

JUNE 2025

DELIVERED MONTHLY TO 7,200 HOUSEHOLDS

# THE CHRONICLE

THE OFFICIAL NEWSLETTER FOR MILLRISE & SHAWNEE-EVERGREEN COMMUNITY ASSOCIATIONS



## Dr. Ernest Olamide Ayeni FAMILY PHYSICIAN

MBBS 2012  
Bachelor of Medicine, Bachelor of Surgery  
MRCCGP - Membership of the Royal College of General Practitioners  
LMCC - Licentiate of the Medical Council of Canada  
CCFP - Certification in the College of Family Physicians

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📍 Unit 136, 3715 51 St SW, Calgary, AB T3E 6V2



## HUMANA MEDICAL CLINIC

Dr. Ayeni has managed patients in both community and hospital settings, specializing in areas such as geriatric and preventive medicine, mental health, and more.

[www.shawnessy.ca](http://www.shawnessy.ca) | [www.millrise.org](http://www.millrise.org) | [www.shawnee-evergreen.ca](http://www.shawnee-evergreen.ca)

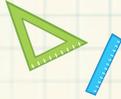
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## BOARD OF DIRECTORS

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	Director at Large
	Director at Large
General Inquiries	info@yourseca.ca



## SECA Boundaries

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

- For Evergreen Estates, your street name will include 'Evergreen,' for example, Evergreen Drive.
- Almost all other areas will include 'Shawnee' in the street name.
- Condominium residents in Shawnee Park are invited to become members.
- 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 McKeivitt Road and Fishcreek Boulevard SW

**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.



# 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 Campfires
  - o Picnic in the Park
  - o Community Cleanup
- Advocates to support residents' interests with:
  - 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

Join for just \$20 every 12 months. **Pay by e-transfer to [info@yourseca.ca](mailto:info@yourseca.ca)** and include your email and street address in the message field or complete the form below with a cheque payable to Shawnee Evergreen Community Association and mail to SECA c/o South Gate Alliance Church, 1436 James Mckevitt Rd SW, Calgary, AB, T2Y 2W9.

Questions? Email [info@yourseca.ca](mailto:info@yourseca.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@yourseca.ca](mailto:info@yourseca.ca).

Questions? Email [info@yourseca.ca](mailto:info@yourseca.ca)



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## Building a Connected and Vibrant Community!

SECA is all about bringing people together, and now we have a Community Connector to help us do just that! Meet Anya Pena Egle, who is engaging with residents, strengthening local connections, and uncovering community strengths and opportunities. You may spot her at pop-up stations around the neighbourhood, or at Picnic in the Park on June 7! A huge thank you to the City for funding this valuable work.

## Upcoming Events – Save the Date!

- Second Annual Picnic in the Park – June 7, 11:00 am to 1:00 pm at the Rainbow Park, 1611 Evergreen Drive SW). We're bringing back favourite activities from last year and adding some new fun. Shawnee Evergreen residents and their guests are invited to enjoy complimentary games, food, and community spirit.
- SECA Casino Fundraiser – June 22 and 23 (Deerfoot Inn & Casino). Our casino allows us to support programs and initiatives all year long. Volunteers are still needed to fill some of the 36 shifts. It's a fun way to contribute to your community! Interested? Email [info@yourseca.ca](mailto:info@yourseca.ca) to sign up.
- Community Cleanup - September 20 at South Gate Alliance Church. Please save up your electronics for this event. The rebate from the electronics collected last year was sizeable and supported our community events.

## Thank You to Our Supporters!

Our Picnic in the Park wouldn't be possible without the generous support of our community partners whose contributions help bring people together to celebrate, connect, and create lasting memories!

- A heartfelt thank you to the City of Calgary – Arts and Culture Microgrant for supporting events across the City including our Picnic.
- Thanks to Zeno Renewables, Servus Credit Union, and Cardel Homes for their generosity towards community-building and sustainability.



## Thank You for Another Great Season of 55+ Programs!

The participation in the 55+ Healthy and Happy programs has grown tremendously. We'll be taking a summer break at the end of June. Watch for a September restart of programs. For

details, scan the QR code or visit [bit.ly/seca55](http://bit.ly/seca55). Clayton, our Seniors Coordinator is happy to answer your questions at [seniors@yourseca.ca](mailto:seniors@yourseca.ca). Many thanks to the Chair, Committee Members and the Corps of Volunteers for providing this valuable service to the community!

## Children's Programs

Programs are fully subscribed but places may become available through cancellations, email [info@yourseca.ca](mailto:info@yourseca.ca) to check for openings.

