

OCTOBER 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

the news

BRINGING WEST SPRINGS, COUGAR RIDGE, & WENTWORTH TOGETHER



David is the Realtor[®] your neighbours trust.

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



Friend
Neighbour
Realtor[®]
David Pellettier

wscr.ca

www.evergroup.ca

ever

G R O U P

Where Productivity Meets Experience

With our marketing expertise, you'll receive maximum exposure locally, nationally, and globally, with proven results. Our results-driven approach ensures that your unique needs are not only met but exceeded. We are available 24/7 to provide personal support and draw on our extensive network of real estate professionals, industry partners, and custom builders to provide you with a world-class experience. Our intimate insights into the Calgary real estate market have earned us an impeccable track record of success. Contact us today and let us take care of you.

Let us help you find your forEVER home.
Elevate your experience.

Services

- Professional and Award Winning Photography and Videography
- Premium Floor Plans and RMS
- Professional Staging - Virtual or In-Home
- Detailed Property Exposure Book
- Social Media Campaign for Your Home
- Global and Local Network
- Geographic Targeted Marketing

Call today for your free home valuation!



Mark D. Evernden
403.829.3776

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



403-287-3958

5308 4th Street SE

T2H 1K5

info@thfireplaces.ca

www.thfireplaces.ca

Get Your Gas Fireplace Tuned Up; Fall Is On It's Way

Gas fireplace manufacturers recommend an annual clean and check by a qualified technician. Our experienced team can provide you with a thorough maintenance check for optimal performance of your fireplace with these services:

- Inspect the ignition system and check air shutter
- Clean and vacuum logs/media and burner assembly
- Clean and check the blower system
- Clean and test the thermopile, thermocouple, and pilot assembly
- Clean and test electronic ignition system
- Check gaskets and seals for leaks
- Measure valve readings for optimal operation
- Test for gas leaks
- Test for venting leaks
- Test for correct switch/thermostat operation
- Test spill switch connections and current flow
- Polish glass panel with fireplace cleaner

Service rates starting at **\$185^(+GST)**

Take advantage of this promotion before November 15, 2023.

USE CODE **"FALLSERVICES23"**

Call to book your service today!

*Does not include parts replacement cost or return trip charges.



NEW CONDOS COMING TO U/D!

University District is excited to announce a new luxury bungalow-style condo project launching this fall. We can hardly wait to share all the exciting details with you! Visit our website for more information.

UNIVERSITY
DISTRICT
— CALGARY —

myuniversitdistrict.ca

What does the WSCRCA do?

- We run youth and family related programs.
- We are your voice at City Hall. Dealing with planning and development proposals, traffic, parks and recreation, and a direct voice to our local City Councillor.
- We support community initiatives and events. Community clean up, Charity Stampede Breakfast, community garden, and so much more!

Community Association Versus Residents Association

The community of West Springs/ Cougar Ridge encompasses several subdivisions, some of which have a Residents or Homeowners Association. Both play an important, but different role, in the community.

COMMUNITY ASSOCIATION	RESIDENTS ASSOCIATION
✓ Membership is voluntary	✓ Membership is mandatory
✓ Represents all households in the WSCRCA boundaries	✓ Annual fees registered against property title. Fees must be paid in full prior to the sale of the home.
✓ Organizes community wide events and programs	✓ Maintains the landscaping and other amenities in the public green spaces for a specific subdivision

Check out our website, www.wscr.ca, for all that we do! Want to stay up to date and have early access to all our events and offerings? Become a member!

