

NOVEMBER 2026

DELIVERED MONTHLY TO 7,350 HOUSEHOLDS

THE CHRONICLE

THE OFFICIAL NEWSLETTER FOR MILLRISE & SHAWNEE-EVERGREEN COMMUNITY ASSOCIATIONS



GET A QUOTE NOW

Lest We Forget – We Remember



Honouring the courage, sacrifice, and service
of Canada's heroes.

Advertise locally with Great News Media.

Contact us at 403-720-0762 | sales@greatnewsmedia.ca



GREAT NEWS MEDIA
www.greatnewsmedia.ca
www.mycalgary.com/magazines

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

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

Buying or Selling in Calgary? Let's Talk!

Real Estate Built on Integrity, Care & Skill

Colleen Whelan & Corinne Maher
www.BlessThisHouse.ca



403-978-2989
corinne@BlessThisHouse.ca

@BlessThisHouse.ca
 @BlessThisHouseTeam

Colleen Whelan
Real Estate Team
BLESS THIS HOUSE

MaxWell
Capital Realty

Millrise Medical Clinic welcomes dedicated
and experienced **Family Physicians**

MILLRISE MEDICAL CLINIC

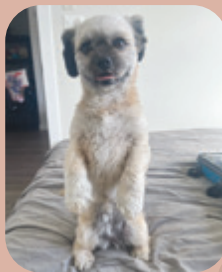
Dr. Shola Oyedeji • Dr. Remi Oyedeji

ACCEPTING NEW PATIENTS OF ALL AGES

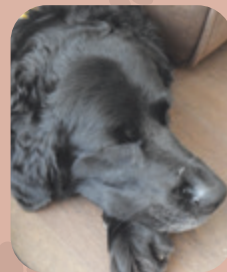
Clinic Hours: Monday to Friday, 9am - 5pm
Closed on weekends
Walk-ins are accepted Monday to Friday

Call 403-256-4669

Cats, Canines, & Critters of Calgary



Bean, Seton



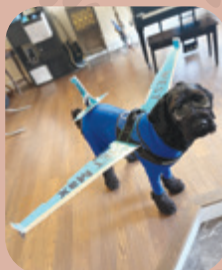
Coco, New Brighton



Ember, Seton



Kato, McKenzie Lake



Max, Signal Hill



Teasha, Huntington Hills



Whiskers, Oakridge



Zeke, Seton

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

OFFICIAL

PLUMBING & HEATING

\$75

Service Call Fee

Furnace and A/C Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

ST MARY'S
UNIVERSITY

**FALL
OPEN HOUSE**

**Saturday,
November 7, 2026**

10 a.m. – 2 p.m.

McGivney Hall
Calgary, Alberta

**COME WITH QUESTIONS.
LEAVE WITH PURPOSE.**



WORKING IN THE COMMUNITY FOR THE COMMUNITY!



FOR OVER
30
YEARS

"THE DIFFERENCE IS QUALITY"

LOCALLY OWNED AND OPERATED

403-254-2999

CALL FOR TAKE OUT OR DELIVERY

OPEN OUR
MENU



PIZZA

PASTA

WINGS

DONAIRS

SALADS

ORDER ONLINE
VISIT: SAMMYSCALGARY.CA



SHAWNEE EVERGREEN
COMMUNITY ASSOCIATION

BOARD OF DIRECTORS

OFFICERS		
Ian Jobe	President	president@yourseca.ca
Steve Adams	Vice President	vicepresident@yourseca.ca
Sharlene Karkut	Treasurer	treasurer@yourseca.ca
Vacant	Secretary	secretary@yourseca.ca
DIRECTORS		
Zeinab El Kady	Director at Large	
Ashley Oshiro	Director at Large	
John Raich	Director at Large	
Vacant	Director of Development	
Vacant	Director of Membership	
CONTACTS		
Clayton	Seniors' Program	seniors@yourseca.ca
	General Inquiries	info@yourseca.ca
Cst. M. Messenger	Community Resource Officer	pol4757@calgarypolice.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

Joke of the Month

What's the smartest month of the year?

Know-vember.

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
- Advocacy supports 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.

Have Your Say on Calgary's 2027 to 2030 Budget



The proposed 2027 to 2030 Budget will be released on November 10.

Starting November 10, you can review the proposed budget, submit written comments, or register to speak at Council during Public Submissions, which begin November 23.

Input from Calgarians is an important part of the budget process and helps inform Council's decisions. Learn more at calgary.ca/budget.



