THE POST

THE OFFICIAL RUTLAND PARK, LINCOLN PARK & CURRIE COMMUNITY NEWSLETTER







Vivienne Huisman Senior Vice President, Sales



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MIGUEL CORTINES

FOR CITY COUNCILLOR WARD 8

I BELIEVE IN CALGARY

LET'S BUILD A MORE VIBRANT, SAFE, PROSPEROUS, AND COSMOPOLITAN CITY TOGETHER.



MIGUEL'S PRIORITIES

RESPONSIBLE GROWTH

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EMPOWER RESIDENTS IN WARD 8 BY HAVING CONVERSATIONS AND ENCOURAGING ACTIVE PARTICIPATION AND COLLABORATION IN DECISION-MAKING PROCESSES.

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FOSTER INNOVATION, ENTREPRENEURSHIP, AND CREATIVITY BY SUPPORTING BUSINESSES, CREATORS, AND INNOVATIVE ECOSYSTEMS, TO MAKE CALGARY A MORE VIBRANT PLACE.

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For Calgary City Councillor Ward 8

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RPCA BOARD

Visit our website for the latest information:

www.rutlandparkcommunity.com

Board meetings are held the second Tuesday of each month at 7:00 pm; everyone is welcome.

BOARD OF DI	RECTORS	2024/	2025
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President Craig Marceau

president@rutlandparkcommunity.com

Vice President and Leanne Elli

Development and Traffic development@rutlandparkcommunity.com

Treasurer Lisa Luhning

treasurer@rutlandparkcommunity.com

Secretary Acting Director

secretary@rutlandparkcommunity.com

Infrastructure Projects Mark Yobb

markyrobb@rutlandparkcommunity.com

Sarcee Meadows Liaison Jeremy Hart

sarceemeadows@rutlandparkcommunity.com

Membership Ted Stewart

membership@rutlandparkcommunity.com

Ice Rink Steve Dubois

rink@rutlandparkcommunity.com

Lincoln Park Liaison Vacant

lincolnparkliaison@rutlandparkcommunity.com

West View Parc Liaison Vacant

westviewparcliaison@rutlandparkcommunity.com

Currie Barracks Liaison Dave Rose

curriebarracks@rutlandparkcommunity.com

Community Events Vacar

socialevents@rutlandparkcommunity.com

Website Director Vacant

communications@rutlandparkcommunity.com

CONTACTS

Community Association Phone Number 403-246-8318

Hall Rentals Please call Lola at 403-474-3845

or email hallrentals@rutlandparkcommunity.com

City Recreation Coordinator Vacant

Police Resource Officer Constable Art Szabo reg# 4809

ASzabo@calgarypolice.ca

Emergency Contact for RPCA Hall Lola 403-617-3241

Community Social Worker Vacant





Musings

Hello, it seems like summer has slipped away. The harvest is on, and I am sure a lot of our community gardeners had a successful result for their efforts. The fruit orchard has also done well, and in a few years we will all be picking delicious fruit.

In my travels around Rutland Park, I have seen many beautiful yards with abundant flowers. Sarcee Meadows is now on the home stretch of retrofit, and the complex looks great. Come have a look for yourself.

My summer adventures took me to the beautiful Beaulieu Gardens situated on the grounds of our historic Lougheed House near downtown Calgary. If you have never toured this area, please put it on your list of places to explore. You will not be disappointed. The photo I took reflects a very important part of our history.

School is back, and many fall programs are in session. The café at Knox happens every Thursday from 10:30 am to noon. Plan to come by. The sandwich making group is also back, thanks for your continued support.

Once again, do take time to smell the roses and take of yourselves.

Talk to you soon.

Isabell R.

DEVELOPMENT AND TRAFFIC REPORT

I would just like to highlight what has been happening/ going on behind the scenes this past month, in no particular order:

Unfortunately, we have been unable to find a replacement date for Neighbour Day, so it is officially cancelled. Thank you, Danny Greene and Chantal O. for trying to organize this event. We hope it can be even bigger and better next year!

Hopefully by the time you are reading this we will have repainted our little playground on 31 St SW. Thank you Mark Y. and volunteers for helping to spruce things up.