Become a West Springs Cougar Ridge Community Association Member

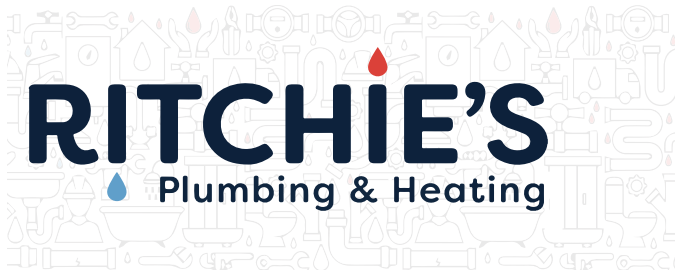
\$25 per Household or \$15 for Seniors

That gets you:

- Priority registration and discounts for WSCRCA run program and events.
- Support for a more vibrant community by supporting communitybased initiatives.
- Members only emails.
- The right to vote at the AGM if you are a WSCR resident.

You can still become a member even if you do not live in the community!

Purchase your membership online at www.wscr.ca.



Services

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

24 HOUR EMERGENCY SERVICE tel. 587 392 6486

Farm Stand Program



The city's commitment to nurturing a community of home-grown producers is bearing fruits...and vegetables!

This year, the Farm Stand Program expanded by 10 new community hubs across Calgary, giving Calgarians access to fresh, locally grown produce while supporting local growers and small businesses in the Calgary region. This initiative not only supports our local food economy but encourages us to be mindful of where our food comes from.

This Thanksgiving will mark the end of another successful season having provided local food purveyors the opportunity to sell their produce at over 30 farm stands across Calgary. Their farm-fresh food is often picked and prepared for sale straight from fields and greenhouses in less than a day, showcasing offerings from surrounding communities like Lethbridge, Olds, Carstairs, and Didsbury.

Visit calgary.ca/localfood for a list of farm stand locations near you.

Unofficial National Food



Some claim that donuts are Canada's 'unofficial national food.' This is probably because we have the highest concentration of donut shops per capita. If that isn't enough, we also consume the most donuts per capita compared to any other country in the world!



DUNCAN LAW

Impeccable
Legal Advice.

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



📍 Conveniently located in Aspen Landing

Phone: 403.300.0870 | DuncanLawYYC.ca

You're Invited

 Calgary French & International School

FALL OPEN HOUSE

OCTOBER 25TH
9 AM & 7 PM

Register at
CFIS.com





On behalf of Community Strategies & Waste and Recycling Services

Thank you, West Springs Cougar Ridge Community Association

Congratulations on a successful **Community Cleanup** on June 4th, 2023.

The weights collected for this year:

Garbage: 15,800 kg

Thank you to the Community Association and residents for your commitment to keeping our communities healthy, safe and vibrant.



ANITA MORTGAGE

AVENUE | Financial
Real Estate Solutions



**Hate Your
Renewal
Rate?
Call Me!**

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

**WSCRGA Volunteer
Positions Available**

We are looking for you!

Volunteering in your local community is a great way to learn what is happening around you, have your voice heard, and make a positive impact on those around you. This is also an opportunity for you to introduce your skills in a positive way to your community.

We have a number of volunteer positions open and are looking for you (or someone you know) to sign up.

- Board - Vice President
- Community Garden Coordinator
- Volunteer Coordinator
- Director of Building Safer Communities

You can find more information and sign up at www.wscr.ca/about-us/volunteering.

Thank you for supporting your local community!





WSCRCA Board Meetings

Meetings are typically held on the second Wednesday of every month in the upstairs community room of the Calgary Co-op on 85 Street SW, however, we are presently meeting via Zoom video conferencing. Anyone in the community is welcome to attend these meetings. If you would like to discuss a particular issue or idea, please notify our secretary by email a week before the meeting at secretary@wscr.ca.

The WSCRCA Planning and Development Committee meets on the fourth Wednesday of the month. Currently meetings are held via Zoom video conferencing. Anyone in the community is welcome to attend, and if you are interested in attending, please email planning@wscr.ca.