- Bushcraft has become a much-loved program, and sessions continue through June on Saturdays from 9:30 to 11:30 am for 8- to 12-year-olds.
- SOGO Adventure Running is also continuing through June on Sundays, from 10:30 am to noon for these age groups: 5\* to 7, 8 to 12, and 12 to 18 (\*Age as of May 4, 2025).



## Be Part of It – Get Involved!

Your time, ideas, and energy can make a real difference in our neighbourhood! SECA thrives because of amazing residents like you. Whether you're curious about joining a task team, lending your voice to a committee, or stepping into a role on the board of directors — there's a place for you. Big or small, every contribution counts, and we'd love to have you on board. Reach out today at [President@yourseca.ca](mailto:President@yourseca.ca) and let's chat about how you can get involved! Or learn more at [bit.ly/SECAvolunteer](http://bit.ly/SECAvolunteer) or by scanning the QR code.

## Let's Grow Something Amazing!

SECA is working to bring our first community garden to life! A very small but mighty group of residents is planning a garden and Community Hub in the large park on Evergreen Drive. Pop-up info stands will be appearing in the park—stop by to see the vision unfold! Have ideas? Want to get involved? Email [placemaking@yourseca.ca](mailto:placemaking@yourseca.ca).

## Construction Updates

Shawnee Drive will undergo utility tie-ins at three locations, road surface improvements, and the construction of a new roundabout at Shawnee Boulevard and Shawnee Drive through the summer and fall. Expect detours and road closures.

## Stay Connected!

E-Newsletter – Subscribe via the QR code below.

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SCAN ME



E-newsletter

Social Media – Follow us on Facebook (@shawneevergreenYYC) and Instagram (@thisisyourseca).

Community Message Boards – Check A-frames in parks and Little Free Libraries for posters. And, if you see an

A-frame blown over, please set it up—thank you!

## Support SECA – Become a Member!

Do you appreciate what SECA is doing on your behalf? Show your support by joining or renewing your membership! It's just \$20 per year, and your membership helps fund events and programs in our community.

Join or renew today! Send an e-transfer to [info@yourseca.ca](mailto:info@yourseca.ca) with your name, street address, and phone number in the comment field. Thanks!

Together, we're building a stronger, more connected SECA!



## Musical Stamps

In June 2007, Canada Post hit all the right notes by celebrating iconic musicians—Joni Mitchell, Anne Murray, Gordon Lightfoot, and Paul Anka—with their very own stamps! The “Canadian Recording Artists” series showcased striking portraits of each musician, turning mail into mini tributes to Canada’s musical royalty. Snail mail never sounded so good!



## READY TO INCREASE YOUR CURB APPEAL?



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# Picnic in the Park

**SATURDAY JUNE 7**

**11 AM – 1 PM**

**EVERGREEN DRIVE PARK**

SECA residents and their  
guests are invited  
for

**FUN & GAMES  
LIVE BAND  
& BBQ**



Free lunch for  
the first  
500 guests



**THANKS TO AN ARTS & CULTURE MICROGRANT**



# BE·VOCALLY·LOCAL

The Avenida Village Reporter

4 X VOTED BEST FARMERS MARKET

2025 AWARDS EDITION



# EAT in OUR AWARD- WINNING KITCHENS

## Your Dining Guide



### FRESH & LOCAL MARKET+KITCHENS IN AVENIDA VILLAGE



# AWARD-WINNING FOOD INNOVATION

## Dining Guide:

Here's a quick guide to our award-winning culinary kitchens and food artisans by popular menu and product categories.



### RETAIL STORES

<b>Farmers Markets</b>	Fresh & Local Market + Kitchens
<b>Florists and Flower Shops</b>	Petal Aura
<b>Gourmet Food Shops</b>	Fresh & Local Farm Store, The Mercantile
<b>Grocery Stores &amp; Local Produce</b>	Fresh & Local Farm Store

### RESTAURANTS, BAKERIES & CAFES

<b>Asian Restaurants</b>	Expat Asia, Nan's Noodle House, Bee The BanhMi, Rustic Plate
<b>Pub and Alcohol Service</b>	Sips Wine and Beer, Tipzy Cow Creamery
<b>BBQ</b>	Nice to Meat You Korean BBQ
<b>Breakfast Restaurants</b>	The J Spot, Pranzo Italiano, QueChivo, Rustic Plate, Expat Asia
<b>Burgers</b>	The J Spot
<b>Caterers</b>	Expat Asia, Mestizo, Lola's, The J Spot, Rustic Plate, Krooked Provisions, QueChivo
<b>Chicken Restaurants</b>	Lola's Cluck & Oink, Sabor A Perú, Expat Asia
<b>Coffee</b>	Coffea Cafe
<b>Colombian</b>	Colombian Cravings
<b>Cookies</b>	Oh Delirium YYC
<b>Dessert</b>	Blissquisite, Sabor A Perú, Tipzy Cow Creamery, Oh Delirium YYC, Istanbul Kitchen, Coffea Cafe
<b>Donuts</b>	Sprinkles & Co.
<b>European Restaurants</b>	Krooked Provisions
<b>Filipino</b>	Siomai Queen Filipino Street Food, Lola's Cluck & Oink
<b>Fish and Chips</b>	Rustic Plate
<b>Fries</b>	The J Spot, Rustic Plate
<b>Fusion Restaurants</b>	Expat Asia, Shawarma Rebolusyon, Rustic Plate
<b>Gluten-Free</b>	Arepas, Expat Asia, QueChivo, Mestizo, Ruben's Kitchen
<b>Hawaiian</b>	The J Spot
<b>Ice Cream</b>	Tipzy Cow Creamery, Istanbul Kitchen
<b>Indian Restaurants</b>	A Touch of India, Chai Stories
<b>Italian Restaurants</b>	Pranzo Italiano

