

OCTOBER 2024

DELIVERED MONTHLY TO 6,825 HOUSEHOLDS

The Gazette



THE OFFICIAL STRATHCONA, CHRISTIE & ASPEN COMMUNITY NEWSLETTER



**HALLOWEEN
SPAGHETTI DINNER
AND MOVIE NIGHT
OCTOBER 25**

David knows the Westside.



Friend
Neighbour
Realtor®
David Pelletier

403 869 7971 | david@davidpellettier.ca | davidpellettier.ca

www.scacalgary.ca

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



CENTURY 21
Bamber Realty Ltd.

Our Services

Professional Photography/Videography/Aerials

Digital Marketing

Print Materials

Global Exposure

#1 Agent in the West Side

*#9 Producer Canada-wide for Century 21
for the first half of 2024*

67 transactions and 66 million sold in 2023

268 Snowberry Circle



\$3,988,000

5 Bed, 5.5 Bath | Guest Suite | Breathtaking Views

44 Spring Valley Lane SW



\$3,488,000

5 Bed, 5.5 Bath | Mountain Vistas | 6,300 sqft

309 Wild Rose Close



\$2,288,000

3 Bed, 4.5 Bath | Bragg Creek Retreat | 11 Acres

2301 13 Street NW



\$1,488,000

4 Bed, 3.5 Bath | Facing Confederation Park | Rooftop Patio

Mark D. Evernden | 403.829.3776
www.evergroupcalgary.com

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

SALE **\$10,769**
Limited Supplies

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$12,679

SALE **\$9,379**
Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms

PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



WESTERN BATHROOMS & RENOVATIONS

Serving Calgary since 1989

403-257-3222 | WWW.WESTERNBATHROOMS.CA

All Labour & Material Included

All packages pertain to standard size bathrooms



From Farm to Feast

Celebrate with fresh
seasonal flavours

\$10 OFF!



9 600000 000294

When you spend \$100 or more at
Blush Lane Organic Market

VALID AT ANY BLUSH LANE ORGANIC MARKET. YOU MUST PRESENT THIS COUPON AT THE TIME OF PAYMENT.
A MINIMUM PURCHASE OF \$100 IS REQUIRED. NO CASH VALUE. ONE COUPON PER CUSTOMER, PER TRANSACTION,
PER DAY. CANNOT BE COMBINED WITH ANY OTHER OFFER. VALID UNTIL OCTOBER 31, 2024.

Blush Lane
ORGANIC MARKET

SUSTAINABLE / LOCAL / SEASONAL

VISIT US AT

3000-10 ASPEN STONE BLVD SW

Year-End - Use Your Limit Or Lose It

Call To Book Your Appointment Now

WE ARE OPEN EVENINGS & WEEKENDS

**New Patients Welcome | Direct Billing to Insurance
Family & Cosmetic Dentistry | Botox | Invisalign**

**FREE Electric Toothbrush with a Complete Exam
Including X-Rays & Hygiene Appointment**

**Dr. Travis Polischuk DMD, B.Eng
Dr. Kamea Aloha Lafontaine DMD, B.Sc**

Phone: 403.217.3100

Email: info@imagedentalcalgary.ca

#315 - 917 85th Street S.W., Calgary, AB T3H 5Z9

Services are provided by general dentists



Image Dental
Family & Cosmetic Dentistry

CONTENTS

- 7 MESSAGE FROM THE BOARD
- 13 EVENTS
- 16 SCA PROGRAMS
- 21 MENTAL HEALTH MOMENT: EIGHT REASONS WHY YOU SHOULD LEAVE A TOXIC WORKPLACE
- 25 PHOTO GALLERY BY NYCKIE REA
- 28 BUSINESS CLASSIFIEDS



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

STRATHCONA



CHRISTIE PARK



ASPEN WOODS



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.

SCA Community Centre

277 Strathcona Drive SW, T3H 2A4

T: 403-249-1138

F: 403-249-7811

Email

info@scacalgary.ca

Emergency

403-214-1838

Website

www.scacalgary.ca

Office Hours: Monday to Friday, 10:00 am to 1:00 pm

SCA Board of Directors

President	George Diwan
Vice President	Vacant
Treasurer	Geoff Kalyniuk
Secretary, Community Engagement	Nina Rehill
Traffic and Development	Carrie Stewart
Education and Integration	Davood Khairkhah
Director of Events	Stephen Karinatei Bomi

SCA Office

Office Manager	Shelley Lakatos
IT Admin	Michael Smith
Rink Volunteer Coordinator	info@scacalgary.ca
Office Assistant	Sherry Norman
Marketing and Communications	Kathryn Kozody

Contact us at info@scacalgary.ca

ELECTED REPRESENTATIVES

Ron Liepert – MP, Calgary Signal Hill	Ron.liepert@parl.gc.ca	403-292-6666
Mike Ellis – MLA Calgary West	Calgary.west@assembly.ab.ca	403-216-5439
Richard Pootmans – Councillor, Ward 6	Eaward6@calgary.ca	403-268-1646
Patricia Bolger – Public School Trustee		
Lory Fontana-Iovinelli – Separate School Trustee	Lory.iovinelli@cssd.ab.ca	403-500-2761



Scary, Spooky, Skeletons

Of the total body weight of an average human, about 14% is made up of bone mass. Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.

MESSAGE FROM THE BOARD

Dear SCA Community,

In the spirit of Thanksgiving, we want to take a moment to express our gratitude for our community members and neighbours who make Strathcona, Christie Park, and Aspen the top communities in Calgary. As we continue to grow and thrive, we are reminded of the importance of strength and support—both in the physical structures that house our community gatherings and in the relationships that bind us together.

During the summer months, we learned that one of the pillars holding up our community association building was compromised. This was due to years of use; how we see it, the pillar has been integral in creating memories for our community. Many have had weddings, birthday parties, and social dances here, while others have tried a new activity like Pilates or computer skills. And let's not forget the many young bright minds who start their educational care at Seedlings, A Childs' Garden, Kidz Inc. and many, many more. This pillar, much like our community, symbolizes the strength and support that keeps us standing tall year after year. In collaboration with the City of Calgary, our community association building has undergone repair.

In the same spirit, we invite you to join us in strengthening our community by becoming a part of the Board of Directors. Our board plays a vital role in guiding the direction of our community, ensuring that we continue to be a place where everyone can feel supported, heard, and uplifted. We are currently seeking passionate and dedicated individuals to fill various roles on the board. Whether your strengths lie in leadership, organization, communication, or community outreach, there is a place for you to make a meaningful impact.