EXECUTIVE COMMITTEE

Position	Name	Email
President	Angelina Marian	president@wscr.ca
Vice President	Karla Gibson	vicepresident@wscr.ca
Secretary	Carrie Akister	secretary@wscr.ca
Treasurer	Tenzin Sangalabrang	treasurer@wscr.ca
Board Executive Assistant	Katie Suen	admin@wscr.ca

COMMITTEES

Committee	Director/Volunteer	Email
Building Safer Communities	Heather Zaba	safercommunity@wscr.ca
Charity Casino	Eileen Teasdale	casino@wscr.ca
Charity Stampede Director	Justin Barrett	
Communications	Heather Zaba	communications@wscr.ca
Newsletter	Brianna Norgaard	newsletter@wscr.ca
Website Editor	Caroline Anderson	
Treasurer Coordinator	Samantha See	
Community Garden	Mary MacLeod	
Community Recycling Event	Faheem Ahmed Angelina Marian	communityrecycling@wscr.ca
Membership	Eileen Teasdale	membership@wscr.ca
Sponsorship	Taiwo Adetola Latosia Campbell-Walters	sponsorship@wscr.ca
Planning and Development	Joseph Healey Linda Nesset Eileen Teasdale Denis Ho Yvonne Harper Renee Alessio	planning@wscr.ca
Soccer	Steve Berman Kimberly Paw	soccer@wscr.ca
Skating	Kimberly Paw	skating@wscr.ca
Traffic	Denis Ho	traffic@wscr.ca
Volunteers	Vacant	volunteer@wscr.ca
Directors at Large	Paul Ghazar Zoe Agashae	

WSCR Babysitters Group



You can stay in touch with your community by following us on Facebook and joining this FB Group. It's a great way to grow our community and keep up to date on what is happening in WSCR.

The WSCR Babysitters Group: A place where parents can find local babysitters, as well as where local babysitters, aged 12 to 25, can add themselves to the list to find jobs. Follow this group here: <https://www.facebook.com/groups/wscrbabysitters/>.

Follow the main WSCRCA page here: <https://www.facebook.com/wscrca/>.

FOLLOW US ON

Facebook: <https://www.facebook.com/wscrca/>

X (Twitter): @WSCRCA

Instagram: @wscrca

Website: <https://wscr.ca>

Save Today for Their Tomorrow



A Registered Education Savings Plan (RESP) is a smart way to begin saving for your child's or grandchild's education after they finish high school. It's a savings plan that's meant for the long term.

- Open a no fee RESP account to save for a child's future.
- Receive up to \$2,000 free from the Government.

RESP support is available for individuals, groups, and agencies.

Carya can help you open a free RESP account. You'll receive a \$20 gift card for helping your child grow their future.



For more information, call
403-536-6558 or email
FinancialWellness@CaryaCalgary.ca.



AUTO THEFT PREVENTION

NEVER LEAVE A VEHICLE RUNNING & UNATTENDED

INSTALL A **REMOTE STARTER** OR **STAY WITH YOUR RUNNING VEHICLE** | **DON'T LEAVE KIDS OR PETS IN A VEHICLE**

REPORT SUSPICIOUS ACTIVITY IMMEDIATELY
BY CALLING 403-266-1234

Auto thefts are crimes of opportunity.
Do your part to keep your vehicles safe.



In-Office Contest!

Please contact our clinic to learn more.

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. Harry Harder DDS
Dr. Kamea Aloha Lafontaine DMD, B.Sc
Dr. Corr Burgess DDS

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

4th Annual Movie in the Park



The 4th annual movie in the park hosted by WSCRCA was a great success this year. Our community was fortunate to have a warm and pleasant evening without any rain or wind, and we were delighted to welcome over 300 attendees to the event.

We changed it up a bit this year and had the membership vote for this year's movie. There were two clear front runners: *The Mario Movie* and *Back to the Future*. In the end, *Back to the Future* was selected and it turned out to be a great selection, even with some of the cringeworthy scenes. Next year we will consider playing part two, with the third installment in the franchise being shown in 2025.

The evening started off with the musical talents of Darcy Daniels who entertained us with some new country hits plus some old favourites. Darcy always brings the energy to our events!