<b>Japanese Restaurants</b>	Rustic Plate, Oishidesu Ramen Shack
<b>Korean Restaurants</b>	Rendezvous Korean Cuisine, Nice to Meet You Korean BBQ
<b>Central American Restaurants</b>	QueChivo Salvadoran Street Food
<b>Mediterranean Restaurants</b>	Shawarma Rebolusyon, Flour & Fire, Istanbul Kitchen
<b>Mexican Restaurants</b>	Ruben's Kitchen, Mestizo, Blissquisite
<b>Middle Eastern Restaurants</b>	Shawarma Rebolusyon, Flour & Fire, Istanbul Kitchen
<b>Noodles</b>	Nan's Noodle House, Oishidesu Ramen Shack
<b>Pasta</b>	Pranzo Italiano
<b>Pastry</b>	Oh Delirium YYC
<b>Peruvian</b>	Sabor A Perú
<b>Pizza</b>	Pranzo Italiano
<b>Poutine</b>	The J Spot, Expat Asia, Shawarma Rebolusyon, Nice to Meet You
<b>Ramen</b>	Oishidesu Ramen Shack
<b>Salsa</b>	Ruben's Salsa
<b>Salvadoran</b>	QueChivo Salvadoran Street Food
<b>Sandwiches and Subs</b>	Krooked Provisions, Primal Soups, Blissquisite
<b>Seafood</b>	Rustic Plate, Bangkok Kitchen, Rendevous, Sabor A Perú
<b>Soup</b>	Primal Soup Company
<b>South American Restaurants</b>	Arepas Ranch, Sabor A Perú
<b>Specialty Coffee</b>	Coffea Cafe
<b>Sushi</b>	Zushi
<b>Thai Restaurants</b>	Bangkok Kitchens
<b>Vegan &amp; Vegetarian</b>	Nan's Noodle House, Shawarma Rebolusyon
<b>Venezuelan</b>	Arepas Ranch, Oh Delirium YYC
<b>Vietnamese Restaurants</b>	Bee The BanhMi
<b>Wings</b>	Expat Asia, Lola's Cluck & Oink



**EVENTS**

**LIVE Music**

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

Call 403.475.4155 ext 6 for reservations



FRESH LOCAL MARKET KITCHENS

**RIBfest**

SATURDAY, MAY 28



WORKING OFF A RUNNER?

**CALGARY STREET FOOD FESTIVAL**

EAT LOCAL

SAT - JUNE 26



FRESH LOCAL MARKET KITCHENS

**STAMPEDE BREAKFAST**

THURSDAY - JULY 3

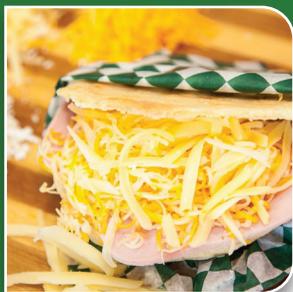
10 AM - 11 AM

**RIBfest:**  
Saturday, May 24

**Calgary Street Food Festival**  
Saturday, June 28

**Stampede Breakfast**  
Thursday, July 3

# AWARD-WINNING FOOD INNOVATION



**Arepas Ranch**  
403-918-3177



*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.

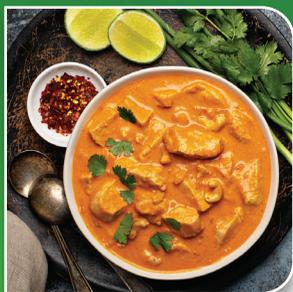
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Best Latin American  
Restaurant

**GOLD**  
Food Truck

**GOLD**  
Caterers

**SILVER**  
Home Cooking

**SILVER**  
Tapas



**A Touch of India**  
403-971-2579

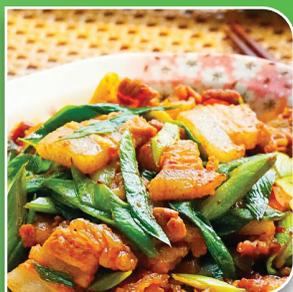


This family-owned and operated business offers authentic Indian cuisine, with familiar Indian favourites that continue to impress and intrigue.