Things have been slow on the development front this summer, but Sarina Homes is moving ahead with their development on Richmond Green. We have also reached out to the Engage team to find out about the promised park upgrades for the rest of Richmond Green but have heard nothing to date.

Killarney has asked us and Richmond Knob Hill to join with them for an All Candidates Forum at their hall. Hopefully you have had some time to research our civic candidates for our fall election.

We are still waiting on the construction engineering for our Hall. We are also waiting to see if we are going to receive a CFEP grant from the provincial government to help with the Hall repair. We should have more information in November.

Join Us for Community Cleanup Day!

We're calling on all neighbours, friends, and families to lend a hand at our annual Community Cleanup Day on Saturday, September 13, from 8:30 am to 2:00 pm, rain or shine! This is a great opportunity to come together, take pride in our neighbourhood, and clean up your clutter at home. There will be two shifts for the day, the morning shift will be from 8:30 to 11:00 am, and the afternoon shift will be 11:00 am to 2:00 pm.

We will need about 40 to 50 volunteers throughout the day from light to heavy duties; light breakfast, lunch, snacks, and drinks will be provided during the event. Please contact Rosa at RPCACleanUpDay@shaw.ca or Rosa.marceau@me.com to sign up as a volunteer. Thank you for your support of this wonderful event!

If you have not already signed up for our email updates, please do so at our website, www. rutlandparkcommunity.com. The City often gives us very short notice for upcoming events, and this is the quickest way for us to reach you. Please also join us on Facebook by searching Rutland Park Community Association. Thank you for your ongoing support.

Leanne Ellis

Executive VP and Development and Traffic

development@rutlandparkcommunity.com







For all the latest news, events, updates, and community activity, please join us on Facebook. Search for Rutland Park Community Association. You'll immediately recognize us with our logo.

COMMUNITY ASSOCIATION MEMBERSHIP FORM

Mail or drop off your completed application to: Rutland Park Community Association, 3130 - 40 Avenue SW, Calgary, AB, T3E 6W9 or membership@rutlandparkcommunity.com

Select Membership Type:

☐ Family: 1 year - \$15; 3 year - \$36	🔲 Single: 1	year - \$5; 3 year	- \$12
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35 year \$12	
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Phone Number:	
Email Address:	
Payment Enclosed:	
Be sure to include your email address so we can keep you up to date with community news and events of interest to you.	

Your support through membership is critical to Rutland Park Community Association's success in negotiations with the various governments (municipal, provincial and federal) and business entities that your board interacts with on a regular basis.

Thank you for your participation.

Rutland Park **Mission** and **Values**:

The results of several brainstorming sessions by the Rutland Park community board were presented at the May 23 Town Hall Meeting. These important statements will be used to guide our work and decisions. Your feedback is welcome!

Our Mission and Values:

Our mission is to engage community residents, advocate on their behalf, foster community spirit, and practice meaningful stewardship while honouring our past.

What your Board Commits to Do:

- I. Engaging and including residents of our community
- II. Addressing community concerns in a transparent fashion
- III. Conducting board business in an ethical and fiscally responsible manner
- IV. Making decisions based on the needs of the community as a whole

- V. Communicating board decisions with one voice
- VI. Following through on the commitments and action plans we undertake

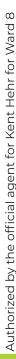
Community Values we will uphold:

- honouring our heritage
- connectedness: bringing people together
- · knowing neighbours, cultural hub, social activities
- everybody is given a voice
- slow inner city living
- pride in our community: volunteerism, participation
- safe community where people can have fun
- pleasant surroundings/maintaining green space and excellent community facilities
- pedestrian friendly: easy walking, cars secondary to people
- self contained: close to amenities, community garden, sustainable
- accessible, age friendly
- · desirable quality of life: all season activities
- promote accessible recreational activities

Rutland Park Community Hall Rentals

3130 - 40 Avenue SW, Calgary, AB, T3E 6W9

Current Rental Rates Hourly Rate: \$50/hour Friday, Saturday, Sunday – full day rate: \$400. Non-refundable admin fee: \$50. A four-hour minimum rental is required on Fridays, Saturdays, and Sundays. If you are interested in renting the hall or would like more information on any of the classes running at the hall, please contact Lola at 403-474-3845 or email hallrentals@rutlandparkcommunity. com. Visit the Community Association website to see what our beautiful hall looks like: www.rutlandparkcommunity.com/hall-rentals/.







