND OPENING

FITNESS EQUIPMENT STORE

TREADMILLS - BIKES - ELLIPTICALS -
STRENGTH EQUIPMENT - AND MORE!

AUGUST 19-20, 2023

SAT-SUN 10:00 AM - 8:00 PM

BAY #7, 4115-61 AVE SE, CALGARY

Summer Special
Limited Time ONLY!

Use this AD for \$50 OFF
before October 1/2023

GET A CHANCE TO WIN A BIKE
AT OUR GRAND OPENING!

FOR MORE
INFORMATION

VISIT US:



@FITFIXINC

WWW.FITFIX.CA

Go online to
book an appt now!



Or email us:
service@fitfix.ca



No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT
403-726-9301
calgaryfreshjock.com



CUSTOMER SATISFACTION GUARANTEED

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



Services

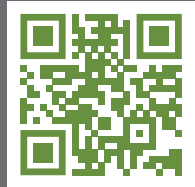
- Residential Landscaping
- Landscape Construction
- Year-Round Maintenance
- Spring and Fall Cleanup
- Commercial and Condo Property Management
- Snow and Ice Removal

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



SECA BOARD OF DIRECTORS (2023)

President	Lynn Jobe
Vice President	Ajay Khanolkar
Secretary	Vacant
Treasurer	James Thomson
OTHER DIRECTORS:	
Director of Development	Norm Rousseau
Director of Membership	Vacant
Director at Large	John Raich
Director at Large	Kurian Marattil
Director at Large	Zeinab El Kady
Director at Large	Maigul Wickham
Director at Large	Vacant
Director at Large	Vacant
SECA Plays	play@shawneevergreen.ca
General Inquiries	info@shawneevergreen.ca

Shawnee-Evergreen Community Association Area Boundaries

Households in the area shown below are eligible to become regular members.

- For Evergreen Estates, your street name will include 'Green,' for example, Evergreen.
- Almost all other areas will include 'Shawnee' in the street name.
- Fish Creek Exchange and Beacon Hill condominiums are within the SECA boundaries.
- Non-residents are invited to join as associate members.



- On the North: South of Fish Creek Provincial Park boundary
- On the East: West of Macleod Trail SE
- On the West: East of Fish Creek Provincial Park boundary and east of Fishcreek Blvd SW
- On the South: North of James Mckevitt Road and Fishcreek Boulevard SW

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

MILLRISE



SHAWNESSY



SHAWNEE SLOPES



NATIONAL Terry Fox DAY

After a cancer diagnosis and leg amputation in 1977, 18-year-old Terry Fox began a cross-Canada run to raise funds for cancer research. He ran from 4:30 am to 7:00 pm for 143 days!

Thanks to Terry and his incredible legacy, a total of \$850M has been raised! In honour of this indomitable Canadian, August 7 is National Terry Fox Day.



HERE IS WHAT YOUR COMMUNITY ASSOCIATION (SECA) DOES:

SECA is building a neighbourly community where residents feel a sense of belonging and community pride.

- Hosts Events and Programs:
 - o Community Cleanup - September 16, 2023.
 - o Community Campfires.
 - o Monthly Children's Programs.
- Advocacy supports residents' interests with respect to:
 - o Proposed development projects in our neighbourhood and nearby.
 - o Neighbourhood safety (crosswalks, traffic lights, crime prevention, etc.)
 - o Maintaining the character of our neighbourhood.

MEMBERSHIP REGISTRATION FORM

Purchase a SECA membership to support programs, events, and the advocacy work that SECA does on your behalf. Pay just \$20 every 12 months. Complete the form, attach a cheque for \$20 payable to Shawnee Evergreen Community Association and mail to SECA c/o South Gate Alliance Church, 1436 James McKeivitt Rd SW Calgary, AB T2Y 2W9.

Questions? Email info@shawneevergreen.ca.