## Menu Highlights

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

**PLATINUM**  
Best Indian Restaurant



**Bangkok Kitchen**  
825.558.6950

*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**

**PLATINUM**  
Best Thai Restaurant



### 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.

- PLATINUM** Best Vietnamese Restaurant
- GOLD** Noodles
- SILVER** Sandwiches and Subs



**Blissquisite**  
403-852-5496



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.

- PLATINUM** Best Desserts
- SILVER** Latin American Restaurant
- SILVER** Mexican Restaurant
- SILVER** Sandwiches and Subs



**Chai Stories**  
403-918-8147



A door to the authentic flavours of South India, Chai Stories brings the rich aroma and comforting flavours of freshly brewed tea and coffee to your palate. Every taste is smooth and energizing. Come for the re-creation of South Indian tea culture. A place to share stories and laughter over cups of coffee and tea.

Try their dosa (savory Indian crepe) and idli (savory rice cake)! Come for warmth and tradition in every sip.

- GOLD** Indian Restaurant

# AWARD-WINNING FOOD INNOVATION



**Coffea Cafe**  
403.918.8147



## 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**  
Dessert

**GOLD**  
Cafés and Coffee Shops



## Colombian Cravings

Experience bold flavours at Colombian Cravings. Enjoy antojos (street snacks) like Cuban sandwiches, hot dogs, pandebonos (cheese balls/empanada) and wash it down with deliciously cold Colombian guava, pineapple and passionfruit juices. Homemade tolimense tamales are perfect for lunch, dinner or to go. Try their pandebonos waffle. Dairy and gluten-free options are available.



**Expat Asia**  
403-899-2742

expat.asia

What a year for Expat Asia! As winner in multiple 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

**PLATINUM**  
Best Asian Restaurant

**PLATINUM**  
Best Brunch

**PLATINUM**  
Best Chicken Restaurant

**PLATINUM**  
Best Fusion Restaurant

**PLATINUM**  
Best Caterers

**PLATINUM**  
Best Wings



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Visit us today and experience the authentic flavours of the Mediterranean.



**Istanbul Kitchen**  
587-998-2117

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

Dine on signature dishes like beef kebab, chicken and donair wrap, meatball plate, delicious snacks, vegan stuffed grape leaves and eggplant dip.

Try the honey cake.

**GOLD** Middle Eastern Restaurant **GOLD** Mediterranean Restaurant **SILVER** Ice Cream **BRONZE** Tapas

# AWARD-WINNING FOOD INNOVATION



**The J Spot**  
403-971-2508



It's clear at first glance that 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**



**Krooked Provisions**  
lyndon@krookedlucys.com



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 sauerkraut salsa. You will be thinking about it for days to come.
- ★ **Pan-Fried Brussels Sprouts**



**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.





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			SAME FEE
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01103	New Patient Exam	\$137.65	<b>\$137.65</b>
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11113	3 Units Scaling	\$250.53	<b>\$250.53</b>
11101	Polishing	\$74.40	<b>\$74.40</b>
12112	Fluoride Treatment	\$36.05	<b>\$36.05</b>

