

FEBRUARY 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

# the news

BRINGING WEST SPRINGS, COUGAR RIDGE, & WENTWORTH TOGETHER



## Meet David on the Westside.

403-869-7971 | [david@davidpellettier.ca](mailto:david@davidpellettier.ca) | [davidpellettier.ca](http://davidpellettier.ca)



Friend  
Neighbour  
Realtor<sup>®</sup>  
**David Pellettier**

[wscr.ca](http://wscr.ca)

Great News Media | Call 403-720-0762 for advertising opportunities | [www.greatnewsmedia.ca](http://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

67 transactions and 66 million sold in 2023

939 42 St SW



**\$1,099,500**

MLS A2093796  
4 Bed, 3.5 Bath  
3000 sq. ft.  
Detached Garage

65 West Pt Cl SW



**\$1,229,800**

MLS A2085339  
4 Bed, 3.5 Bath  
3600 sq. ft.  
Developed Basement

82 Elbow River Rd SW



**\$2,998,000**

MLS A2085384  
4 Bed, 3.5 Bath  
8000 sq. ft.  
4 Acres of Land

Mark D. Evernden  
403.829.3776

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

# WE ARE HIRING



**TURFCARE • FOOD & BEVERAGE • GOLF SHOP  
OUTDOOR SERVICES • KITCHEN**

VARIOUS SEASONAL OPPORTUNITIES AVAILABLE PT/FT

### Create exceptional experiences this summer!

At The Glencoe Golf & Country Club you'll enjoy an inclusive and creative work environment which features:

- growth and development
- recognition and rewards
- competitive wages
- prepared meals
- golf privileges
- employee discounts

**JOIN US FEBRUARY 24 FOR OUR ONSITE CAREER FAIR!**

31002 Elbow River Drive, Calgary, AB T3Z 2T8

For more information, email [hr@glencoe.org](mailto:hr@glencoe.org) or visit [glencoejobs.org](http://glencoejobs.org).

# OFFICIAL



**PLUMBING & HEATING**

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

**\$50**

**Service Call Fee**



**403-837-4023**

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)

[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

## Take Home Whitening Kit on Special

**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  
Dr. Corr Burgess DDS**

Phone: 403.217.3100

Email: [info@imagedentalcalgary.ca](mailto:info@imagedentalcalgary.ca)

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

Services are provided by general dentists



**Image Dental**  
Family & Cosmetic Dentistry

# 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](http://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 community-based 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](http://www.wscr.ca).



## 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](http://wscr.ca) for more information.

## FOLLOW US ON

- Facebook: <https://www.facebook.com/wscrca/>
- X (Twitter): @WSCRCA
- Instagram: @wscrca
- Website: <https://wscr.ca>

## A Message from Our District 2 Community Resource Officer

I am writing you today to inform you that the wave of break and enters and car theft is still ongoing in your areas. Please make sure to do a "9 pm" routine accordingly to put the chance on your side and deter anyone to hit your property: leave a light on outside by night, lock all your doors, if you have an attached garage, lock the man door leading to your house, lock your cars - even when parked inside your garage - and do not leave anything valuable inside including the garage door opener, if you have CCTV, make sure it is in order and activate it.

Police is aware of the situation, and we are working on the matter. Feel free to send me your questions and concerns and report any suspicious activities in your neighbourhood.


Thank you very much for your cooperation and I will see you soon.

Max

Cst Lavictoire #5467

Calgary Police Service

District 2



**9 PM  
ROUTINE**

**CHECKLIST**

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

CALGARY  
POLICE  
SERVICE

## WSCRCA Soccer

With winter weather in full swing and the holiday season firmly behind us, preparations for our summer soccer program are in full swing. The WSCRCA volunteers are already well into the early planning for our 2024 program.

Early bird registration will run until the end of February, offering 30 to 40% savings.

Our program provides local community-based grassroots soccer for those born from 2014 to 2022. Our U4 and U6 age groups are gender mixed. U8 and U10 age groups offers separate programs for boys and girls.

More details can be found on our website: [www.wscr.ca/soccer/](http://www.wscr.ca/soccer/). Our program runs on volunteers, and parents fill most of these roles. Volunteer positions require little knowledge of soccer, and many positions can be shared by more than one person. It is a fun way to get out and meet neighbours and get involved in the community. WSCRCA wants our volunteers to have an enjoyable experience and provides support and instruction throughout the season.

We had a great 2023 season and are looking forward to an even better 2024.

Do not hesitate to reach out to us with any questions at [soccer@wscr.ca](mailto:soccer@wscr.ca).

Thank you in advance for your support.