Household information (held in confidence in accordance with Privacy Legislation):

Surname 1: _____ Given Name: _____

Surname 2: _____ Given Name: _____

Street Address: _____

Postal Code: _____ Phone: _____

Email address: _____

Please consider volunteering with SECA. May we contact you to volunteer? Y / N

Payment (\$20): Cash: _____ Cheque # _____

Resident Non-Resident (Associate Member)

SECA is always looking to engage residents as volunteers on the board, on committees, and at events. Learn more by emailing info@Shawneevergreen.ca.

Cats, Canines, & Critters of Calgary



Baloo and Walter, Springbank Hill



JC Cat, Evanston



Pepper, Evergreen



Tuxedo Joe, Cranston

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

PRESIDENT'S MESSAGE

Let's Create Our Future Together

At recent events, we've been blessed by a generous number of volunteers for which SECA is very appreciative. Please email info@shawneevergreen.ca to volunteer at one of our September events.

Would you like to get more involved in your community? Becoming a committee member or joining the board is a great way to meet others and make an important impact in your own neighbourhood. Please email info@shawneevergreen.ca to express your interest. We often suggest meeting over a cup of coffee to discuss what might be involved.

Meet Like-Minded Families at Our Children's Programs:

- **Art in the Park:** With Nurture Nest, on August 12 and September 23.
- **Families in Nature:** With Urban Wild Calgary, on August 23 and September 24.
- **Adventure Play:** A loose parts play program with Get Outside and Play that will return on September 17.

Use the QR codes at the bottom of this article to get more information and to register. Register early to secure your spot.

Mark Your Calendars and Contact Us if You Can Volunteer for Our:

- **Children's Programs:** Monthly – see posters on our Little Free Libraries
- **Community Cleanup:** Saturday, September 16
- **Fundraising Casino:** September 24 and 25

Let's Imagine the Future Together

We need your help to dream about how to make Shawnee Evergreen even better. Join us as we reimagine our neighbourhood places... together. Subscribe through the QR code to join the mailing list.



Let's Stay Connected While SECA Transitions to New Coordinates

- Email: info@shawneevergreen.ca
- Like our Facebook page - @ShawneeEvergreenYYC
- Subscribe to SECA's e-newsletter through the QR code
- Our new website will be YourSECA.ca



Lynn Jobe

SECA President

P.S. Scan the QR codes below to explore our monthly children's programs.



Adventure Play Families in Nature Art in the Park

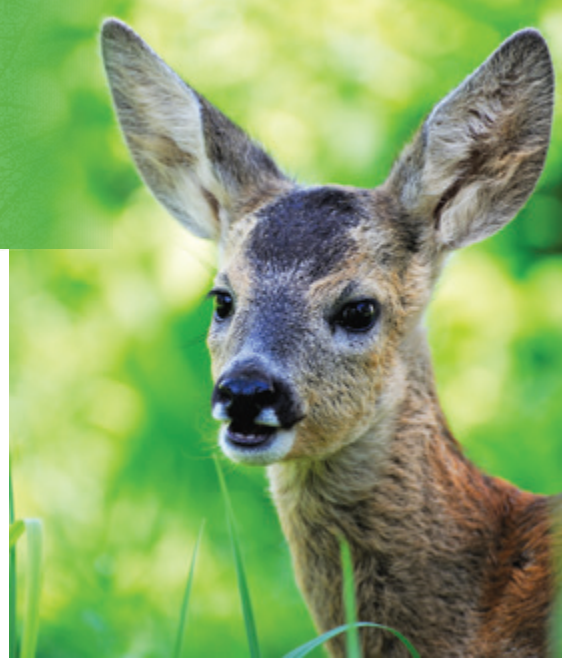


The Spotted Lake

Located near Osoyoos, BC, Spotted Lake is a mineral-rich body of water that evaporates every summer. Calcium, magnesium, and sodium sulphate deposits are left behind in small circular pools, each a different colour. It's no wonder that this otherworldly place is sacred to the indigenous Sylix people of Okanagan!