Dinner was served from some of Calgary's finest food trucks. There was an amazing selection of food, desserts, and bevies for everyone.

Before the sun began to set, the outgoing president, Paul Ghazar, hosted a talent show for all ages. We had amazing dancers, guitar players, gymnasts, martial artists, and even some comedians come perform their talents. We really do have talented kids in our community! Each child received a prize for their efforts. There were even prizes for the adults throughout the evening as well. The winners received \$20 gift certificates to 722 World Bier Haus.

We are incredibly grateful for the continued support of our event's key sponsor, 722 World Bier Haus. Once again, they went the extra mile by providing bagged popcorn and refreshing, cold soft drinks for all the moviegoers. Their presence adds so much joy and excitement to our events, and we would like to extend a heartfelt thank you to 722 World Bier Haus for their ongoing support.

We would like to thank all those who attended and took their garbage off-site, leaving a clean park space. Our clean up volunteers were extremely grateful to leave soon after the event with little garbage to pick up.

This event was run by members of our community who graciously volunteered their own time. We would like to acknowledge the work that went into making this fun event such a success by the WSCR board and our volunteers.

We hope to see you and your family out next year!

Tanya Bogusky-Ghazar

WSCRCA Movie in the Park Volunteer Organizer



A BIG THANK-YOU TO OUR LOCAL SPONSORS:

Platinum Level • Fergus & Bix • Preventous Cosmetic Medicine • Servus Credit Union • 722 World Bier Haus
• Tim Hortons • Calgary French & International School • Truman

Gold Level • Blair's No Frills • CO-OP West Springs • Scotiabank • TD Bank • Time Music Studios • Telus
• Massage Experts • Ultimate Renovations • Cam Naghshineh • ReMax

Silver Level • Code Ninjas West Springs • West Springs Church

Bronze Level • Barricades & Signs • Beaners • Blink Eyewear Optometry • The Co-operators • KFC • Mercato
• Nirvana Nail Bar • Orange Theory Fitness • Shoppers Drug Mart • Momentum Health West Springs
• Homeward Bound Pet Food Delivery

Annual Sponsorship Benefits	BRONZE \$250 - \$499	SILVER \$500 - \$999	GOLD \$1,000-\$1,999	PLATINUM \$2,000 and up
Count of sponsor's promotional shares on WSCRCA social media	2	4	8	12
Count of sponsor's promotional shares via community mass email	0	2	3	4
Opportunity to sponsor major events	No	No	Yes	Yes
Logo on WSCRCA Sponsor page	Yes	Yes	Yes	Yes
Frequency of rotating logos on all WSCRCA website pages	Low	Med	High	High
Sponsor logo on event banners	Yes	Yes	Yes	Yes
Sponsor logo on all community mass emails	No	No	No	Yes
Sponsor website link on WSCRCA website	Yes	Yes	Yes	Yes
WSCRCA sticker crest provided to sponsor	Yes	Yes	Yes	Yes

Learn more about sponsoring your local WSCRCA Community Association at www.wscr.ca/sponsors.

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.

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

WEST SPRINGS



COUGAR RIDGE



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.

WEST SPRINGS COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	23	17	12	\$520,500	\$508,250
July	23	28	21	\$699,900	\$695,000
June	23	25	28	\$599,450	\$609,000
May	23	29	18	\$697,350	\$733,500
April	23	19	23	\$954,900	\$949,650
March	23	29	26	\$659,700	\$650,000
February	23	19	8	\$876,950	\$862,000
January	23	12	9	\$649,900	\$715,000
December	22	5	11	\$459,000	\$459,000
November	22	6	11	\$499,999	\$498,000
October	22	12	12	\$797,400	\$779,400
September	22	15	15	\$748,900	\$720,000

COUGAR RIDGE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	23	6	6	\$780,000	\$770,000
July	23	16	9	\$669,500	\$696,500
June	23	4	6	\$754,850	\$770,000
May	23	20	24	\$742,500	\$779,500
April	23	20	16	\$677,000	\$700,000
March	23	11	12	\$694,450	\$698,900
February	23	11	9	\$699,000	\$710,000
January	23	11	7	\$750,000	\$744,000
December	22	2	3	\$749,900	\$720,000
November	22	5	7	\$619,900	\$620,000
October	22	6	3	\$380,000	\$370,000
September	22	6	6	\$599,900	\$607,000

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

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

Warm Up this Fall with Delicious Pumpkin Soup!