*Kim Paw and Steve Berman*

WSCRCA Soccer Coordinator Volunteers



**RITCHIE'S**  
Plumbing & Heating

## Services

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

**24 HOUR EMERGENCY SERVICE** tel. 587 392 6486



### 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	Kaitlin Mitchell	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	

## 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](mailto: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](mailto:planning@wscr.ca).

## 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/>.



## At-Risk for Mental Illness Research Program

*Seeking participants for youth mental health studies*

- Do you feel something is not quite right and you are concerned about recent changes in your thoughts, behaviour or experiences?
- Are you 12-30 years old?

Our studies offer monitoring, education and/or interventions.

**For more info, please contact: 403-210-8740 or [naps@ucalgary.ca](mailto:naps@ucalgary.ca)**

*The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)*

# JACKSON & JACKSON

CUSTOMER SATISFACTION GUARANTEED

Free Estimates 403.256.9282

[www.jacksonandjacksonlandscaping.ca](http://www.jacksonandjacksonlandscaping.ca)

**WE SPECIALIZE IN ALL FORMS OF  
CONSTRUCTION & LANDSCAPE**

INCLUDING SMALLER IN-HOME PROJECTS

**Bathroom & Basement Remodeling**

**Custom Decks & Fences**

**Affordable Custom Landscape Plans**

**Stamped & Exposed Concrete**

**Retaining Walls**

## BEFORE & AFTER RENOVATION PROJECTS



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

Free Estimates 403.256.9282

[www.jacksonandjacksonlandscaping.ca](http://www.jacksonandjacksonlandscaping.ca)

## City Of Calgary Introduces New 3-1-1 Call Back Option for High Volume Call Demand

The City is officially launching a new feature for the 3-1-1 call centre today. If the expected wait is longer than one minute, the system will advise on the estimated wait time before providing the option for a call back.

The call back feature will be active on the ten-digit 403-268-CITY (2489) and 3-1-1 lines between the hours of 8:00 am to 4:30 pm, seven days a week. These hours of operation experience the highest volume of call demand resulting in longer wait times.

The City is the first jurisdiction in Western Canada to offer this 3-1-1 feature daily.

For more information, visit [calgary.ca/311](http://calgary.ca/311).

**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
December 23	7	10	\$554,900	\$538,500
November 23	12	14	\$719,900	\$715,000
October 23	24	16	\$747,450	\$741,150
September 23	11	18	\$775,000	\$768,250
August 23	15	12	\$520,500	\$508,250
July 23	24	21	\$699,900	\$695,000
June 23	24	28	\$599,450	\$609,000
May 23	27	18	\$697,350	\$733,500
April 23	19	23	\$954,900	\$949,650
March 23	29	26	\$659,700	\$650,000
February 23	18	8	\$876,950	\$862,000
January 23	12	9	\$649,900	\$715,000

## COUGAR RIDGE COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 23	7	0	\$0	\$0
November 23	2	5	\$710,000	\$703,000
October 23	3	7	\$849,900	\$865,000
September 23	16	9	\$750,000	\$750,000
August 23	6	6	\$780,000	\$770,000
July 23	15	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

To view more detailed information that comprise the above  
MLS averages please visit [wsp.mycalgary.com](http://wsp.mycalgary.com)

To view more detailed information that comprise the above  
MLS averages please visit [cgr.mycalgary.com](http://cgr.mycalgary.com)



## Seven Key Things to Make Your Relationship Work

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

What can you do to create a lasting relationship? Get a copy of John Gottman's *Seven Principles for Making Marriage Work*. Below is a sneak peek:

**Enhance your love maps.** Happy couples are very familiar with their partner's world. According to Gottman, these couples have "a richly detailed love map — my term for that part of your brain where you store all the relevant information about your partner's life." You know everything from your partner's favourite movies to what's currently stressing them out, you know some of their life dreams, and they know yours.

**Nurture fondness and admiration.** Happy couples respect each other and have a general positive view of each other. Fondness and admiration are two of the most important elements in a satisfying and long-term relationship. If these elements are completely missing, the marriage can't be saved. A helpful activity to remind couples of the partner they fell in love with is called "I appreciate." List three or more of their partner's positive characteristics along with an incident that illustrates each quality. Then read your lists to each other.

**Turn toward each other.** Romance isn't a Caribbean cruise, an expensive meal, or a lavish gift. Rather, romance lives and thrives in the everyday, little things. "Real-life romance is kept alive each time you let your partner know they are valued during the grind of everyday life." For instance, romance is leaving an encouraging text for your partner when you know they are having a bad day. Or romance is when you are running late but take a few minutes to listen to your partner's bad dream and saying that you'll discuss it later (instead of saying "I don't have time"). This might seem boring but turning toward each other in these ways is the basis for connection and passion. Couples that turn toward each other have more in their "emotional bank account." This account distinguishes happy marriages from miserable ones. Happy couples have more goodwill and positivity stored in their bank accounts, so when rough times hit, their emotional savings cushions conflicts and stressors.