We also want to shine a special spotlight on our Treasurer, Geoff Kalyniuk, who has been working tirelessly behind the scenes to update and streamline our association's business side. His efforts and unwavering dedication have been instrumental in securing grants that directly contribute to the ongoing support of our community, including structural repair. His dedication ensures that our financial foundation is as strong as the pillars that hold up our building. We'd also like to thank Pascal Siewe who served as the Director of Events and Vice President for his commitment and service to the community.

Just as our building's pillar is being reinforced to support the weight of our shared spaces, we invite you to consider how you can help support the weight of our community's future. By joining the board, you will be contributing to the stability and growth of our neighbourhood, ensuring that it remains a vibrant, welcoming place for all. Please contact secretary@scacalgary.ca for more information.

We look forward to continuing to build a stronger community together.

Stemp & Company

We find solutions®

- Copyright Law
- Patents
- Trademarks
- Corporate Law
- Wills & Estates
- Probate
- Real Estate/Conveyancing
- Litigation

kari@stemp.com | tasha@stemp.com

403-777-1122 (Toll Free 1-800-665-4447)

www.stemp.com | bill@stemp.com
#1670, 734 - 7 Ave SW, Calgary, AB T2P 3P8

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50
Service Call Fee



403-837-4023
info@officialplumbingheating.ca
official-plumbing-heating.ca

Calendar

October 16, 7:00 pm	SCA Board Meeting
October 23, 6:30 pm	Wills and Estates Workshop Visit www.scacalgary.ca for more information.
October 25, 6:00 pm	SCA CA Halloween Dinner and Movie
November 20, 7:00 pm	SCA Board Meeting
November 29, 7:00 pm	SCA CA and Wellings of Calgary Holiday Seniors Dance
December 7, 10:00 am to 4:00 pm	SCA CA Christmas Craft Fair
December 18, 7:00 pm	SCA Board Meeting

Please note: Community Association Members are welcome to attend SCA Board Meetings by appointment, please contact president@scacalgary.ca.

RESIDENT PERSPECTIVES

Persons Day

by Danielle Robbertz

October is a special month for women in Canada with the celebration of Women's History Month and International Day of the Girl Child. There is also Persons Day which has a



close connection to Albertans. You might find yourself wondering, what exactly is Persons Day, and how does it relate to women? The name may sound unusual, but the history behind it is deeply impactful. Before 1929, women were not considered "persons" in Canada's legal system. It wasn't until five determined women from Alberta decided to fight against this that the definition changed.

In 1927, the Famous Five - Emily Murphy, Nellie McClung, Louise McKinney, Irene Parlby, and Henrietta Muir Edwards - asked the supreme court of Canada what the word "persons" entailed. They were surprised to hear that the definition of "persons" in the British North America Act did not include women. The British North American Act (now known as the Constitution Act, 1867) was a significant piece of law at the time as it laid out the obligations and power structure of the federal government and Canadian provinces. Therefore, it was especially significant that this Act did not include women in the definition of "persons."

The Famous Five did not take this omission lightly and went to Canada's highest court of appeal to fight against this injustice. Then on October 18, 1929, the Famous Five won their fight and they along with their fellow women were finally considered "persons." Which also meant women could serve on all levels of government.

Though there was (and some could argue still is) a long way to go in making the definition of "persons" more inclusive - not only in law but also in society (including people of colour, Indigenous people, etc.) - it was at least a step in the right direction. So, for this Persons Day let it be a kind reminder to us all that we are all "persons," and that no individual should be excluded from that ever, no matter their ethnicity, religion, race, nationality, sexual orientation, or gender.

Bilingual begins here!

Start FULL DAY KINDERGARTEN in September 2024

Calgary French & International School
Apply today at CFIS.com



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



ASPEN WOODS COMMUNITY REAL ESTATE ACTIVITY

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program*

Trade Up Program*

Blanket Home Warranty Program*

Accepting Crypto Currency

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

Call or Text 403-606-8888

Email len@lentwong.com

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

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	24	32	20	\$898,450	\$880,000
July	24	18	13	\$825,000	\$815,000
June	24	20	20	\$1,128,694	\$1,115,500
May	24	26	22	\$1,099,000	\$1,104,000
April	24	16	19	\$949,000	\$950,000
March	24	24	21	\$919,000	\$970,000
February	24	23	16	\$597,450	\$610,000
January	24	14	13	\$968,000	\$950,000
December	23	8	10	\$507,450	\$515,000
November	23	14	10	\$522,400	\$510,000
October	23	17	13	\$530,000	\$520,000
September	23	15	14	\$557,450	\$562,500

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

SCA 2024 Schedule

SCA 2024 Schedule						
MON	TUES	WED	THURS	FRI	SAT	SUN
A Child's Garden: Morning and Afternoon Pre-school Programs (3 to 4 years old)						
Seedlings Spanish Preschool: Morning and Afternoon Pre-school Programs (2 1/2 to 5 years old)						
KidZinc before and after school care Grades 1 to 6						
Jazzercise, 9:30 am	Mommy & Me Pilates, 11:00 am	Jazzercise, 9:30 am	Zumba, 9:30 am	Jazzercise, 9:30 am	PRIVATE RENTALS	Bollywood Dance & Fitness, from 9:30 am
Older Adult Yoga, 12:00 pm, 1:15 pm	Adult Art, 1:00 pm	Older Adult Yoga, 10:00 am	Adult Art, 10:00 am	Bridge Lessons, 9:30 am		
Tai Chi, 1:30 pm, 2:45 pm	Explosive Dance, 4:00 to 8:00 pm	Tai Chi, 11:00 am	Gentle but Strong Yoga, 12:00 pm	Sit Fit Yoga, 11:00 am		
Run.Jump.LEAD!, 4:50 pm	Young Rembrandts, 5:00 pm	SCA Line Dance, from 1:00 pm	Bridge Lessons, 1:00 to 4:00 pm	Bridge, 12:30 pm		Pathfinders, 6:30 pm
CYP Theatre, 5:30 pm	Chinook Country Line Dancers, 6:00 pm	Explosive Dance, 4:00 to 8:00 pm	Explosive Dance, 4:00 to 8:00 pm	Older Adult Dance, 1:00 pm		
Sparks, 6:30 pm	CYP Theatre, 6:30 pm	Karate, from 6:30 pm	Run.Jump.LEAD!, 4:40 pm			
Rangers/Pathfinders, 6:30 pm		Pathfinders, 6:30 pm	CYP Theatre, from 5:00 pm			
Karate, 6:30 pm			Scouts, 6:15 pm			
Toastmasters, 7:30 pm						



BUFFALO RUN DENTAL



Buffalo Run Dental welcomes Dr Peter Lam to the team!
Dr Peter Lam has worked in Calgary for over 20 years and in addition to all aspects of general dentistry, he is happy to offer the following services at Buffalo Run Dental:

- Dental implants
- Gum and bone grafting
- Cosmetic dentistry
- Invisalign orthodontics
- Therapeutic and cosmetic botox
- Oral and nitrous sedation
- Snoring and sleep apnea oral devices

📍 109, 11501 Buffalo Run Blvd., Tsuut'ina, AB T3T 0E4

🌐 buffalorundental.com | 📞 403-226-9627 | ✉ info@buffalorundental.com

Halloween Safety

by Alberta Health Services



The members of Calgary’s Partners for Safety: Calgary’s Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.

- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child’s ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

A promotional banner for Global Pet Foods. On the left, a beagle dog is shown wearing a paper crown. The text reads "GLOBAL PET FOODS eat.play.love." and "GRAND RE-OPENING SALE!". On the right, a dashed box contains the offer: "SAVE 15% ON YOUR NEXT PURCHASE!". Below this, it states: "*Offer cannot be combined with any other offers or promotions. Restrictions apply. Limit of 1 redemption per customer. Coupon must be shown in-store to receive offer. Valid until December 30, 2024." and "*OFFER VALID ONLY AT GLOBAL PET FOODS WEST 85TH CALGARY, AB @ #3114, 8561 - 8A AVENUE S.W.".

GLOBAL PET FOODS
eat.play.love.

GRAND RE-OPENING SALE!

SAVE 15% ON YOUR NEXT PURCHASE!

*Offer cannot be combined with any other offers or promotions. Restrictions apply. Limit of 1 redemption per customer. Coupon must be shown in-store to receive offer. Valid until December 30, 2024.

*OFFER VALID ONLY AT GLOBAL PET FOODS WEST 85TH CALGARY, AB @ #3114, 8561 - 8A AVENUE S.W.



LUNA
CHILD AND YOUTH
ADVOCACY CENTRE



The people who believed
me helped me believe in
myself. My path to
healing isn't easy, but
thanks to Luna, I never
have to walk alone.



**DONATE NOW TO HELP A
CHILD HEAL FROM ABUSE.**

Arielle

LUNACENTRE.CA

**Tired of Loose
DENTURES?**



Implant Dentures
look, feel + function
like natural teeth

WDC
WESTSIDE
DENTURE CENTRE

enabling smiles + simple pleasures

**Serving Calgary
for 28 years**

- Custom Dentures
- Alberta Seniors Insurance Accepted
- Friendly, caring staff

#202 - 1919 Sirocco Dr. SW. (by Sunterra Market)



www.westsidedenture.com

Tel. 403.242.5880

westsidedenture@shaw.ca

Hands In Art Project

Thank you to everyone that added their handprint for the SCA CA's Hands In art project to decorate our newly surfaced rink. Special thank you to Federation of Calgary Communities, Sophia, Lance, and the Urban studies students from U of C that created and made this project a reality.



Recycle Day

Thank you to our sponsors and volunteers that made this year's Recycle Day such a success!

- Panago Pizza Aspen
- Alberta Recycling Management Authority
- City of Calgary
- Technotrash
- Enviroshred
- Cerebral Palsy Alberta
- Wildcats Football



Halloween Spaghetti Dinner and Movie Night – October 25

Kids... get your Halloween costumes ready. Join us for a Spook-tacular Dinner, Movie, and Costume Parade on October 25.

Doors open at 5:45 pm, dinner at 6:00 pm, costume parade at 6:45 pm, and the movie Coco begins at 7:00 pm.

This event is limited to 200 people. Must have a current SCA CA membership (membership will be available for purchase) and all minors must be accommodated by an adult for the entire event.

SCA CA and Wellings of Calgary Holiday Seniors Dance – November 29

Join us in an evening of live music, dancing, cash bar, and treats prepared by Wellings' chefs. Tickets are \$15 and available beginning October 1.

SCA CA Christmas Craft Fair – December 7 from 10:00 am to 4:00 pm

Come shop for unique, handmade Christmas gifts from one of our 56 vendors.

A current SCA CA membership would be appreciated to help support your community association and this event.

A Canadian Gem

October 23, 1976, is the birthday of one of Canada's biggest gems in the movie industry. He was born in the lovely city of Vancouver, British Columbia before moving to LA in the late 90s. A charismatic, goofy, fun-loving guy, Mr. Ryan Reynolds turns 48 this year! Looking good, Ryan!

Haunted Calgary

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

During Halloween, the past comes alive owing to its connection to Samhain, the Gaelic festival at harvest's end, and then later to vigils held to mark Christian saints and martyrs. Halloween also serves to remind us of Calgary's fiendish and ghoulish side.

Dean House was built in 1906 as the home of Fort Calgary superintendent Captain Richard Deane. It became a rooming house during the Great Depression and was a crime scene in 1971 after a murder-suicide. Ghostly figures, a man with a smoking pipe, other times an Indigenous man, have been reported. There's also a bloodstain that changes shape, and a closet that refuses to stay locked (though none of this stopped my sister from getting married on its grounds).

At Heritage Park, Prince House is the 1894 mansion of the owner of Eau Claire sawmill (located on Prince's Island and closed in 1945). His story has an unfortunate side, with Prince's first three wives all dying prematurely from diseases within a decade. No wonder staff and visitors have reported apparitions of women standing at the windows. They're friendly, so say hello next time you visit.

There are plenty of pubs with haunted histories too. The former Rose and Crown was originally Davidson House, built around 1906. It was expanded in 1935 in the Tudor Revival style as a memorial chapel, the first of its kind in Calgary. An apparition of a little boy known to have died there reportedly hides in the basement. The building will once again be home to a pub, but its heritage status remains unprotected.

The Cat 'n Fiddle Pub, built 60 years ago, also served as a chapel, funeral home, and crematorium. It was converted to a pub in 1992. You can still see the old pipes used for washing bodies. Its ghosts have all been friendly: a woman in a red dress, a man in a top hat and tails, and even a biker. Some apparitions haven't stopped painting the town red.

This Halloween, take a ghost tour, remember the past, and think of those who still share our fine city.

*All copyright images cannot be shared without prior permission.



"Superintendent Burton Deane's house being moved to the east side of the Elbow River.", 1929-08, (CU193485) by Oliver, W. J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1O1WDUK>.