Real Estate Update

Last 12 Months RUTLAND PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2025	\$0	\$0
June 2025	\$884,250	\$875,000
May 2025	\$0	\$0
April 2025	\$0	\$0
March 2025	\$879,000	\$856,500
February 2025	\$0	\$0
January 2025	\$999,900	\$995,000
December 2024	\$349,000	\$370,000
November 2024	\$0	\$0
October 2024	\$592,500	\$593,500
September 2024	\$885,000	\$885,000
August 2024	\$689,900	\$689,900

Last 12 Months LINCOLN PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2025	\$277,500	\$271,750
June 2025	\$333,888	\$317,425
May 2025	\$337,450	\$336,450
April 2025	\$282,444	\$281,250
March 2025	\$299,900	\$296,000
February 2025	\$349,450	\$332,500
January 2025	\$369,900	\$361,500
December 2024	\$344,450	\$338,250
November 2024	\$305,950	\$304,700
October 2024	\$303,950	\$302,000
September 2024	\$369,000	\$369,000
August 2024	\$294,450	\$298,750

To view more detailed information that comprise the above MLS averages please visit rutl.mycalgary.com, linc.mycalgary.com or curr.mycalgary.com

Last 12 Months CURRIE BARRACKS MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2025	\$799,888	\$775,000
June 2025	\$844,900	\$878,000
May 2025	\$444,900	\$444,900
April 2025	\$707,450	\$690,000
March 2025	\$489,900	\$459,900
February 2025	\$364,900	\$349,900
January 2025	\$686,950	\$667,500
December 2024	\$877,000	\$859,750
November 2024	\$725,000	\$750,000
October 2024	\$709,512	\$709,513
September 2024	\$350,000	\$345,000
August 2024	\$377,450	\$372,000



SAFE AND SOUND

Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.

 Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- · Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

The Art of Finding Work: Jobseekers Need to Learn to 'Move On'

by Nick Kossovan

Everyone knows ghosting and rejection are inherent parts of job searching. Yet, job seekers waste vast amounts of energy and time lamenting what they can't control. There's a prevalent sense of entitlement that employers owe job seekers, which goes against the universal truth that nobody is owed anything, be it a job, to make a living, or even happiness.

Job searching, regardless of the economic climate, has always required resilience. The key to resilience is having realistic expectations, such as understanding that employers you don't work for don't owe you anything. Having a 'F*ck it!' mindset that empowers you to move on quickly is how you foster resilience.

Ghosted: You didn't get the job. Move on.

- You didn't hear from an employer after submitting your resume: There were candidates with more relevant experience and were a better cultural fit. Move on.
- When a networking attempt fails: A stranger isn't willing to drop everything to help you. Move on.
- Not taking down a job posting: Some people never take down their Christmas decorations. If a job can be left open for a significant amount of time, assume it isn't critical. Do you want a non-critical or non-essential job? Move on.

Thinking about how the hiring process should be won't get you a job.

Getting frustrated and angry at how an employer designed their hiring process won't get you a job.

Getting upset over being ghosted won't get you a job. It wasn't the employer who ghosted you; it was an employee whose behaviour doesn't speak for an entire company.

Life is too short to spend time and energy dwelling on "what could have been" and "whys." This is especially true regarding things out of your control, such as how an employer designs their hiring process or runs their business. The most common false belief I repeatedly see people hold, and which causes much of their

frustrations and anger, is that they can change other people's behaviour—as if it's their place to do so.

While it's natural to feel disheartened, it's crucial to understand that wallowing in the many disappointments you'll experience throughout your job search and believing you can control other people's behaviour hinders your progress.

When you invest your heart and soul into an application only to be met with silence or rejection, it's easy to spiral into self-doubt. Consider why you're giving a hiring manager—a stranger—influence over your self-esteem. Hence why I recommend embracing a 'F*ck it!' mindset as a defence against rejection eroding your confidence.