FRIENDS of Fish Creek



August in Fish Creek

Support Outdoor Education in Fish Creek and Your Donation Will Be Matched Up to 50 %

The Friends of Fish Creek are honoured that our Learning Naturally program has once again been chosen as one of over 270 local charities to participate in the Shaw Birdies for Kids presented by AltaLink program! Birdies for Kids, now in its eighth year, has a profound benefit for charitable organizations that support children's programming. This essential fundraiser runs until August 31 in conjunction with the Shaw Charity Classic Golf Tournament.

Through Learning Naturally, close to 3000 students between grades K to 6 from economically disadvantaged Calgary schools are provided a field trip to Fish Creek Provincial Park. Many of these students are new to Canada, and this unforgettable experience acts as not only their first visit to Fish Creek, but also their first real visit to a natural setting in this country. The lessons imparted on these students during their Learning Naturally field trip help to support a lifelong concern for conservation and environmental stewardship.

This essential program does not receive regular funding and its continuation is in jeopardy. It costs only \$10 to support one Learning Naturally field trip for one student, and through Birdies for Kids, your donation will be matched up to 50%! Please consider making a donation to Learning Naturally through Birdies for Kids and speak to your employer or co-workers about this amazing opportunity to support outdoor education in Fish Creek.

We would like to thank the Greenfield Foundation once again for supporting Learning Naturally this year with a very generous donation. Thank you to the Shaw Charity Classic Foundation, the Patron Group, Shaw Communications, Suncor, and Shaw Birdies for Kids presented by AltaLink for hosting this amazing program: <https://shawcharityclassic.com/charity/participating-charities/friends-of-fish-creek>.

Tru Earth - New Partnership with the Friends of Fish Creek

Tru Earth is a Canadian company that focuses on creating eco-friendly household goods. Tru Earth's products are designed to function the same - or better - than traditional products, but without all the plastic and other chemicals that are harmful for the planet. Order your Tru Earth household products today and the Friends of Fish Creek will earn at

least 20% of every sale made through this exciting ongoing fundraiser. Check out Tru Earth and make a purchase to support the Friends of Fish Creek today. Visit the Friends' Tru Earth page at <http://tru-earth.sjv.io/FriendsOffFishCreek>.

Volunteers Needed in Fish Creek Provincial Park

Branch out and explore all the exciting chances to give back to Fish Creek Provincial Park through direct intervention in its wellbeing! The Friends of Fish Creek needs volunteers to help this summer with a variety of stewardship activities. Programs like invasive species control, poplar planting, tree wrapping, and nursery tending require the dedication of an amazing team. There is always a chance to be out in the field during the summer months and opportunities are available for people of every ability and availability. If you only have one day to volunteer, we offer many opportunities that require your presence for only a few hours, such as riparian restoration, invasive species control, tree wrapping, poplar planting, and willow staking. Planting trees is the activity most people probably have in mind when it comes to restoration. We provide the trees and supplies so that our volunteers can work to add trees to the aging poplar forests in the park. This summer, we are focusing on the beautiful Hull's Wood area. Newly planted trees ensure that in the years to come, wildlife habitat is maintained as older trees die off. Watering trees and other vegetation is one of the most important jobs that one can take on in the park, as the summers in Calgary are hot and dry. To help with poplar planting, restoration, or other programs, please sign up as a volunteer online at <https://friendsoffishcreek.org/volunteering-basics>.

Calgary's Early Residences: Brower House

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

While driving along Calgary's boulevards and trails, have you ever noticed an old building or two that seem to stick out from the surrounding area? One such place is Brower House, located just east of the intersection of Memorial Drive and 10 Street NW.

Sunnyside is better known today for its abundance of condo buildings, infills, and retail spaces than structures like Brower House, but it represents how the neighbourhood used to look, with stately homes overlooking the Bow River.