Glenbow Archives NA-3691-29
"Guests at Halloween party, Nimmons residence, Calgary, Alberta.", 1910, (CU1100568) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OZJEFT>.



"Peter A. Prince home, Calgary, Alberta.", [ca. 1896], (CU181025) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Located at 238 4 Avenue SW. Team and buggy in front. John E. Prince driving. Mrs Margaret Prince beside him. Mrs. Peter Eide (Rosanna), sister of John E. Prince, in back. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OYMO13?WS=SearchResults>.



Future home of Elephant & Castle pub, formerly Davidson House (with 4th Street Lofts Tower in the background), August 2024. Photo courtesy of Anthony Imbrogno.



MARK YOUR CALENDARS



The Bow Valley Music Club continues its fall programming with The Once on October 19th.

Contact BVMC for tickets and info at info@bowvalleymusicclub.org.

The Once is a modern indie folk trio from Newfoundland, and have collected a trio of Canadian Folk Music Awards, numerous ECMA awards, and was named Artist of the Year by the Newfoundland & Labrador Arts Council. They have earned not one, but two JUNO nominations for Roots Album of the Year and continue to take their music around the world.

Newfoundland has a storied history of stunning songwriters, poets and players. Over the course of the last decade The Once have writ and knit themselves into that story.

“Their forthcoming album has already been named one of the most anticipated of 2024 by Exclaim and CBC Music.”
- Roots Music Canada

Opening the concert will be Girl Haggard - Marina Barrett and Darren Barton - who have been playing music in Alberta for a lot of years. Darren, a multi-instrumentalist, hails from an extremely musical southern Alberta family, with deep roots in classic country and folk. Marina, born on the East Coast, grew up singing at kitchen parties and local honky-tonks from the tender age of three.

Girl Haggard has incorporated generations of musical influence with their artistic flair to bring you their favorite Folk, Bluegrass and Country.



OUR NEXT LIVE CONCERT DATE:

NOVEMBER 9 - DOORS OPEN AT 7:00 PM

SINGLE TICKETS - \$30 + tax

STRATHCONA CHRISTIE ASPEN COMMUNITY CENTRE



<http://bowvalleymusicclub.org/>

@bowvalleymusic



Pre-Schools and School Age Care

A Child's Garden Preschool Ltd.

Ages 3 to 5

Two, three, and five day programs.

Contact Marilyn at 403-217-5658 or visit www.achildsgarden.ca.

KidZinc School Age Care

Ages 6 to 12

Before and after school care.

Contact 403-240-2059 or visit www.calgarykidzinc.ca.

Seedlings Spanish Preschool

Ages 2 ½ to 6

Half or full day.

Contact Judith at 403-210-0604 or visit www.seedlingspreschool.ca.

Children's Programs

Calgary Young People's Theatre

Mondays at 5:30 pm, Tuesdays at 6:30 pm, Thursdays at 5:00, 6:30, and 7:00 pm

Visit www.cypt.ca.

New! Explosion Dance

Community dance classes for ages 2 and up. Recreational or Company opportunities. Classes in ballet, jazz, tap, lyrical/contemporary, acro, and hip-hop.

Contact Sarah at explosiondancecalgary@gmail.com or 780-518-4497 for more information.

Girl Guides

Classes for Sparks, Pathfinders, and Rangers.

Contact any-calgarysarceehills@girlguides.ca.

Karate Classes

Mondays at 6:30 pm (Parent and child, age 7+)

Wednesdays at 6:30 pm (Age 7 to 12)

Wednesdays at 7:30 pm (Adult beginner, age 13+)

Contact Jeffrey Jukes at 403-228-5039.

Run.Jump.LEAD!

Run.Jump.LEAD! is a leadership and multi-sport training program specifically designed for girls! Their team of dedicated coaches deliver hands-on leadership training, fun physical activity, and inclusive sport. Positive and empowering ten-week sessions increase self-confidence, introduce girls to various sports, and nurture the development of practical leadership skills.

Grades 4 to 6: Mondays, 4:55 pm

Grades 1 to 3: Thursdays, 4:40 pm

Visit www.runjumplead.com for more information.

Scouts

Thursdays, 6:15 pm

Email strathcona215gc@gmail.com or visit www.scouts.ca.

Adult Programs

Art Classes (Karin)

Discover your creative self! If you have ever wanted to learn how to paint in either watercolour or acrylics or hone the skills you might already have, consider joining our classes! Your experienced instructor will guide you as you discover how fun and rewarding it can be to express yourself on paper or canvas. All levels welcome!

Watercolours: Tuesdays, September 17 to December 3, 1:00 to 3:30 pm. Twelve classes - \$186 + \$9.30 GST = \$195.30.

Acrylics: Thursdays, September 19 to November 28, 10:00 am to 12:30 pm. Ten classes - \$155 + \$7.75 GST = \$162.75 (No class November 14).

Register: Contact Karin at karinrichter@shaw.ca or 403-272-1471.

Bridge Lessons (Freda)

Learn to play Bridge with Freda or update your skills.

New class! Beginner: Thursdays, September 19 to November 7, 1:00 to 4:00 pm. Eight weeks - \$84 + \$4.20 GST = \$88.20.

Intermediate: Fridays, September 20 to November 8, 9:00 am to 12:00 pm. Eight weeks - \$84 + \$4.20 GST = \$88.20.



Register: Contact Freda at 403-241-2990 or fredanychkalo@icloud.com.

Bridge Social

Fridays, 12:30 to 3:30 pm

Free to join, and you don't have to be an expert player. We play party bridge; drop-in when it suits your schedule. If interested, please contact Tom Wilcock at 403-460-8241 or email twilcock@telus.net.

Chair Yoga (Beginner and Intermediate)

Chair yoga offers a gentle yet effective way for people of all ages and abilities to experience the benefits of yoga in a safe and supportive environment. Benefits of yoga include improved flexibility, strength, posture, reduced stress levels, better concentration, and a greater sense of overall well-being. Offered both in-person and online through Zoom.

Beginner Chair Yoga (more seated poses): Mondays, September 9 to December 16, 12:00 to 1:00 pm (No Class September 14 and November 11).

Intermediate Chair Yoga (more standing poses): Mondays, September 9 to December 16, 1:15 to 2:15 pm (No Class September 14 and November 11).

Intermediate Chair Yoga (more standing poses): Wednesdays, September 11 to December 4, 10:00 to 11:00 am.

Registered for thirteen weeks: \$104. Drop-in and five-class pass options are available.

Contact Sherry at sherrynormanyoga@gmail.com.