As the leaves start to fall and the weather begins to cool, there's nothing quite like a warm bowl of soup to comfort and nourish you. This pumpkin soup recipe is the perfect way to enjoy the flavours of fall while staying cozy and satisfied.

Made with roasted pumpkin, aromatic spices, and a savory broth, this soup is easy to make and is bursting with flavour. Whether you're looking for a hearty lunch or a comforting dinner, this recipe is sure to please.

Grab your apron and let's get cooking!

Ingredients:

- 1 medium-sized pumpkin
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 4 cups chicken or vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- Salt and pepper to taste
- Optional toppings: croutons, sour cream, chopped parsley

Instructions:

1. Preheat the oven to 375°F. Cut the pumpkin in half and remove the seeds and pulp.
2. Brush the pumpkin halves with olive oil and place them cut side down on a baking sheet. Roast for 45 minutes or until the flesh is tender.
3. Remove the pumpkin from the oven and let it cool. Scoop out the flesh and set it aside.
4. In a large pot, sauté the onion and garlic in olive oil until they are soft and golden.
5. Add the roasted pumpkin flesh, chicken or vegetable broth, cinnamon, nutmeg, ginger, salt, and pepper to the pot. Bring to a boil.
6. Reduce the heat and let the soup simmer for 20 to 25 minutes.
7. Use an immersion blender or transfer the soup to a blender and blend until smooth.
8. Serve hot with your desired toppings.

On Demand Transit Service Update

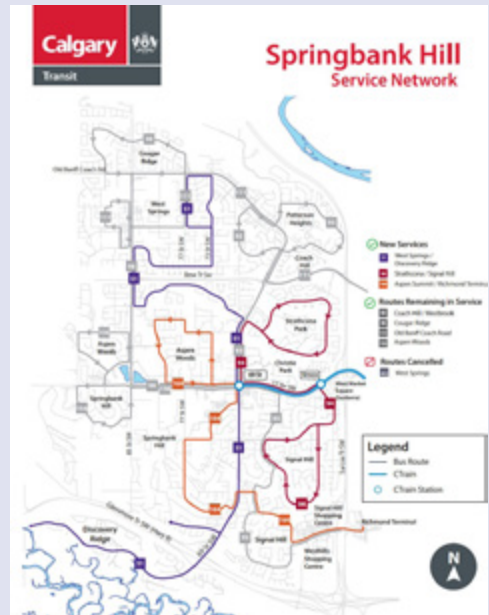
After a successful pilot of on demand transit service in Springbank Hill communities, ridership has increased to a level supporting fixed-route service.

On September 4, 2023, on demand service in Aspen Woods, Christie Park, Strathcona Park, Signal Hill, Springbank Hill, and Discovery Ridge was replaced with fixed-route service, and you'll no longer be able to book on demand trips to or from these communities. On demand will continue to provide a service in Carrington and Livingston.

The New Routes Serving Springbank Hill Are:

- Route 51 - West Springs/Discovery Ridge (replacing current route 453 - West Springs)
- Route 94 - Strathcona/Signal Hill
- Route 164 - Aspen Summit/Richmond Terminal
- Existing Routes 93 - Coach Hill/Westbrook Station, 98 - Cougar Ridge, 111 - Old Banff Coach Road, and 156 - Aspen Woods will remain unchanged.

The new route maps are available at calgarytransit.com/Fall2023.



BUSINESS CLASSIFIEDS

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 West Springs and Cougar Ridge. 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.