Actually, these homes came later. Sunnyside was settled in the 1880s by homesteaders. Then, workers and their families from Eau Claire Sawmill and the Canadian Pacific Railway moved in. Their homes were wood-framed cottages, the sidewalks were also wooden, and the roads were dirt. Over time, mansions were constructed facing the river along Memorial Drive (formerly called Sunnyside Boulevard, until it was renamed after the Great War).

Brower House is one of these residences. It was listed on Calgary's Inventory of Evaluated Historic Resources in 2010 as one of the oldest houses in the neighbourhood. Built in 1907, Brower House symbolizes the expansion of urban life northward across the river from the city's centre.

It's also unique for its construction. Its architectural style is Queen Anne Revival, which was popular in Calgary roughly between 1890 and 1914 and features fanciful and exuberant flourishes. While more moderate than other examples, Brower House's large front veranda with turned supports, its flat roof deck, and buff-coloured bricks all fit the mark.

Real estate speculation at the time of its construction meant Brower House had five different owners within three years, until it was bought by the Brower family in 1919. Frank C. Brower published the *Olds Gazette* and lived there with his brother Archibald and family.

The House was spared destruction when the CTrain's "Northwest Line" was built in 1987. In 1993, it was sold by the family. Today, Brower House is a Calgary Heritage Award-winning office space redevelopment. It's no longer a home (and has no official heritage protection), but it retains its charm and history as one of Calgary's early residences.



"Panoramic view of Sunnyside district, Calgary, Alberta," 1911, (CU183159) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OWLXGQK?WS=PackagePres>.



"Panoramic view of Sunnyside district, Calgary, Alberta," 1911, (CU183161) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OWLXGR?WS=PackagePres>.



"Memorial Drive, Calgary, Alberta," [ca. 1912], (CU173515) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1S14VF9>.



"Baseball team, Olds, Alberta," 1912, (CU1193654) by Vogel's Studio. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.
Back row, L-R: Will Saunders; H. A. Samis; Mr. Maybank; A. H. Mann. Middle row, L-R: P. Cutton; F. Peterson; W. Bruce; Joe Girding. Front row, L-R: L. Walkley; Frank Brower.



Brower House, April 2023. Photos courtesy of Anthony Imbrogno.

Hawaiian Rice Bowl

by Jennifer Puri



Servings: 4

Ingredients:

- 2 medium size carrots
- 2 small beetroots
- 2 mini cucumbers
- 2 avocados
- 1 can pineapple tidbits
- 20 jumbo size shrimp (shelled and de-veined)
- 2 cups shredded lettuce
- 4 cups cooked white, brown, or black rice
- 6 tbsps. mayo
- 2 tbsps. siracha sauce
- 2 tbsps. rice vinegar
- 2 tbsps. olive oil
- 2 tbsps. soya sauce
- 4 tbsps. of coriander leaves or nori nori (dry seaweed)

Directions:

- Wash and peel carrots and beetroots and then cut, along with the cucumbers into small even sized pieces.
- Drain pineapple tidbits and set aside. Cut each avocado into half and then slice each half into four pieces.
- In a small bowl prepare dressing by combining the mayo, siracha, and rice vinegar.
- Heat two tbsps. of olive oil in a skillet or wok and then add the shrimp and stirfry for three to four minutes or until the shrimp turn pink and are cooked. Add two tbsps. of soya sauce and toss the shrimp in it and then remove from heat.
- Assemble four bowls by placing a cup of warm rice in each one and arranging the pineapple bits, carrots, cucumbers, beetroots, and lettuce around the edges of each bowl. Add the shrimp and avocado slices and top with siracha mayo dressing. Garnish with coriander leaves or nori nori if desired.

*You can substitute the shrimp for tofu and edamame or corn if you would prefer a vegetarian option.

Bon Appétit!

Rice is a grain that grows to 4ft. in height, produces small edible seeds, and thrives in warm, wet climates.