Chinook Country Line Dance

Tuesdays, 6:00 pm

Dancers enjoy fitness and fellowship while dancing to upbeat music in a fun, spirited atmosphere.

Visit www.cclinedancers.ca.

Gentle but Strong Yoga

Thursdays, 12:00 to 1:15 pm

Yoga-detoxifying, Inspiring, and Restorative. Gentle Hatha poses focusing on breath work for everyone. We also do Myofascial release for range of motion and healthy bodies.

Visit mjgerlitz@gmail.com.

Jazzercise

Mondays, Wednesdays, and Fridays, 9:30 to 10:30 am

Offering a high energy, low-impact version of the classic dance-based class format.

Contact Wendy at wendy.p.craig@gmail.com or 587-889-4186.

Karate Classes

Mondays, 6:30 pm (Parent and Child 7+ years)

Wednesdays, 6:30 pm (7 to 12 years)

Wednesdays, 7:30 pm (Adult beginner, 13+)

The Karate Club offers classes for all age groups. The club is a member of Karate Canada, the official governing body of karate, with member clubs across Canada.

Contact Jeffrey Jukes at 403-228-5039.

Mommy and Me Pilates

Tuesdays, 11:00 am

This postpartum mat class is especially designed for new mommas. Bring your babies, make some new friends, and rebuild your core strength in a safe and effective way.

Contact Theresa Toth at toth31@shaw.ca.

SitFit + Yoga (Sherry)

A full body workout that combines weights and resistance training within the mindfulness of yoga. Ideal for anyone who needs the comfort and/or safety of seated exercise (standing is optional). The class is held in the main hall of the Strathcona Community Centre as well as streamed online.

continued on next page



Fridays, September 13 to December 13, 11:00 am to 12:00 pm

Registered for fourteen weeks: \$112. Drop-in and five-class pass options are available.

Contact Sherry at sherrynormanyoga@gmail.com.

Toastmasters

Mondays, 7:30 pm

Toastmasters helps you to improve your public speaking. We offer both online and in-person meetings. For more information, please contact us at 403-470-2005. Visit www.westhillstoastmasters.easy-speak.org.

Zumba

Thursdays, 9:30 am
All levels welcome!

For more information or to register, call 403-816-6897.

SCA CA Fall Programs

www.scacalgary.ca
Registration started July 15

Line Dancing (Mary and Peggy)

Ten weeks - \$95 + \$4.75 GST = \$99.75 (BOGO \$47.50 + GST \$2.38 = \$49.88 Discount of \$47.50)

Wednesdays, October 2 to December 4

Beginner (Level 1), 3:00 to 4:00 pm – New class

Beginner Plus (Level 1+ / 2), 2:00 to 3:00 pm

Improver (Level 2/3), 1:00 to 2:00 pm

Intermediate (Level 4), 2:00 to 3:00 pm

Advance (Level 5/6), 1:00 to 2:00 pm

**BOGO Sale must call the office – 403-249-1138

Line Dancing Drop-in (Peggy)

\$5 Drop-in Fee

Fridays, September 20 to December 6, 1:00 to 2:00 pm

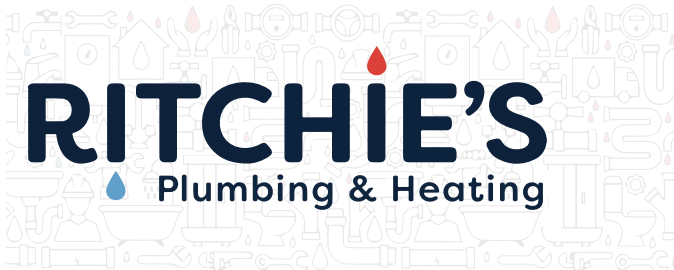
Tai Chi (Adrian Buzcek)

Twelve Classes - \$102 + \$5.10 GST = \$107.10

Continuing 1 and Basics – Mondays, September 9 to December 9, 1:30 to 2:30 pm (No class October 14 and November 11)

Basics – Mondays, September 9 to December 9, 2:45 to 3:45 pm (No class October 14 and November 11)

Continuing 2 – Wednesdays, September 18 to December 4, 11:00 am to 12:00 pm



Services

Plumbing & Drain Cleaning
Heating & Gasfitting
Inspections
Tank Replacement
Sewer Camera Inspections

24 HOUR EMERGENCY SERVICE tel. 587 392 6486

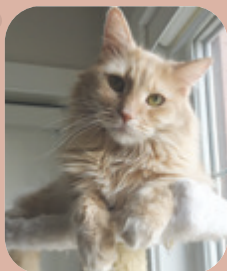
Cats, Canines, & Critters of Calgary



Buck, *Montgomery*



Dry Bones,
McKenzie Lake



Harper Lee, *Beddington*



Hemi, *Shawnessy*



Jasper, *Mahogany*



Josie, *Springbank Hill*



Leo, *Panorama Hills*



Percy, *Evanston*

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

COMMUNITY NEWS

Guardians of the Gate

We are a volunteer team of committed volunteers who care for – and maintain – Strathcona Park's main entranceway. We meet at least once a month (during spring, summer, and fall) for an hour or two (as weather and weeds require).

Donations of any amount are greatly appreciated and put to good use to cover annual costs: plant replacement, soil amendment, fertilizers, mulch, etc. For more information, please contact Marlene at mjfritzler2@outlook.com.

Join Our Walking Group

Walks take place every Tuesday at 10:00 am.

Meet outside the gazebo beside Sobeys. Dogs and strollers are welcome. Please register at www.scacalgary.ca or by calling our office at 403-249-1138 so we can share info on routes. No membership is required to take part.



Taste of Colombia!

Specialty coffee: direct trade,
small-batch roasted.

Try our espresso, decaf, medium light, and
medium dark roasts. Deluxe line available.