SECA
SHAWNEE EVERGREEN
COMMUNITY ASSOCIATION

WE HAVE A NEW WEBSITE!



www.yourseca.ca

Support the programs, events, and
advocacy that SECA does on your behalf
by becoming a member.

Welcome to Shawnessy Daycare!

OUR CORE IS ONE ON ONE CARE.
EVERY CHILD IS SPECIAL.

Age Groups

- Infants: 0-18 months
- Toddlers: 19-35 months
- Preschool: Ages 3-5 years
- Before & After School:
Ages 6-12 years



OPEN MONDAY TO FRIDAY | 7AM - 6PM

☎ (403) 256-0838
✉ shawnessydaycare@hotmail.com
📍 184 Shawnessy Dr SW,
Calgary, AB T2Y 1B5

www.shawnessydaycare.com





Programs

55+ Happy and Healthy Programs

55+ Happy and Healthy Programs every Thursday from 9:15 to 11:15 am at Peace Lutheran Church.



The fall lineup includes:

- The Game's Afoot! – Team rummy, bingo, word games, and more.
- Great Gains Exercise Classes – Seven weeks of chair-supported strength, mobility, and balance training led by Tanya.
- September Talk: First Aid and CPR for Seniors – Learn the basics from a certified first aider.
- English as a Second Language (ESL) – Free classes for adults 55+ who want to improve their English speaking and listening skills in a supportive environment. Space is limited to 16 participants, so register early at www.yourseca.ca/esl.

Placekeeping: It's Ours to Care For

Over several years, we've talked about placemaking—reimagining everyday spaces and seeing new potential in our parks and gathering places. Just as important is placekeeping—the ongoing care and stewardship of those spaces by the people who use them. Placekeeping is a simple shift from the to our—not the libraries, but our libraries.

Last summer, we experienced some challenge—intentional damage to community chairs, graffiti on fences, and on our Little Free Libraries. While this is discouraging, it also highlights how much these shared spaces matter, and how important it is that we care for them together.

Placekeeping shows up in small, everyday actions:

- Treating shared items with respect.
- Picking up litter, leaving spaces clean and welcoming.
- Reporting or helping address damage.
- Pitching in when something needs attention.

It's neighbours looking out for neighbours and taking pride in the spaces we all share. When we actively care for our community, we build more than amenities—we build connection, belonging, and resilience. We invite residents to become placekeepers and to encourage family members and neighbours to do the same.

Community Garden and Gathering Space Project

This multi-phase project in the Evergreen Dr SW park will combine community gardens with an outdoor gathering space for events, education, and connection. The pace and scope of this project will be determined by the number of volunteers involved and the skills they bring. To help us plan the next phases of this project, we're creating a skills and interests register of residents willing to contribute as the project evolves. If you're



Garden Project Survey

open to sharing your background, experience, or areas of interest, please complete a short survey at forms.gle/8g26gvN7Hf7EcPHd6. Completing the survey does not commit you to volunteering—it simply helps us understand the strengths within our community.

Volunteer with SECA!

Communications Team

Clear communication nurtures connection and trust, creating a strong foundation for SECA's important community-building work. Through social media, posters in our community, our e-newsletter, and our insert into the community print newsletter, you'll help ensure residents know what's happening and feel invited to participate. Your voice can help strengthen our community—and we would love to have you on the team. These tasks can be shared amongst two or three contributors. Please email info@yourseca.ca to request a detailed description of the tasks. Let's talk!



More Volunteer Opportunities

Many roles are waiting to be filled. Find a role to suit your skills, interests and available time via the QR code or tell us how you would like to contribute.



E-Newsletter Subscription

Let's Keep in Touch

For the latest SECA updates, visit yourseca.ca, subscribe to our e-newsletter, follow our social media, and watch for posters at our message centres (Little Free Libraries and A-Frames in local parks). We always enjoy hearing from residents—

reach us anytime at info@yourseca.ca. Subscribe to our e-newsletters via the "Subscribe" QR code.

Together, we're building a community where everyone belongs. Be part of it!

Your SECA Board





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

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



SHOP LOCAL

Support the local businesses that make our neighbourhood thrive, and make this publication possible.