It is the world’s largest food crop and evidence of rice farming, dating back ten thousand years, has been found in the Yangtze River valley of China.

There are two types of rice – Asian Rice and African Rice and the length and width of the rice (once it is cooked) determines if it is short, medium, or long.

White rice is more commonly consumed than brown, black, or red due to its ease of cooking and long shelf life. Rice should always be washed before cooking as it will rid the rice of any starch that may be attached to the grain. It also prevents the grains from sticking to each other during the cooking process.

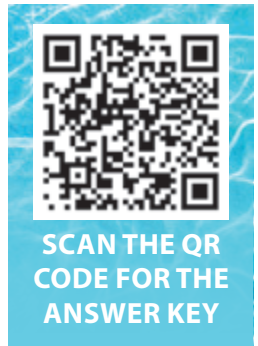
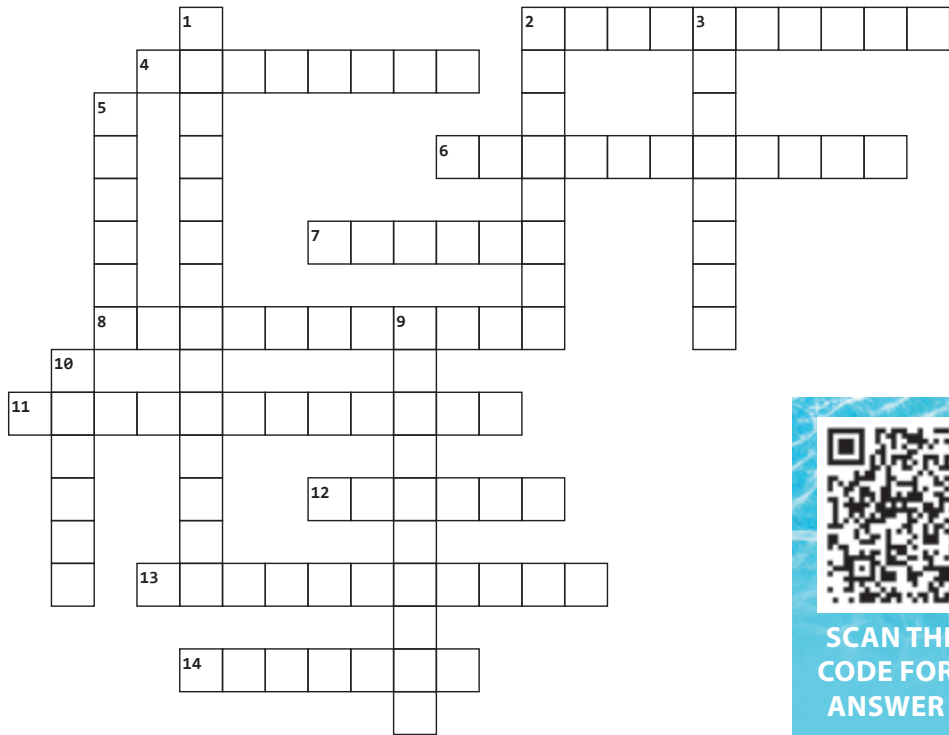
China is the world’s largest producer and contributes to the daily rice intake of 3.5 billion people in Asia, Africa, and South America.

Steamed, boiled, fried, or ground, rice shows up as an ingredient in Spain (paella), Italy (risotto), Japan (sushi), India (pillau), Malaysia (nasi lemak), Korea (bibimbap), Africa (jolloff), Brazil (galinhada), or in its simplest form poke or Hawaiian Rice Bowl.

Prep Time: 25 minutes

Cook Time: 5 minutes

August Crossword



Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and _____ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National _____ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National _____ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

Down

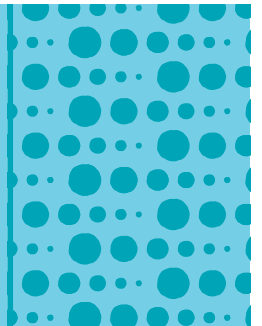
1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the _____ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.