☎ 403-970-3116

✉ contactus@goodbeans.ca

🌐 goodbeans.ca

Free delivery with code: NEIGHBOUR

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our Innovative Consumer Programs



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



Call or Text 📞 403-606-8888 ✉️ len@lentwong.com 🌐 calgaryhomesearch.com 🌐 calgaryluxuryhomesearch.com

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

STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	24	9	13	\$897,500	\$895,000
July	24	16	8	\$766,950	\$761,750
June	24	10	13	\$888,000	\$870,000
May	24	16	12	\$726,950	\$759,750
April	24	13	13	\$799,990	\$798,000
March	24	8	9	\$799,900	\$775,000
February	24	8	9	\$699,900	\$675,000
January	24	6	3	\$1,095,000	\$1,030,000
December	23	4	6	\$772,450	\$755,000
November	23	4	5	\$679,900	\$679,000
October	23	5	4	\$762,500	\$757,500
September	23	10	10	\$669,400	\$660,750

CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	24	3	2	\$1,204,500	\$1,202,000
July	24	3	3	\$1,280,000	\$1,285,000
June	24	2	2	\$940,000	\$902,250
May	24	6	4	\$1,137,500	\$1,201,000
April	24	7	7	\$1,099,000	\$999,900
March	24	3	2	\$830,000	\$817,375
February	24	7	8	\$800,000	\$845,000
January	24	4	5	\$769,800	\$745,000
December	23	2	2	\$554,950	\$547,250
November	23	3	5	\$1,155,000	\$1,100,000
October	23	8	4	\$569,200	\$572,500
September	23	8	3	\$1,225,000	\$1,225,000

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

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

Eight Reasons Why You Should Leave a Toxic Workplace

by Nancy Bergeron, R.Psych | info@nancybergeron.ca



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

1. Mental Health: Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

2. Physical Health: The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

3. Emotional Well-being: Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

4. Career Growth: Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

5. Relationship Strain: The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

6. Reduced Productivity and Job Satisfaction: It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

7. Ethical Considerations: Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

8. Long-Term Happiness: In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.

MONTHLY NOTICES

SkipTheDepot and Donate to the SCA

We have partnered with SkipTheDepot to allow you to donate the money from your recyclables to the SCA.

It's easy! Just follow these steps:

1. Download the app or register online
2. Enter your home address and pick a date
3. Cash out or donate to charity

SkipTheDepot will count your bags and credit your account within 48 hours after pickup. Funds will be donated to the SCA! Sign up at app.skipthedepot.com/scacalgary.

Add Your Name to Our Babysitter Listing

Check out our listings at www.scacalgary.ca under Community Directory. If you would like to add your name to our list, email your name, age, community, and phone number to info@scacalgary.ca.

E-Newsletter

Want to receive our monthly e-newsletter? Send your email address to info@scacalgary.ca.

Follow Us On Facebook and Instagram



ACUITY ADVANTAGE
HOME WATCH & LIFESTYLE SERVICES

YOUR HOME WATCH SPECIALISTS



Servicing Calgary and Surrounding Areas

<input checked="" type="checkbox"/> Licensed, insured and bonded to adhere to your insurance policies	<input checked="" type="checkbox"/> Keyholder and mail forwarding services
<input checked="" type="checkbox"/> Interior and exterior check	<input checked="" type="checkbox"/> Security system contact
<input checked="" type="checkbox"/> Arrange and meet with servicers and contractors	<input checked="" type="checkbox"/> Lifestyle management, handyman services and more

Snowbirds | Travellers | Real Estate Agents | Builders
Remote Workers | Home Sellers | Executors | Lawyers

CONTACT US FOR TRUSTED HOME WATCH SERVICES

Calgary: +1 (403) 860-9921
Toll Free: +1 (844) 860-9921

acuityadvantage.com
info@acuityadvantage.com





Everything you deserve in retirement.



THE MANOR VILLAGE
LIFE CENTERS™
AT SIGNATURE PARK

Restaurant & chef

Social connections: activities, fitness & theatre

Secure 24/7 monitoring & support

Travel bus for shopping & outings

Locally owned & operated

Maintenance free with housekeeping services

1 & 2 bedroom renovated suites with full kitchens & laundry



What's in your future?

Call Terry for your personal tour 403-288-6266
Mention promo code 'Signature' for a special incentive



SOLAR YYC

CALGARY'S TOP RATED SOLAR INSTALLER SINCE 2016.



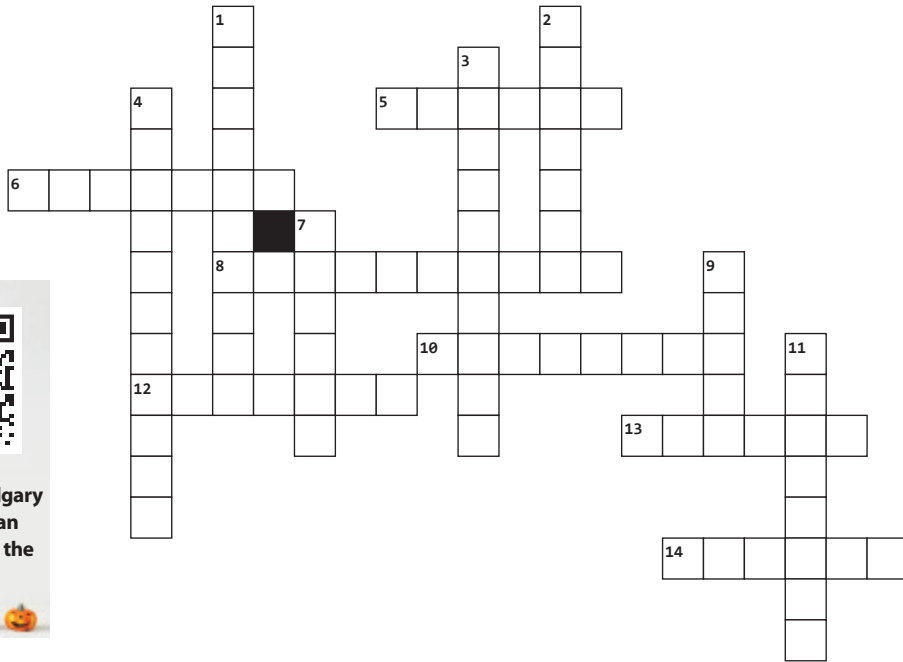
FREE QUOTE

www.solaryyc.ca

587-296-7375

TRUSTED. LOCAL. EXPERIENCED.

October Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Across

- Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World _____ Day.
- In October, Canadians commemorate Women's _____ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
- Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
- The World Series, Major League _____'s annual championship series, starts on October 25 this year.
- Dr. No*, the first movie in the *James Bond* series based on the novels by Ian _____, premiered on October 5, 1962.
- Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, _____ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
- Canadian-Belgian F1 driver, Lance _____, was born on October 29, 1998.

Down

- American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for _____ on October 13, 2016.
- Joker*, starring Oscar-winner _____ Phoenix as Arthur Fleck, was released on October 4, 2019.
- On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
- This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
- Jack-O'-Lanterns were originally carved from this root vegetable.
- Winnie-the-Pooh*, written by A.A. _____, was first published on October 14, 1926.
- October's birth flower, the _____, is a popular bright orange and yellow flower used during Día de los Muertos festivities.