403-720-0762
grow@greatnewsmedia.ca



SCAN ME

Remembering and Reconnecting

by Rebecca Pink

November gives us a moment to pause and honour, with deep gratitude, those who served and sacrificed for others, and those who continue to serve today. It is also a reminder that remembering is something we all carry in different ways. Remembrance is not limited to one day or one kind of loss, it can take many shapes, often quietly woven into our everyday lives. Sometimes remembering brings comfort; other times, it brings sadness, longing, or emotions we weren't expecting. There is no right way to remember or feel. We can continue to try to make room for whatever comes, with a little gentleness and self-compassion,

Grief is something that many people carry quietly. I know this from my own experience as well. It can be complicated, heavy, and unpredictable, bringing waves of emotions that can shift from one day to the next. We don't always talk about it, and sometimes we may feel as though we are expected to "move on" or "be fine". However, grief doesn't follow a timeline and is never linear. We can make room for both the sadness of what is no longer here and the gratitude for once was.

November can be a challenging month for many of us. The days grow shorter, the temperatures drop, and for many of us, our energy shifts with the season. Rather than seeing this as something we need to push through, maybe it can be an invitation to slow down and check in with ourselves. What might you need a little more of right now? Rest? Connection? Time for yourself and your loved ones?

November gives us an opportunity to pause, remember, and reconnect. We might reach out to someone we haven't spoken to in a while, revisit a memory, or make a little more room for the people and experiences that matter to us. For those carrying grief, these moments of connection can be especially meaningful. Sometimes remembering together is a way of reminding ourselves that we don't have to carry it alone.

As we move through November, I also want to take a moment to remember and honour those who have served and continue to serve, and the families who stand alongside them.

Lest We Forget.



2026



Shawnessy

CHRISTMAS CRAFT FAIR

SATURDAY

NOVEMBER 14 | 10 AM - 4 PM

LOCAL VENDORS | TWO FLOORS | CURATED



Shawnessy Barn
224 Shawmeadows Rd SW
Calgary, AB

Admission by donation to the
Calgary Food Bank





YOUR INSURANCE IS CALLING...

**Use your dental
benefits before
they reset.**

403.254.4278

BOOK NOW

FREE PHILIPS SONICARE ELECTRIC TOOTHBRUSH

With your next Complete Exam,
Cleaning & X-Rays!



SAME DAY CROWNS NOW AVAILABLE

One Visit.

Crowns and veneers. Custom
dental restorations made easy.



Featuring our advanced,
in-office technology.



**BOOK ONLINE
TODAY!**

Dentistry Powered
by CEREC

We Follow the ADA&C Fee Guide!

			SAME FEE
Code	Treatment Description	ADA&C Fee Guide Pricing	Shawnessy Dental Centre's Pricing
01103	New Patient Exam	\$143.85	\$143.85
02144	4 X-Ray Bite Wings	\$110.10	\$110.10
11113	3 Units Scaling	\$261.75	\$261.75
11101	Polishing	\$77.75	\$77.75
12112	Fluoride Treatment	\$37.65	\$37.65

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
\$6 PER UNIT

Want to look like you've turned back the hands of time? Need relief from TMJ? 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 gooeey 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.