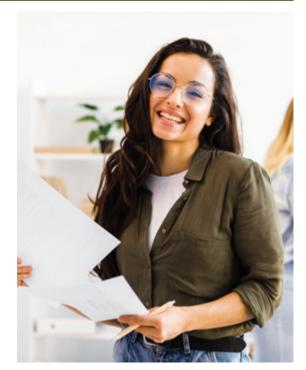
I've been rejected many times, more than I've been accepted. I've learned the hard way, a running theme throughout my life, that if I permit it to do so, repeated rejection triggers a cycle of negative thinking that paralyzes me, regardless of whether I'm searching for work, submitting my writing, or reaching out to someone hoping to form a relationship. Dwelling on past disappointments sabotages future opportunities.

There are many reasons why quickly moving on, as opposed to wallowing, playing the "I'm a victim!" card, getting angry, or venting on LinkedIn and other social media platforms—which is never a good look—benefits your job search.

There's no shortage of opportunities.

In several previous columns, I've mentioned that opportunities are all around you, with one caveat: they're attached to people. In 2024, employers are turning to their employees for referrals since job postings result in avalanches of applications, predominantly from job seekers who spray and pray. This underscores the importance of networking rather than applying to online job listings.

Clinging to rejections, being ghosted, or whatever is frustrating you is wasting mental energy you could be using to speak to people who may be able to refer you to job openings where they work. Starting right now, shift your focus away from past disappointments—forget about them, what's done is done, you can't change the past—and focus on future possibilities aligned with your skills and aspirations and start making



it a point to meet people, because you never know what opportunities they may be attached to.

Much of the hiring process is out of your control.

In the same way that you can't control the behaviour of others, you can't control how an employer hires. Many factors influence hiring decisions, notably internal politics and team dynamics. Instead of internalizing these setbacks, remind yourself of your skills, experiences, and past achievements.

Not quickly moving on is counterproductive.

Dwelling on why you were ghosted or didn't get the job—instances in which you'll never know the actual reason—drains your energy, energy better spent on proactive measures to enhance your candidacy for future roles.

The key to a successful job search is to keep moving forward and stay focused on what you can control, such as optimizing your LinkedIn profile—arguably the most critical tool in a job seeker's arsenal—resume, and expanding your network to take advantage of all the opportunities around you.

GAMES & PUZZLES

Guess the School Tool!

- 1. In the early 1960s, the first one of these was created to assist with number manipulation.
- 2. Before rubber, tablets of wax and crustless bread were both used at one point to do the job of this school tool.
- 3. A semi-circular measurement tool that deals with
- 4. An organizer typically characterized by its circular or D-shaped retainers.
- 5. The first of these vibrant, attention-drawing school tools was invented by Dr. Frank Hon in 1963.
- 6. Alphabetical reference books that are always being updated, named after the Latin word for "the act of speaking".





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Creamy Beef Enchiladas

by Jennifer Puri

The idea of rolling tortillas around food originated in Aztec times but it was the Spanish Conquistadors who adopted the dish and added new ingredients like cheese, pork, and chicken.

Enchiladas, meaning "to season with chilies", refers to stuffed corn tortillas that have been dipped in a chilli sauce. A traditional Mexican dish, Enchiladas have a unique flavour and are a perfect combination of tortilla, meat, cheese, and sauce.

Smothered in sauce and baked, creamy beef enchiladas are filling and rich, so they are best paired with a simple bean salad or Mexican rice.

Prep Time: 20 minutes Cook Time: 30 minutes Bake Time: 30 minutes

Servings: 5 to 6 **Ingredients:**

 \bullet 1 ½ lbs lean ground beef

1 tbsp. canola oil

• $\frac{1}{2}$ cup yellow onion, sliced

1 cup cooked and rinsed black beans

• 2 packets (24 gm each) hot and spicy taco seasoning

6 large flour tortillas

• 1 ½ tsp. powdered cumin

• ¼ cup all purpose flour

• 1 can diced green chili peppers

• 1 cup milk

• 2 cups light sour cream

• 1/2 cup low fat Greek yoghurt

• 2 cups Mexican shredded cheese

Directions:

- Heat oil in a medium size pan, add onion and sauté until it turns a light brown. Then add the ground beef and brown about 3 to 4 minutes. Next add the taco seasoning and the black beans and continue to stir for 2 to 3 minutes.
- 2. Add the water and simmer the beef and bean mixture for about 20 minutes or until the liquid has dried up. Remove from heat and allow to cool.