Bacon And Herb Wrapped Chicken

by Jennifer Puri

Thanksgiving is a holiday when family and friends gather to express gratitude and enjoy a festive meal, which usually includes a roasted turkey.

However, bacon and herb wrapped chicken is a great option for a smaller gathering. Bacon is the key ingredient to locking in moisture and flavour and this dish pairs well with mashed potatoes, garlic green beans, broccoli, caramelized carrots, or pumpkin and cranberry sauce.



Thighs or drumsticks can be substituted instead of chicken breasts. If using chicken breasts, make sure that each piece is roughly the same size, approximately four to five ounces.

Prep Time: 15 minutes

Cook Time: 30 to 40 minutes

Servings: 4

Ingredients:

- 4 skinless chicken breasts, 4-5 oz. each
- 12 thin slices of bacon
- 2 tbsp. olive oil
- 1/3 cup maple syrup
- 2 tsps. Dijon mustard
- 2 garlic cloves, finely chopped
- 1/2 tsp. of salt
- 1/4 tsp. of coarsely ground black pepper
- 1 tbsp. finely chopped parsley
- 1 tbsp. finely chopped thyme

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- In a small bowl, mix together olive oil, garlic, maple syrup, Dijon mustard, parsley, thyme, salt, and pepper.

- Place the chicken breasts on a cutting board and brush the olive oil mixture over each one making sure that each side of the breast is covered. Wrap two to three slices of bacon around each breast and then place them seam side down on a foil covered baking pan or tray.
- Drizzle any leftover olive oil mixture over the breasts and then bake for 30 to 40 minutes or until chicken is cooked and the bacon is crisp. Insert a meat thermometer in the thickest part of the breast to check if chicken is cooked through, which should be at least 165 degrees Fahrenheit.
- Allow the chicken to rest for a few minutes and garnish with parsley before serving.



Bon Appétit!

DUNCAN LAW

Impeccable Legal Advice.

- ▶ Personal Injury
- ▶ Real Estate
- ▶ Wills & Estates
- ▶ Family Law

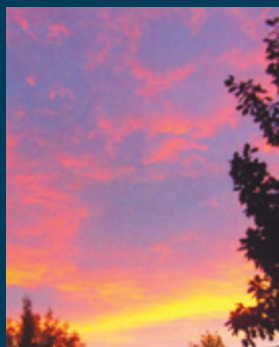
Conveniently located in Aspen Landing

Phone: 403.300.0870 | DuncanLawYYC.ca

PHOTO
GALLERY by Nyckie Rea



A deer represents the importance of balance.



Each day is born with a sunrise.



The fruit of the vine has always been a symbol of the good life.

All About Low Blood Pressure

by Alberta Health Services



Blood pressure is a measure of how hard blood pushes against the walls of your arteries as it moves through your body. Low blood pressure means that your blood pressure is lower than normal. It's also called hypotension.

In healthy adults, low blood pressure may not cause problems or symptoms. In fact, it may be normal for you. But if your blood pressure drops suddenly or causes symptoms like dizziness or fainting, it is too low.

In general, low blood pressure symptoms happen when blood pressure is less than 90/60.

The Causes of Low Blood Pressure

Often people learn that they have low blood pressure when their doctor checks it. Or you may find that you

have low blood pressure when you check it at home. To check for the causes of your low blood pressure, your doctor will ask about your past health, your symptoms, and the medications you take. You will have a physical exam, and other tests may be done. Your doctor may check for another health problem that could be causing your low blood pressure.

Some causes of low blood pressure include:

- Getting up quickly after you sit or lie down. This can cause a quick drop in blood pressure called orthostatic hypotension.
- Standing for a long time.
- Not drinking enough fluids (dehydration).
- Medications. Examples are high blood pressure medicine or other heart medicines.
- Health problems. Examples are thyroid disease, severe infection, and neuropathy.
- Trauma. Examples are major bleeding and bad burns.

Symptoms of Low Blood Pressure

Many people with low blood pressure don't have any symptoms. Symptoms to watch for include:

- Feeling dizzy, light-headed, or faint.
- Feeling sick to your stomach or vomiting.
- Feeling more thirsty than usual.
- Having blurry vision.
- Feeling weak.
- Being confused.
- Being tired.
- Having cold, clammy skin.
- Breathing very fast.
- Having a fast heartbeat.

If you have symptoms of low blood pressure, especially dizziness or fainting, call your doctor. Watch for symptoms of low blood pressure. Tell your doctor when the symptoms happen so they can be treated.

Prevention and Treatment

Treatment depends on your symptoms and what's causing the low blood pressure. Your doctor may have you:

- Get fluid through an intravenous (I.V.) line. This helps with dehydration.
- Change or stop medications that lower your blood pressure.

- Take medicine to treat the problem that is causing low blood pressure. For example, you may need antibiotics to treat infection or medicines to stop vomiting or diarrhea.

Your doctor may suggest that you try some ways to prevent symptoms. To reduce dizziness, you might try standing up more slowly, drinking more water, or limiting alcohol. Other ways could include:

- Add more salt to your diet.
- Drink more water.
- Drink little or no alcohol.
- Wear compression stockings.

Be sure to talk with your doctor before you add more salt to your diet. If you feel dizzy or light-headed, sit down or lie down for a few minutes. Or you can sit down and put your head between your knees. This will help your blood pressure go back to normal and help your symptoms go away. If your doctor prescribes medicine to help prevent a low blood pressure problem, take it exactly as prescribed.



Unlock Your Dream Home Now!

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




ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



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

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

by the City of Calgary

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



You'll find reminders and tips like:

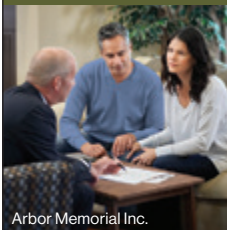
- Check your toilets, taps, humidifier, hot water heater, water softener, and other water using devices for leaks.
- Turn off your outdoor water supply and winterize your irrigation system to avoid winter leaks.
- Check the Watering 101 Guides to find out when to stop watering plants, shrubs, trees,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

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

Together, we can make every drop count.

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

The next step in your estate and retirement planning



Include final arrangements in your planning to protect your family.



Eden Brook
Funeral Home & Cemetery
by Arbor Memorial

edenbrookcemetery.ca • 403-217-3700

Arbor Memorial Inc.

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 Strathcona, Aspen Woods, and Christie Park. 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.

ASPEN WOODS MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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.