Beautifi Financing

**Apply Now &
Get an Instant
Approval Decision**





**TEETH
WHITENING**



**DENTAL
IMPLANTS**



**CERAMIC
RESTORATION**



**BOTOX
TREATMENTS**



**PORCELAIN
VENEERS**



INVISALIGN



**SMILE
MAKEOVER**



**TEETH
CLEANING**



**SAME DAY
CROWNS**



**SNORE
GUARDS**



ORTHODONTICS



BRIDGES



TMD THERAPY

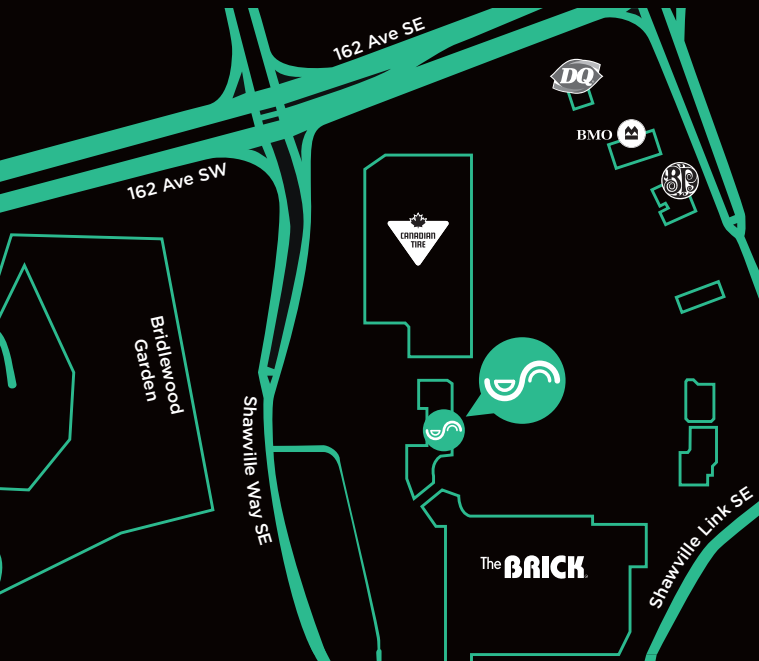


**TOOTH COLOURED
FILLINGS**

**DIRECT BILLING
TO INSURANCE**

**OPEN EVENINGS
AND WEEKENDS**

**NOW ACCEPTING
NEW PATIENTS**



LOCATION

**35, 275 Shawville Blvd SE
Calgary, AB T2Y 3H9**

CONTACT US

P 587.329.8031

E info@shawnessydental.com

W www.shawnessydental.com



All services performed
by a general dentist

Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an Emergency Vehicle Approaches with Lights and Sirens Activated:

- If you're in the middle of an intersection, safely clear the intersection and then pull over to the right curb.
- On a one or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left, and stop.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When Operating a Vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$390.00 and three demerit points.
- Do not follow within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150m is nearly 1.5 times the length of a football field.




MONTESSORI SCHOOL

Learning through exploration and play!

OUR APPROACH

- Child-centred, individualized learning
- Encouraging curiosity, creativity & independence
- Caring, Experienced Educators
- Family-Owned & Operated

OUR PROGRAMS

- Infant
- Toddler
- Preschool
- Montessori
- Before & After School Care

OUR CURRICULUM

- Montessori and play-based learning
- Engaging activities in math, science, language & the arts
- Outdoor Play Every Day
- Nutritious meals and snacks provided daily

BOOK A TOUR TODAY!

Affordability Grant funding.

36 Millrise Dr. SW, Calgary

ims36millrise@gmail.com

ilycmontessori.ca



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

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!

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 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**



RESIDENT PERSPECTIVES

RSV Season is Here: What Parents Need to Know



Every fall and winter, respiratory viruses begin to spread in our communities—but one virus in particular poses a high risk to babies.

In Canada, respiratory syncytial virus (RSV) is the leading cause of hospitalization for babies under 12 months of age with lung infections. While most children will get RSV before the age of two, babies under six months are at higher risk for serious illness.

What is RSV?

RSV is a common virus that affects the lungs and airways. For many people, it causes mild cold symptoms, but in babies, it can be more serious, causing severe respiratory illness and pneumonia.

"A lot of people think RSV is just another cold, but it can be very serious for babies," says Dr. Paul Roumeliotis, Pediatrician and Public Health Leader. "Some end up in the hospital needing oxygen to help them breathe, and even after they recover, it can lead to long term issues like asthma."

What are Your Options for Protection?

In Canada, families have options to help protect babies during their first RSV season:

1. RSV Vaccine for Pregnant People: During RSV season, pregnant people can receive the RSV vaccine between 32 and 36 weeks of pregnancy.
2. RSV Immunizations for Babies: Depending on when they are born, babies can receive an RSV immunization either shortly after birth or at the start of RSV season.

This year, families in Alberta will have access to publicly funded RSV immunization for their infants, following new guidance from Alberta Health. The program will cover infants born from November through April.

Talk to a Healthcare Provider

If you're pregnant or have a new baby, having a conversation about RSV with your healthcare provider can help you stay informed and prepared.

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

A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.



RECIPE OF THE MONTH

Double Baked Sweet Potato Casserole

by S. Law



As fall approaches, I find myself spending more and more time in the kitchen. As such, there are always a few new recipes I end up trying before winter hits. The most recent would be this recipe for a double baked sweet potato casserole requested to me by a friend. Full of warm spices and the perfect balance between sweet and savoury, this dish is sure to be a crowd pleaser at your next family gathering.

Ingredients

- 5 to 7 medium sweet potatoes
- 1/4 cup butter, cut into small cubes
- 1 egg
- 1/2 tbsp cinnamon
- 1/2 tbsp nutmeg
- 3 tbsps maple syrup
- 1/2 tbsp ground cloves
- 1/2 tbsp ground ginger
- Salt to taste
- 2 cups mini marshmallows (optional)

Directions

1. Begin by peeling and roughly chopping your sweet potatoes. Boil them in a large pot until they are soft enough to mash.
2. Drain the chunks and add them into a glass casserole dish with your butter and egg.
3. Mash the chunks while evenly incorporating the other ingredients. You want everything to be mixed in with no large clumps.
4. Add all your spices and incorporate fully.
5. Put the dish in a 450° F oven and cook for about 35 minutes, or until the top begins to brown slightly.
6. In the last 15 minutes, if you would like to cover the top in mini marshmallows, and place the entire thing back in the oven, it does add a little extra sweetness, but it isn't required.
7. Once it's cooked, serve warm and enjoy with family and friends.