The Shawnessy Community Association Volunteer Board of Directors

VOLUNTEER EXECUTIVE:			
President	Marshall McCarthy	403-256-0786	md-mccarthy@shaw.ca
Vice President	Simone Mersereau	403-256-3584	simone@deanltd.com
Secretary	Michelle Moland	403-640-2762	cmoland@telus.net
Treasurer	Vacant		
VOLUNTEER DIRECTORS:			
Community Affairs	Vacant		
Community Events Advertising	Vacant		
Fundraising - Gaming	Vacant		
Grant Application Director	Vacant		
Membership	Vacant		
Community Planning	Vacant		
Neighbourhood Partnership Coordinator	Cathi Groves		cgroves@calgary.ca
Newsletter Director	Vacant		
Social Director	Vacant		
Volunteer Director	Vacant		
Barn Manager: Facilities	James Richard	403-697-2629	
Barn Manager: Rental	Jennifer Dickinson	403-554-7299	jendickinson13@gmail.com



Neuschwanstein Castle is a grandiose, Romanesque-style castle built atop a mountain in the Bavarian Alps of Germany. With its dainty turrets and towers, it was an inspiration to Walt Disney. Disney's logo, theme parks, and two of its films (*Cinderella* and *Sleeping Beauty*) drew inspiration from this magnificent German palace!





The Millrise Community Association Board of Directors

VOLUNTEER EXECUTIVE:

President	Donna K.	president@millrise.org
Vice President	Graham R.	vicepresident@millrise.org
Treasurer	Graham R.	treasurer@millrise.org
Secretary	Sarah M.	secretary@millrise.org

VOLUNTEER DIRECTORS:

Membership Director	Vacant	membership@millrise.org
Facilities Director	Matt T.	facilities@millrise.org
Newsletter Director	Vacant	community@millrise.org
Garden Director	Carrie S.	communitygarden@millrise.org
Events Director	Vacant	events@millrise.org
Fundraising Director	Vacant	fundraising@millrise.org
Director At Large	Casey H.	
General Inquiry		info@millrise.org
Police Community Liaison Officer	Cst. Richard Thorpe	c/o info@millrise.org
Cardel Rec South Rep	Vacant	cardelrep@millrise.org
Neighbourhood Partnership Coordinator	Cathi Groves	cgroves@calgary.ca



PERIDOT

August-borns are lucky to have three birthstones to choose from: peridot, spinel, and sardonyx. Of these three, peridot is the rarest as it is one of only two gems to be found deep in Earth's mantle, which can make it more difficult to find and mine.



Millrise Community Association Membership

Your membership helps give back to our community.

Purchasing a community association membership enriches our community in so many ways!

What does your membership do for Millrise?

- Maintenance and improvements of our skating rinks.
- Annual Community Cleanup event.
- Community events and programs.
- Keeps residents informed via Facebook, newsletters, and social media.
- Represents Residents at Cardel Rec and Trico Centre Board Meetings.
- Residents enjoy a 10% discount on programs at Cardel Rec South.
- Obtains member discounts with local businesses.

New Membership Registration:

A household Millrise Community Association membership is less than \$2.50 a month!

Please go to www.millrise.org/membership to get your membership and support your community association.



VOLUNTEERS WANTED!

Looking to meet your neighbours and give back to your community?

We are looking for community volunteers to help with the following:

- Ice rink during the winter
- Event preparation
- Community projects
- Fundraising
- Events

To volunteer with MCA please send an email to volunteer@millrise.org



We've Partnered With SkipTheDepot!

What is SkipTheDepot? It's a door-to-door bottle collection service that makes refundable recycling and fundraising easier than ever. Your bottle and can refunds can be donated to Millrise Community Association for all our community needs.

How To Donate:
Download the app and book a pickup using <https://app.skipthedepot.com/millrisca>.