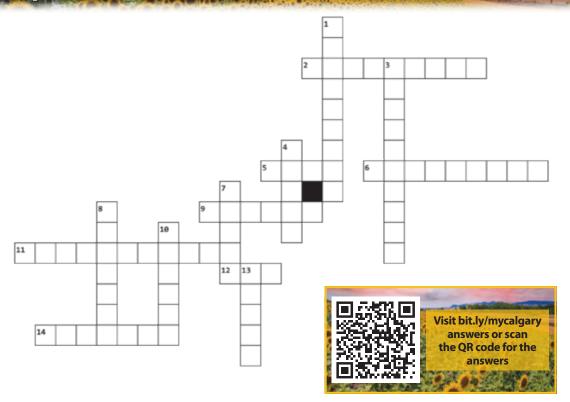




- 3. Preheat oven to 350 degrees Fahrenheit.
- 4. Grease a large, rectangular oven-proof dish with butter. Place the tortillas on a flat surface and divide the cooled meat mixture between the tortillas. Fold tortillas and place them in the baking dish seams side down.
- 5. Prepare the cream sauce by combining the flour, cumin, sour cream, milk, yoghurt, and chilies in a bowl. Then spoon the sauce over the tortillas and sprinkle the cheese over it. Cover with non-stick foil and bake in the oven for 30 to 40 minutes.
- Garnish with chopped tomato, avocado, and coriander leaves, and serve with a salad, salsa, and sour cream if desired.

Bon Appétit!

September Crossword



Across

- 2. Ernest ______'s *The Old Man and the Sea* was first published on September 1, 1952.
- September's full moon is named after a plant also known as maize.
- 6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the _______ Islands.
- The ______ Girls, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
- 11. Ice hockey forward, John Tavares, was born on September 20, 1990, in ______, Ontario.
- 12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
- 14. Starring Canadian actor, William ______, *Star Trek* premiered on September 8, 1966.

Down

- 1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in ______, Ohio.
- 3. On September 19, 1893, this country became the first to grant all women the right to vote.
- 4. Canadian singer-songwriter Leonard _____ was born on September 21, 1934.
- On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
- 8. Canada beat the USA by 23 runs on September 25, 1844, in the first international _____ match.
- 10. On the first Monday of September, _____ Day is observed in Alberta.
- 13. Stars of *Bridget Jones's Diary*, Colin_____ and Hugh Grant, were both born in September 1960, just one day apart.



MLA Calgary-Elbow Samir Kayande

205 - 5005 Elbow Drive SW T2S 2T6

403-252-0346

≥ calgary.elbow@assembly.ab.ca

Dear Neighbours,

I hear from too many Calgary-Elbow constituents who are struggling with high housing costs, auto insurance, childcare, and utility bills.

They feel like they're being left behind, and they are right. In fact, Alberta has the slowest wage growth in Canada since 2019, the highest inflation, and the highest youth unemployment in the country. Albertans are being left behind, and the policies of this government are at least partly to blame.

The UCP government has failed to take the affordability crisis seriously and has ignored the challenges facing many Albertans.

A recent Auditor General's report found that the provincial government failed to pass on to Alberta parents the benefit from the child-care subsidy negotiated with the federal government. And the low-income subsidy for childcare, that has been in place for decades, was cancelled by the UCP government.

Perhaps even worse, the UCP government is clawing back \$2,400 every year from a federal disability benefit meant for disabled Canadians. It's a massive tax increase on our most vulnerable neighbours.

Businesses are also being impacted by the UCP government's flirtation with separatism, which is adding to economic uncertainty.

Nancy Southern, the CEO of ATCO, recently expressed her concern about the effect separation talk is having on business investment.

"I think the discussion of separation should have no oxygen, and I believe Canada, as a unified country, is going to be far stronger than if we try to be independent little states, provinces, Absolutely, it's impacting investments now, as we look to (have) partners for our large projects that are from offshore," Southern told the Calgary Herald.

Albertans deserve better. Our hard-working friends, family members, neighbours, and business owners deserve to know they can take care of their families and build a good life in this province.



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