WESTSPRINGS | COUGAR RIDGE 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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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.

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.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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 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, hot tub connections, smoke and carbon monoxide detectors, breaker panel upgrades, and much more! Fully licensed and insured. Customer satisfaction guaranteed.

ST. MARTIN'S ANGLICAN CHURCH: 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and by Zoom). Sunday School each week. ESL conversation Tuesdays, 9:30 to 11:00 am. Free Pierogi Dinner on Oct. 21, 2023. 5pm or 7pm seatings. Go to stmartinchurch.ca/free to RSVP. Donations accepted at the dinner for Alpha House Sandwich Ministry.

Become a Member



We have strong community spirit in West Springs Cougar Ridge. Do your part and join the Community Association and, if you can, volunteer to make it even stronger – we can always use more help and it's a great way to meet residents of your community! Visit wscr.ca for more information.

Calgary Home to Western Canada's First-Of-Its-Kind Outdoor Urban Bouldering Park



A new, unique, and free-to-use climbing boulder feature is opening at Millennium Park. Working with Montreal-based climbing wall manufacturer OnSite, these climbing boulders consist of three natural rocks ranging in height from 3.6m to 4.25m and weighing between 11 to 27 metric tonnes. The boulders were installed earlier this summer and are now open for public use.

The boulders will offer routes for all skill levels as they have up to 60 established problems or climbing routes that were set by a team of talented Canadian climbers, including Sonnie Trotter who is widely regarded as one of Canada's top rock climbers, and Calgary-based Josh Muller, who has been climbing at the sport's top level for decades. Both climbers own climbing gyms and have extensive route-setting experience indoors and outdoors.

Climbers will have to bring their own crash pads, helmet, and climbing shoes. For everyone's safety and enjoyment, we ask the public to read the permanent safety advisories before using the

bouldering area. These instructions are available on the webpage and installed at the bouldering site.

In addition to these new boulders, Millennium Park is home to North America's largest skatepark, has basketball and beach volleyball courts, a stage and amphitheater for events, and more. For more information about this park, visit Calgary.ca/MillenniumPark.

Word of the Month

Arcane: *adjective* (aar-kayn)

Mysterious, obscure, or understood by few.

"He had an arcane knowledge of Vedic astrology."

SOYBEANS

Soybeans are one of the few legumes with all nine essential amino acids, meaning that they're a 'complete' source of protein. In the body, amino acids build muscle, carry nutrients, boost our immune system, and fuel chemical reactions. With uses within and outside the food industry, it's no surprise that this crop is gaining popularity!

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



The Autumn Arrival

by Tynan Worsley-Dragland

Autumn; although the leaves fall and the blossoms Recede, it is still a time of renewal.

It is time for our wondrous Canadian tradition of Hunkering down, putting snow tires on the car, and preparing for a beautiful winter.

Summer skies, the brilliant azure, turn gray to white as temperature

Plummets. We retreat into our homes, to reconcile our thoughts, to reflect.

We give thanks, to those who came before.

Our ancestors, our veterans, who walked for us to soar.

We enrich our lives, experiences, and memories to store.

Our family, our core, investing in their futures and more.

The larch trees turn from green to yellow,
Blanketing the mountain landscape with a sheet of
Glistening gold in the morning dew. Sports fans
collectively

Rejoice as winter teams start and fall ones finish with
a bang.

We celebrate our holidays; through costume,
through candlelights, through

Song. It is Autumn in Canada, let good times live
long.



Jackson
& Jackson
Landscaping

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

David is a neighbour.

David chooses to focus on building value at the heart of his neighbourhood. That is why he is the #1 REALTOR® on the Westside. He knows the value of these communities because this is where he lives, works, and plays.

David is the REALTOR® your neighbours turn to for advice and support.



When it's time to sell your home,
David is a neighbour you can count on.

Scan the QR Code to learn more.

Friend
Neighbour
Realtor®
David Pelletier

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



Real Estate (Central)