# Family and Cosmetic Dentistry

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WHITENING**



**DENTAL  
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**CERAMIC  
RESTORATION**



**BOTOX  
TREATMENTS**



**PORCELAIN  
VENEERS**



**INVISALIGN**



**SMILE  
MAKEOVER**



**TEETH  
CLEANING**



**SAME DAY  
CROWNS**



**SNORE  
GUARDS**



**ORTHODONTICS**



**BRIDGES**



**TMD THERAPY**

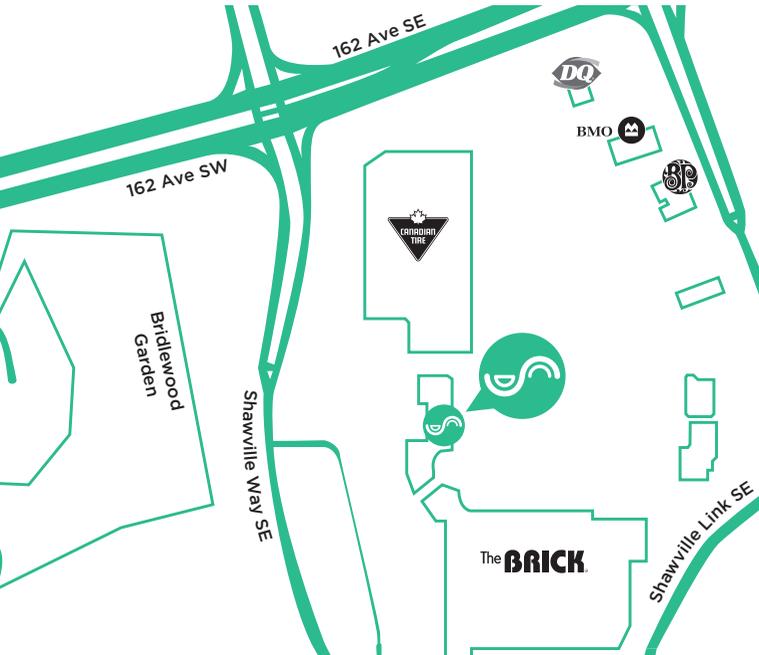


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**P 587.329.8031**

**E [info@shawnessydental.com](mailto:info@shawnessydental.com)**

**W [www.shawnessydental.com](http://www.shawnessydental.com)**



All services performed  
by a general dentist



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.

- Vendor Highlights:**
- ★ Irving's Pork Products
  - ★ Rustic Sourdough Bakery

**The Mercantile**  
403-860-8794

**GOLD**  
Gourmet Food Shop



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

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

**GOLD**  
Mexican Restaurant

**SILVER**  
Caterers



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 Bánh Mì

**Nan's Noodle House**  
(north doors)

**PLATINUM**  
Best Noodles

**GOLD**  
Vegan

**GOLD**  
Vegetarian



# AWARD-WINNING FOOD INNOVATION



Since 2022  
**NICE TO MEAT** YOU  
 BBQ & MARKET

**Nice to Meat  
 You Korean BBQ**

Nice to Meat You Korean BBQ serves 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 are a taste sensation.
- ★ **Meat Lovers:** A classic carnivorous pleasure.

**PLATINUM**  
 Best BBQ

**GOLD**  
 Korean Restaurant



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

**OISHIDESU** RAMEN SHACK  
 RICE BOWL • RAMEN • POKE BOWL

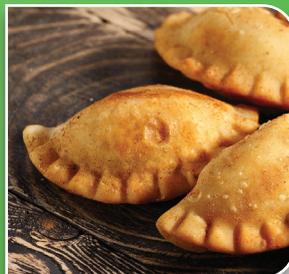
*"Without noodles, there would be chaos and darkness"* is their mantra. The food here lights up the faces of your friends and family with gluten-free and vegan options.

## Menu Highlights

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

**GOLD**  
 Noodles

**SILVER**  
 Japanese Restaurant



**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, tequenos plus customer special event cakes, thousand layer cake, crème brûlée, profiteroles, and tiramisu. Custom cakes for every occasion.

**PLATINUM**  
 Best Pastry

**GOLD**  
 Cookies

**SILVER**  
 Cakes

**SILVER**  
 Dessert



### Petal Aura Floral

403.926.0479

New full-service florist shop at Fresh & Local will brighten up every room with colour and cheer. In just 10 minutes, they will create your own custom bouquet that sends the message you want. Look at their new terrariums, available in so many sizes. Call to order.

**PLATINUM**

Best Florists and Flower Shops



**Pranzo Italiano**  
587-707-0098

### PRANZO ITALIANO

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, pizzas, paninis and lasagna.

#### Menu Highlights

- ★ Roasted Lamb
- ★ Osso Buco
- ★ Spaghetti Bolognese

**PLATINUM**

Best Pasta

**SILVER**

Italian Restaurant

**SILVER**

Pizza



**Primal Soup**  
403-454-5282



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

**GOLD**

Sandwiches and Subs

# AWARD-WINNING FOOD INNOVATION



## QueChivo Salvadoran Street Food

403.472.9998

**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
- ★ **QueChivo Bowls:** Steak, chicken, chorizo, keto and veggie bowls.

**GOLD**  
International Food

**GOLD**  
Latin American Restaurant

**BRONZE**  
Caterers



## Rendezvous Korean Cuisine

(north doors)

403-660-1681

**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.
- ★ **Hot Stone Soup Bowls**

**PLATINUM**  
Best Korean Restaurant



## Ruben's Kitchen



Inspired by my great-grandmother's vibrant kitchen, Ruben's Kitchen brings you cherished family recipes from the heart of Jalisco, Mexico.

Our dishes are crafted with fresh, locally sourced ingredients and enriched with authentic Mexican spices, creating an elevated culinary experience bursting with flavour. Every bite is a celebration of tradition, made for you to enjoy again and again.