A+ CANADIAN CLEANING: A private, residential, customized cleaning service, established in 2007. References available from longstanding clientele. Got pets? No problem, we love all animals. To schedule an estimate, call or text Laura at 403-370-5885 or visit www.apluscanadiancleaning.com.

BUSINESS CLASSIFIEDS

PAINTER SERVICING ASPEN WOODS | STRATHCONA | CHRISTIE: 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.

ARROWHEAD LANDSCAPING: Monthly snow removal service. Daily service with flat rate monthly pricing. Local operator in West Calgary. Small residential driveway starting at only \$149 per month. Also servicing Estate and Acreage homesites in Springbank and Elbow Valley. Text/call 403-370-7503 or visit www.arrowheadcalgary.com for complete year-round service lists and pricing. Booking landscaping work for spring 2025.

CERTIFIED MASTER ELECTRICIAN: Terry Raabis, RME/CME, CQT - Big Sky Ventures. Call: 587-228-9371 or e-mail: bigskyventures@shaw.ca. Home renos, re-wiring, troubleshooting, vehicle charger connections, smoke and carbon monoxide detectors, service panel upgrades, and much much more! Fully licensed and insured. Customer satisfaction guaranteed. Call us for a no-charge site visit and estimate.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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.

CERTIFIED MOBILE REFLEXOLOGY THERAPIST: Specializing in hand & foot reflexology, offering natural and therapeutic sessions that enhance overall well-being. Experience stress relief, improved sleep, and enhanced circulation through the convenience of mobile services. I bring relaxation and healing to your doorstep. Monday to Saturday, 10:00 am to 8:00 pm | 403-483-4510 | www.epcreflex.com | info@epcreflex.com.

PERFECTION PRUNING: Have you been noticing that your trees and shrubs are in need of some care and attention? We can help make your yard look beautiful again! Experienced arborist with excellent climbing, pruning and removal skills. Free quotes, licensed and insured - 100% satisfaction guaranteed! Call or text Caleb at 403-660-7475. Website: www.perfectionpruning.com.

ST. MARTIN'S ANGLICAN CHURCH: Where Faith and Community Meet. 1009 Prominence Way SW. stmartinschurch.ca. Worship & Sunday School at 10:00 am. ESL Conversation Café: Tuesdays, 9:30 to 11:00 am. Sandwich Ministry Wednesdays at 1:00 pm. Coach Hill Patterson Heights Annual Coat Drive November 1 to 24.

TOP RANK TILE & STONE: "Miracles We Can Do Right Now, The Impossible May Take A Little Longer". Master Stonemason with 35+ years of experience. Specialist in tile, stone, hardwood, LVP, showers, renovations, and repairs. View previous work @[topranktileandstone](https://www.instagram.com/topranktileandstone) (Instagram). All work guaranteed ~ call Robert at 403-679-9063 or email rjhrank@gmail.com. Licensed and insured.



the Gutter Doctor 403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!



MLA Calgary - West

Mike Ellis

234 – 333 Aspen Glen Landing SW
Calgary, AB T3H 0N6

📞 403.216.5439

✉️ calgary.west@assembly.ab.ca



Councillor, Ward 6

Richard Pootmans

☎️ 403-268-1646

✉️ Eaward6@calgary.ca

🌐 Calgary.ca/ward6 X @pootmans

📷 @richardpootmans9

In response to inquiries from several constituents regarding the noise study for the Discovery Ridge community, I provide the following information.

Noise attenuation along the Calgary Ring Road is constructed only where warranted based on provincial guidelines. To date, warranted noise attenuation for the West and Southwest Calgary Ring Road projects has already been constructed based on the design of the road and the projected noise levels.

Although no additional noise attenuation is planned for construction adjacent to the community of Discovery Ridge at this time, as per Transportation and Economic Corridors' post-construction plans, a noise study will soon be conducted to measure actual noise levels. The tentative scheduling of the study is targeted for September 2024. However, the specific dates are not yet confirmed. Efforts to include monitoring in some of the locations where residents or the public request monitoring will be part of the study. The department's contractor will endeavour to test the location(s) that will yield the loudest results for evaluation against Transportation and Economic Corridors' guidelines.

The results of the noise monitoring study will inform if and where additional noise mitigation may be considered for construction. I can confirm that staff from the Ministry of Transportation and Economic Corridors continue to work with the highway maintenance contractor to review noise concerns and will be finalizing the location(s) soon.

Further questions can be directed to Mr. Nathan Lau, Operations Engineer, at 403-297-4742, or at nathan.lau@gov.ab.ca.

The Alberta government is investing \$30 million in community-led projects that will protect public safety and critical infrastructure from drought and floods. Funding will support projects in 14 municipalities, two First Nations and one Métis settlement.

These projects will help ensure communities have access to water during extreme drought and minimize damage to homes and businesses during floods.

Happy Thanksgiving!

Hello, Ward 6,

October's traffic safety focus is pedestrian safety.

Most pedestrian collisions happen when we're rushing to get to work, school, an activity, or home.

Weather conditions and daylight changes in the fall make it harder for people to see.

When driving or cycling, be ready in case pedestrians make unexpected moves.

Never pass a stopped vehicle at a crosswalk.

Pay attention to pedestrians when turning.

Watch for children. Drive cautiously through areas where children could be walking or playing.

Be patient – especially with seniors or pedestrians with disabilities who need time to cross the road.

Pedestrians: Don't assume drivers see you. When waiting to cross a road, make sure cars have come to a stop before proceeding. Make eye contact and wave.

Don't walk distracted. Keep your head up.

Walk on sidewalks. If there's no sidewalk, walk facing traffic.

When walking to train stations, look both ways when crossing the tracks and obey traffic signals.

Use point, pause, proceed to let drivers know you're entering a crosswalk.

It's important to teach children how to safely cross the street. Practice safe crossing skills to help them learn how to navigate our streets safely.

Remind kids not to run into the street or cross between parked cars.

Help kids to identify and understand car turn signals and back up lights and to be alert for cars turning or backing up.

Teach kids to put phones, headphones, and devices down when crossing the street.

Sincerely,

Councillor Richard Pootmans

Get Noticed

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



David is our Realtor.[®]

With a successful background in sales and marketing, David's clients appreciate the value his marketing, communication, and negotiating skills bring when it's time to sell their home. David's ability to articulate the essence of a home, assess market dynamics and develop and implement a sales plan has been refined over his 10+ years in real estate.

When it's time to sell, your neighbours choose David.

Friend
Neighbour
Realtor[®]
David Pellettier

403 869 7971 | david@davidpellettier.ca | davidpellettier.ca



RE/MAX First