**Let your partner influence you.** Happy couples are a team that considers each other's perspective and feelings.

They make decisions together and search out common ground. Letting your partner influence you isn't about having one person hold the reins, it's about honouring and respecting both people in the relationship.

**Solve your solvable problems.** There are two types of marital problems: conflicts that can be resolved and perpetual problems that can't. It's important for couples to determine which ones are which. According to Gottman, "One way to identify solvable problems is that they seem less painful, gut-wrenching, or intense than perpetual, gridlocked ones." Solvable problems are situational, and there's no underlying conflict. Gottman devised a five-step model for resolving these conflicts that can be found in his book.

**Overcome gridlock.** The goal with perpetual problems is for couples to "move from gridlock to dialogue." What usually underlies gridlock is unfulfilled dreams. "Gridlock is a sign that you have dreams for your life that aren't being addressed or respected by each other." Happy couples believe in the importance of helping each other realize their dreams. The first step in overcoming gridlock is to determine the dream or dreams that are causing your conflict. The next steps include talking to each other about your dreams, taking a break (since some of these talks can get stressful), and making peace with the problem. "The goal is to 'declaim' the issue, to try to remove the hurt so the problem stops being a source of great pain."

**Create shared meaning.** "Marriage isn't just about raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together. A culture rich with rituals, and an appreciation for your roles and goals that link you, that lead you to understand what it means to be a part of the family you have become." And that's what it means to develop shared meaning. Happy couples create a family culture that includes both of their dreams. Being open to each other's perspectives and opinions, happy couples naturally come together.

**Bonus: Intentional date nights.** If you struggle with ideas for date nights, grab a copy of Gottman's *Eight Dates*. Being intentional about having regular date nights is an important factor to continued connection.

If you need some help along the way, look for a level three trained Gottman therapist to keep you accountable and help your relationship thrive.

# 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](http://www.wscr.ca/sponsors).

## ARE YOU SEEKING A CHURCH THAT:

- places a huge focus on worship, practical Bible teaching, and prayer?
- is family-oriented?
- is lead by a celebrated author as your pastor?

***We are all of the above and so much more!***

Join Us for Weekly Sunday Service @ 11am  
Strathcona Community Centre, 277 Strathcona Dr SW, Calgary

Books by Pastor Mannie



Kings' Christian  
CENTER



(587-434-3600)



[www.kcccalgary.org](http://www.kcccalgary.org)



[kingschristiancentre](https://www.facebook.com/kingschristiancentre)



[kcccalgary](https://www.youtube.com/kcccalgary)

The Dynamics of Godly Success | The Greatest Exchange | Dating Etiquette for Singles | The High-Functioning Marriage

## Chocolate Strawberry Cups



With Valentine's Day just around the corner, what better way to treat your loved ones than with a homemade dessert? These chocolate strawberry cups are not only delicious and decadent, but also gluten-free, paleo-friendly, and vegan. They're the perfect way to show someone how much you care, and the freeze-dried strawberries add a touch of pink to make them extra festive for the occasion. So, roll up your sleeves, grab your ingredients, and get ready to impress your Valentine with these sweet treats!

### Ingredients

- ½ cup coconut oil (melted)
- ½ cup cocoa powder
- Three to four tablespoons maple syrup (to taste)
- ½ cup coconut butter (melted)
- ½ cup freeze-dried strawberries (crushed into a powder, reserve a few whole to garnish)

### Directions

1. Line a mini muffin tin with small cupcake liners.
2. Whisk together the melted coconut oil, cocoa powder, and three tablespoons of maple syrup in a liquid measuring cup. Taste the mixture and add more maple syrup if you prefer a sweeter flavour.
3. To start, pour a small amount of the chocolate mixture into each liner or mold cavity, making sure to thinly cover the bottom. Don't use more than half of the chocolate mixture for this step. Afterwards, place the liners in the refrigerator for around ten minutes to allow them to harden.
4. While the chocolate is hardening, mix together the melted coconut butter and freeze-dried strawberries. Add a tablespoon of melted coconut oil if the mixture is too thick.

5. Once the bottom layer of chocolate is hard, take about ½ teaspoon of the coconut butter mixture and place it over the chocolate. Pour enough of the chocolate mixture over the coconut butter until it is completely covered. If the remaining chocolate gets too thick at any point, warm it in the microwave for ten to fifteen seconds to remelt. Repeat the process until all the coconut butter mixture is covered. You can garnish with sprinkles or more freeze-dried strawberries if you like. Return the dish to the refrigerator to harden completely.
6. Store at cool room temperature or in the refrigerator.