**PLATINUM**  
Mexican Restaurant



**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!

**PLATINUM**  
Mexican Restaurant



587.703.9673

### Rustic Plate: Croffles & French-Japanese Street Food

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 Restaurant

**PLATINUM**  
Best Seafood

**GOLD**  
Fries

**SILVER**  
Fusion Restaurant



**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 and tomatoes served with rice and fries
- ★ Pollo Relleno

**PLATINUM**  
Dessert

**GOLD**  
South American Restaurant

**GOLD**  
Chicken Restaurant

# AWARD-WINNING FOOD INNOVATION



**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 Mediterranean

**PLATINUM**  
Best Middle Eastern

**PLATINUM**  
Best Poutine

**PLATINUM**  
Best Vegan

**PLATINUM**  
Best Vegetarian

**GOLD**  
Fusion Restaurant



**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**  
Tapas

**SILVER**  
Take Out

**SILVER**  
Fast Food

**BRONZE**  
Asian Restaurant



**SIPS  
Wine & Beer**  
403-475-4155 ext 6

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

★ **Daily Special:** \$24 per 60oz pale ale jugs ALL DAY EVERY DAY, 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 Mimosa, \$6 Caesars

★ **Live Music:**  
Thursdays, Fridays and Saturdays 5:30-7:30pm



**GOLD**  
Bars & Pubs



**Sprinkles & Co.**  
403.890.0001  
403.926.7349



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

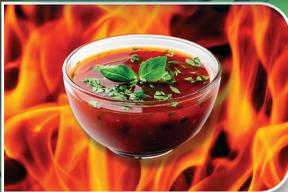
- ★ **Donuts:** Jelly-filled, rainbow sprinkled, unicorn, rocky road and many more.
- ★ **Chocolate Churros:** Spanish inspired dessert dipped in chocolate and cinnamon.



**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.



### YYC Sweet & Spicy

Some like it hot, others like it VERY hot. Explore Calgary's largest selection of hot sauces and bbq sauce. Dare to add 6 million Scoville units of heat with The Last Dab Xperience or try the Scorpion & Habanero Hot Pepper Sauce. You will need to sign our waiver to buy it.



**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**



# AWARD-WINNING KITCHENS

## Experience great taste.



Our 2025 Fresh & Local Dining Guide is a menu of award-winning eating options. Use the Dining Guide to help you decide what to eat today. Our 40 culinary kitchens and food artisans have over 2,000 scrumptious items on the menu for you.

**Our Fresh & Local Culinary Chefs** continue to drive local food innovation for your taste buds.

**Thank you for voting the Fresh & Local Market + Kitchens as the best Farmers Market in Calgary for the 4<sup>th</sup> year in a row.**

We appreciate the amazing support that our local businesses and food artisans received from you in the Community Votes 2024 awards. The Community Votes awards program occurred in two voting stages: stage one, an extensive voting to nomination period; 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. In this "2025 Fresh & Local Dining Guide", we celebrate our culinary kitchens and market vendors who were nominated and won. Below each vendor description and signature food item(s), you will see a select list of awards and categories.

PLATINUM

GOLD

SILVER

BRONZE

Our culinary kitchens won recognition for best fish & chips, Asian fusion, burger & fries, chicken, wings, Mediterranean, Mexican, noodles, Italian, soup, Korean, BBQ, sushi, Eastern European, Hawaiian, Japanese, specialty coffee, donuts, sandwich, East Indian, desserts, Latin, home-cooked meals, South American, flowers, gourmet foods, vegetarian, vegan, ice cream, produce and grocery store.

**Come and join us for our brand of chef-inspired community get-togethers at the Fresh & Local Market + Kitchens in Avenida Village.**

**4X VOTED BEST FARMERS MARKET  
FRESH & LOCAL MARKET+KITCHENS**



**4X VOTED BEST GROCERY STORE  
FRESH & LOCAL FARM STORE**



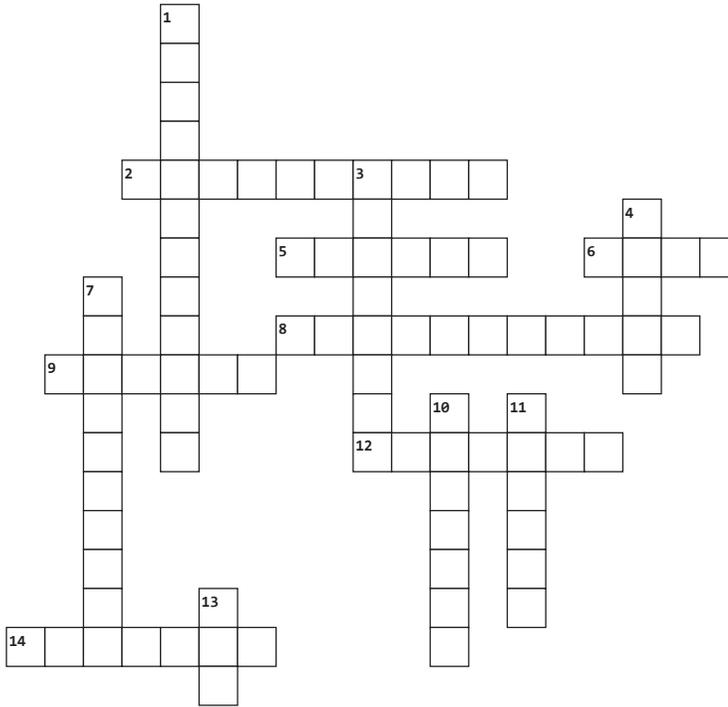
OPEN Thursday – Saturday 11am-8pm; Sundays 11am-5pm