Place your bags outside.

Donate your refund to Millrise Community Association!

SkipTheDepot will allow everyone to donate directly to our organization with ease. Spread the word by sharing our SkipTheDepot posts on social media!



Hate Your Renewal Rate? Call Me!

Expert advice
Excellent rates
Many options
Better mortgages




ANITA 403-771-8771
anita@anitamortgage.ca
Licensed by Avenue Financial

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 Millrise / Shawnessy. 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.

MILLRISE | SHAWNESSY | SHAWNEE SLOPES 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.

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.

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

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.

GAMES & PUZZLES

Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."




SCAN THE QR CODE
FOR THE ANSWERS!

BUSINESS CLASSIFIEDS

AFFORDABLE DENTAL CARE MINUTES FROM MILLRISE | SHAWNESSY | SHAWNEE SLOPES! 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!

CONCINO CHORUS: Love to sing? Ready to make new friends? Enjoy the benefits, camaraderie and fun of singing in a choir. Concino Chorus welcomes new singers. Non-auditioned adult choir. Join us on Tuesday evenings from 7:00 to 8:30 pm at Deer Park United Church, 77 Deerpoint Road SE, or email ConcinoChorus@gmail.com for more information.

FEMALE FAMILY PHYSICIAN ACCEPTING PATIENTS: Dr. Chioma Pearl Akobundu is accepting new and walk-in patients at Fivecees Medical Centre - 635 Shawcliffe Gate SW. Call 403-457-5009 or email info@fiveceesmedicalcentre.ca.

LOCAL HANDYMAN: Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TVs, concealed audio/video wiring, vanities, tiling, luxury vinyl flooring, seniors discounts. No job too small, free estimates. Reliable, conscientious. Licensed and insured. Call Alan at 403-660-3170.

HUNTER'S HEATING AND COOLING: Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top quality Lennox air conditioners and furnaces. We also install tank-less water heaters, garage heaters and more. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit www.huntersheating.com.

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.

PAINTING INTERIOR/EXTERIOR: Qualified painter with 20+ years' experience. Reliable, conscientious, and fully guaranteed. I will work with you to make the job fit your budget. We always go the extra mile with no surprises! Reasonable rates and a job that ends in your satisfaction! Call or text MenZ Painting & Fine Finishing at 403-993-9591. No jobs are too small!

WINDOW AND DOOR SCREEN REPAIR AND REPLACEMENT SERVICE: Screen-Appeal is a full-service, locally owned and operated mobile screen shop for all your screen needs. We specialize in custom-made window screens, sliding screen patio doors and more. We are also a proud dealer of Phantom Retractable Screens. Contact us today at www.screen-appeal.ca or info@screen-appeal.ca.



wellspring
CANCER SUPPORT
ALBERTA

No one has to face cancer alone.

Wellspring Alberta is a registered charity that provides free professionally-led programs and support for anyone living with cancer, including caregivers, and family members.

A place to connect with others, be yourself, and find the support you need.

wellspringalberta.ca | 1.866.682.3135
Charitable Reg. #809013675RR0001

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.

Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554

109 - 10836 24th Street SE



MATS
Commercial mat rentals and purchases



HOSPITALITY SERVICES
Linen 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

ST MARY'S
UNIVERSITY

2023 GOLF TOURNAMENT

Thursday, August 24, 2023
Silvertip Resort, Canmore Alberta




Learn More: stmu.ca/golf

www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED **UNSEALED**




KILBCO
CONCRETE CURBING

Locally Owned & Operated

Free Estimates to 403.870.0737

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

Shawnessy Smiles

Dr. Roman Koutsil

"We don't sell dentistry — we give people a lifetime of smiles with natural-looking teeth!"

LOCATION
647 Shawcliffe Gate SW
Calgary, AB T2Y 1W1
403-254-1124



info@shawnessysmiles.ca | shawnessysmiles.ca