**BARKER'S**  
FINE DRY CLEANING.

**PICK UP &  
DELIVERY  
SERVICES**

**403-282-2226**

## Winter is Here!

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

### GARBAGE & RECYCLING CART TIPS



Use compostable bags or place crumpled newspaper at the bottom of the cart.



Clear snow off your carts and keep lids closed.

## CALGARY MAT & LINEN SERVICES

403.279.5554  
calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

### Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



### Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

### Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



### Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies



VISIT OUR WEBSITE



CONTACT US



FIGHTCLUB MEETS NIGHTCLUB [RUMBLE] WEST 85TH  
FIRST CLASS FREE  
BOOK A SWEAT TODAY!  
UNIT 420, 8560 8A AVENUE SW, CALGARY, ALBERTA T3H 1T1

# 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|COUGARRIDGEMORTGAGEBROKER:** 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.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**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.

**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, GST, Payroll, WCB, Filing, and T4 Filings.

**WESTSPRINGS | COUGAR RIDGE PAINTER:** 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 Gavin for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. [www.fivestarpainting.com](http://www.fivestarpainting.com).

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up /Drop-Off Service Available.

**CERTIFIED MASTER ELECTRICIAN:** Terry Raabis, RME/ CME, CQT – Big Sky Ventures. Call: 587-228-9371 or e-mail: [bigskyventures@shaw.ca](mailto: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.

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

**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](http://www.cejelectric.com) or call Clayton at 403-970-5441.

**ST. MARTIN'S CHURCH:** An Anglican Community: 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and on Zoom). Sunday School each week. ESL Conversation Club on Tuesdays from 9:30 to 11:00 am. Sandwich Making - Wednesdays at 1:00 pm. Easter Services: Good Friday - 10:00 am and Easter Sunday - 10:00 am.

# WSCRCA 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 to 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.

- Community Garden Coordinator
- Director of Building Safer Communities

You can find more information and sign up at [www.wscr.ca/about-us/volunteering](http://www.wscr.ca/about-us/volunteering).

Thank you for supporting your local community!



# 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](mailto:sales@greatnewsmedia.ca)



**GREAT NEWS MEDIA**  
LEADERS IN COMMUNITY FOCUSED MARKETING



**RINGETTE PROVIDES AN OPPORTUNITY TO...**

- ✓ DISCOVER NEW SKILLS
- ✓ BE PART OF A TEAM
- ✓ MAKE FRIENDS
- ✓ GET ACTIVE
- ✓ HAVE FUN



**COMETRYRINGETTE.CA**

**REGISTER HERE**




April is Come Try Ringette month, and there will be many sessions in Calgary.



## Hate Your Renewal Rate? Call Me!

Expert advice  
Excellent rates  
Many options  
Better mortgages




# ANITA

403-771-8771

[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

Licensed by Avenue Financial

"This is not about being superhuman – this is about realizing that being human is super!" –Sadhguru

# Inner Engineering

Technologies for Wellbeing

An experiential step-by-step process with the power  
to transform your life with the essence of Yoga.

## Explore your full potential

- Relieve chronic diseases
- Increase productivity
- Eliminate stress
- Enhance relationships

Inner Engineering Total  
4-day program  
Conducted by a trained instructor

This program is designed by Sadhguru, yogi, visionary and foremost authority on yoga. Sadhguru's work has touched the lives of millions worldwide through his transformational programs.



### Venue Address

Parkdale Community Centre,  
3512 - 5 Avenue NW,  
Calgary, AB T2N 0V7

### Dates and Timings

March 28-31, 2024  
Thursday & Friday: 6:30 PM-9:45 PM  
Saturday: 8:30 AM-7:00 PM  
Sunday: 7:30 AM-7:00 PM



**Free Introductory Talk:** Thursday 6:30 - 7:30PM

587-997-7805 <https://isha.us/calgary>

No prerequisite required. Isha Foundation is a Registered Charity, under Canada Revenue Agency (CRA) guidelines.

isha



# David is a neighbour.

David fosters relationships built on mutual respect, relationships you can confide in, count on and trust. David believes we all play a role in representing and contributing to the value and strength of our communities. As a resident Realtor, David knows first-hand the value of these communities and loves celebrating and selling our merits.

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

Friend  
Neighbour  
Realtor®  
**David Pelletier**

403-869-7971 | [david@davidpelletier.ca](mailto:david@davidpelletier.ca) | [davidpelletier.ca](http://davidpelletier.ca)



RE/MAX First