JODINE

REALTY

RESIDENTIAL & COMMERCIAL

Complimentary Home Evaluation

403-827-2261

jodine@jodinerealty.com

jodinerealty.com

Jodine Williams
REAL ESTATE AGENT

exp REALTY

Instagram Facebook





Mortgage Renewal Coming Up?

Before you sign your renewal offer, see how refinancing could help you:

- ✓ Lower payments
- ✓ Consolidate debt
- ✓ Improve cash flow
- ✓ Save thousands over time

Your lender gave you an offer — not necessarily the best one.



ANITA RUSSELL 403-771-8771

anita@anitamortgage.ca

ANITA MORTGAGE

THE MORTGAGE GROUP

25¢ FLYERS

(INCLUDING DELIVERY)

- ▶ FULL COLOUR PRINTING
- ▶ DOUBLE-SIDED DESIGN
- ▶ PREMIUM 70 LB GLOSS STOCK
- ▶ FULL BLEED FOR EDGE-TO-EDGE IMPACT

Let's get your business into the hands of thousands of local customers.

CONTACT US

403-720-0762

sales@greatnewsmedia.ca

greatnewsmedia.ca

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING





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



**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 neighbours 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.

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.

DENTAL CARE THAT'S AFFORDABLE, ACCESSIBLE & ESSENTIAL: Easy drive or transit from your home or work. Simply, let's make your teeth look good, feel good, and last long with no pain! No fluff no frills. All dental plans accepted, direct billing, OAC. Call today at 403-272-7272 or 403-287-6453, or visit calgarydentalcenters.com.

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.

BUSINESS CLASSIFIEDS

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.

HUNTER'S HEATING AND COOLING: Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top quality York and Napoleon (Napoleon is Canadian made) air conditioners and furnaces, Navien Tankless 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.

PAINTER SERVICING MILLRISE: 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.

NORTHERN WIND HEATING AND COOLING: When Alberta weather can't make up its mind, Northern Wind has you covered. From furnace repairs on freezing nights, to A/C service on scorching days, we keep your home comfortable year-round. We service and install furnaces, air conditioners, and water heaters. Licensed journeymen in refrigeration and gas fitting, 24/7 service, 5-star reviews, financing available, 15+ years of industry experience, and up to 10-year warranty. 403-926-3806 | NorthernWindHVAC.org.

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.

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.

FIND YOUR JOY IN LIFE AGAIN! Riverstone Counselling Centre provides personalized, compassionate, confidential therapy with registered psychologists. Trauma, anxiety, depression, relationship concerns, couples counselling, ADHD/ EMDR therapy, CBT, DBT, ACT therapies and more. Direct billing available. Located in Midnapore, Midpark Way SE and Okotoks. Free discovery call. 403-463-2152. www.riverstonecounsellingcentre.ca.

ACCOUNTING AND TAX: Unlimited Tax Canada is a local CPA providing professional tax filing services to individuals, corporations, and business owners at all stages of development. Family returns, rental properties, self-employed, investment holding corporations, estates, trusts, start-ups, and more! Call or email for a free consultation: 587-606-0619, UnlimitedTaxCanada@gmail.com.

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.

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

MILLRISE



SHAWNESSEY

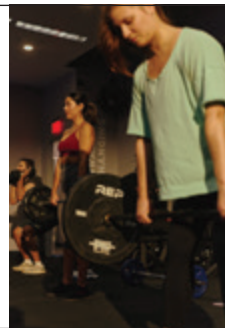


SHAWNEE
SLOPES





Ready to level up?
Join us and try two weeks at
a special intro rate!



Your pee shouldn't
be **red** either.

SEE RED?

SEE YOUR DOCTOR. GET SUPPORT.



bladdercancercanada.org
1-866-674-8889



Millrise
Seniors Village

Independent & Supportive Living Suites Available!

Skilled nursing care 24/7, Red Seal chef prepared meals, daily recreational activities, and more!

Open House on Nov 14 | 10am - 1pm

Christmas Market on Dec 12 | 12pm - 4pm

Please contact damarisarguera@sehc.com

beatricemandipaza@sehc.com

403-451-4327

Millrise Seniors Village
14911 5 St SW, T2Y 5B9