403.475.4155

[www.FreshAndLocal.ca](http://www.FreshAndLocal.ca) | 12445 Lake Fraser Drive SE, Calgary  
(located 1 block north of Canyon Meadows LRT station)



# June Crossword



## Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, \_\_\_\_\_ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George \_\_\_\_\_ was first published on June 8, 1949.
12. Charles Blondin crossed \_\_\_\_\_ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

## Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in \_\_\_\_\_, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam \_\_\_\_\_, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironic" and "Hand in My Pocket", Alanis \_\_\_\_\_ celebrates her birthday on June 1.
10. Avril \_\_\_\_\_'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.



# 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

**Longest Day**

Mark your calendars - this year's summer solstice will take place on June 20. Calgary will experience approximately 16 hours and 35 minutes of daylight. That means there is plenty of time to play, relax, and maybe even forget what bedtime is!

## 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/index.php/community-membership](http://www.millrise.org/index.php/community-membership) to get your membership and support your community association.

## 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!





# 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](mailto:volunteer@millrise.org)



[www.kilbco.com](http://www.kilbco.com)

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# The Shawnessy Community Association

## Volunteer Board of Directors

**VOLUNTEER EXECUTIVE:**

President	Marshall McCarthy	403-256-0786	md-mccarthy@shaw.ca
Vice President	Mike Contini	403-256-3584	simone@deanltd.com
Secretary	Michelle Moland	403-640-2762	cmoland@telus.net
Treasurer	Victoria Dickinson		

**VOLUNTEER DIRECTORS:**

Community Affairs	Vacant		
Community Events Advertising	Vacant		
Fundraising - Gaming	Vacant		
Grant Application Director	Josh David		
Membership	Vacant		
Community Planning	Anastasia Shliapnikova		
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
Director at Large	David Bertram		

For any inquiries, please contact shawnessy.barn@gmail.com



**Shawnessy Smiles**  
**Dr. Roman Koutsil**  
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## Roasted Chickpea Salad

by Jennifer Puri

Chickpeas are often considered a superfood due to their high nutritional value and have been enjoyed by humans for over ten thousand years.

Grown in over fifty countries, chickpeas are a type of legume and in the same family as peanuts and kidney beans.

The high plant-based protein and fiber of chickpeas may also promote healthy ageing and assist in retaining our skin's elasticity and firmness.

Roasted chickpea salad is delicious on its own or can be served with pita bread or as a side salad.

**Prep Time:** 30 minutes

**Cook Time:** 30 minutes

**Servings:** 4

### Ingredients:

- 1 540 ml can of chickpeas
- 2 tbsp. olive oil
- 1 tsp. paprika or hot pepper sauce
- 1 tsp. salt
- ½ tsp. ground black pepper
- 4 cups of chopped head lettuce
- 4 cups of cooked quinoa
- 1 cup Kalamata olives
- 1 cup sliced radishes
- 1 cup cucumber chopped
- 1 cup chopped tomatoes
- 1 small container of store-bought red pepper hummus

### Dressing:

- ¼ cup extra virgin olive oil
- ¼ cup almond butter
- 3 tbsp. fresh squeezed lemon juice
- 2 tsp. Dijon mustard
- 2 tsp. maple syrup
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 5 to 6 tbsp. cold water

### Directions:

- Preheat oven to 450 degrees Fahrenheit.
- Rinse, drain, and pat dry the chickpeas and place in a small bowl, then combine with the olive oil, salt, black pepper, and paprika or hot pepper sauce.
- Spread chickpeas on a foil lined baking tray and bake in the oven for about 25 to 30 minutes until brown and crisp. Remove from the oven and allow to cool.
- In a screw top jar place the olive oil, salt, pepper, Dijon mustard, lemon juice, and maple syrup, and shake until combined. Next add the almond butter and 5 to 6 tbsp. of cold water and stir until you get a smooth consistency.
- To serve divide the quinoa among the bowls and top with lettuce, olives, radish, tomatoes, cucumber, roasted chickpeas, red pepper hummus, and some dressing. Serve with pita bread if desired.

Bon Appétit!



# Cats, Canines, & Critters of Calgary



Bart, Heritage Park



Chico, Shawnessy



Elsbeth, Airdrie



Harry, Lakeview



Icy, North Glenmore Park



Jagger, Richmond



Millie, North Glenmore Park

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

For business classified ad rates contact  
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**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](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**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.

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**PEDICURES BY SANDRA:** I am now accepting new clients for my home-based studio in Sundance. With over 25 years' experience as an esthetician/foot care specialist, I am comfortable with all foot issues, and have probably seen it all! Now providing waxing and lash/brow tint services. Please call/text 403-818-4604 for an appointment.

# BUSINESS CLASSIFIEDS

**CHURCH OFFICE ASSISTANT WANTED:** For All Saints Lutheran Church in Midnapore. Part time (15 hrs/week). More information at [office@allsaintslutheranchurch.ca](mailto:office@allsaintslutheranchurch.ca).

**AFFORDABLE DENTAL CARE MINUTES FROM MILLRISE | SHAWNESSY | SHAWNEE SLOPES!** Affordable dental care, easy drive from Millrise Shawnessy. Dentistry that's accessible is essential. Storefront free parking next to Tim Hortons or Domino's. We accept all dental insurance/direct billing O.A.C. No fluff, no frill care. Get a dental care goodie bag. Call today at 403-287-6453 or 403-272-7272. Two locations (Bonavista and Forest Hills). Visit [calgarydentalcenters.com](http://calgarydentalcenters.com).

**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](mailto:service@expressappliance.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](http://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, 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](http://www.gutterdoctor.ca), 403-714-0711.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**MUSTIQUE PAINTING LTD:** Are you looking for a committed top-quality painter who is professional and offers fair and reasonable prices? Well, look no further! Contact 587-225-2225 or [mustiquepainting@gmail.com](mailto:mustiquepainting@gmail.com) for your free estimate. Customer satisfaction guaranteed! Don't settle for less than the best, you won't regret it, call now.

**WANT YOUR WINDOWS CLEANED THE RIGHT WAY?** We scrub with soap and water, squeegee each window, wipe edges to prevent streaks then spray with a special rinsing agent & hand-polish with clean towels for perfectly clean windows. This is highly superior compared to the typical wet, squeegee and go. SouthWest Window Cleaning. 403-874-3265. <https://southwestwindowcleaning.com/>.

**IN-HOME EXERCISE SUPPORT FOR SENIORS AND THOSE WITH CHRONIC CONDITIONS:** Wytmsa Health and Movement provides in-home exercise programming to improve your health and help you live and feel better! We specialize in working with people with chronic conditions and also with those who are unable to travel to a facility. Now accepting new clients. Contact Kathryn: 403-650-7969 or [kathryn@wytmsahealthandmovement.ca](mailto:kathryn@wytmsahealthandmovement.ca) or [wytmsahealthandmovement.ca](http://wytmsahealthandmovement.ca).

**ZANELLA AUTO REPAIR:** Dominic and sons Vincent and Charlie - in business since 1986. 200-258082 16 St. West Foothills. Family owned and operated. Most makes/models worked on. MC, Visa, American Express, and Debit. Licensed Out of Province Inspection Facility. A member of AMVIC. Do business where you live. Call 403-938-7937 for an appointment. [www.ZanellaAutoRepair.com](http://www.ZanellaAutoRepair.com).

**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!



# Millrise Seniors Village

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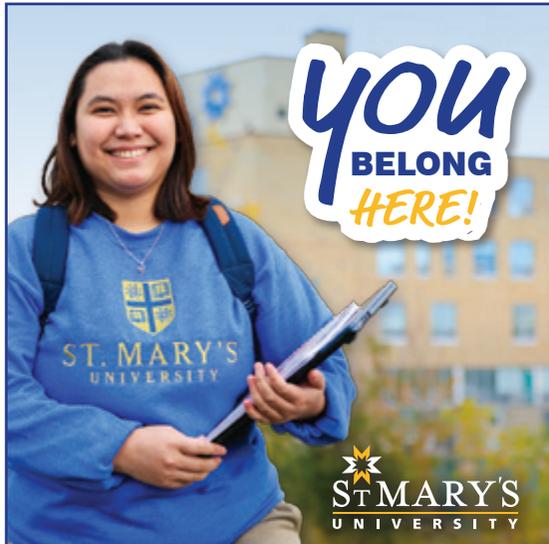
Enjoy one free month if you move in during the month of June.

**Stampede Breakfast  
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**403-451-4327**

**beatricemandipaza@sehc.com**

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