

OCTOBER 2026

DELIVERED MONTHLY TO 7,800 HOUSEHOLDS

The Gazette



THE OFFICIAL STRATHCONA, CHRISTIE & ASPEN COMMUNITY NEWSLETTER



TED GREENHOUGH

RE/MAX Realty Professionals

📞 403-973-9730

Ted Greenhough
REALTOR®

Your area resident expert for over 20 years.

www.scacalgary.ca

LEARN MORE





#1 Advisor C21 Bamber

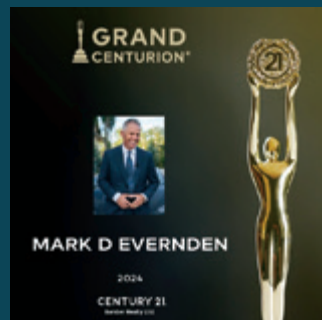
#8 Advisor C21 Canada

Top 1% C21 Canada

850+ families served

(Sourced from Century 21 System)

CENTURY 21
Bamber Realty Ltd.



Our Services

Professional
Photography/
Videography/Aerials

Digital Marketing
Print Materials
Global Exposure

183 Pinebrook Way SW



\$3,990,000

6 bed, 4.5 bath | MLS# A2331351

40 Blueridge Bay



\$2,500,000

7 bed, 6.5 bath | 2 Acres | MLS# A2315715

116 Hawks Landing Drive



\$2,799,000

5 bed, 5.5 bath | MLS# A2337094

"YOUR HOME"



**Call me directly for a listing
evaluation with NO obligation**

Mark D. Evernden | 403.829.3776
www.everrealestate.ca

DIVORCE SOLUTIONS

for Professionals and Business Owners



- Dividing High-Value Family Real Estate
- Resolving Spousal Support
- Parenting Disputes Within High Net-Worth Families
- Analysis of Family Business

 403-705-1109

 advantagefamilylaw.com

 info@advantagefamilylaw.com



*Christopher Bungay,
Divorce Lawyer*

OFFICIAL

PLUMBING & HEATING



Furnace and A/C Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

\$50

Service Call Fee



403-837-4023

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

Kidney Car

Trusted
for over
30 years

TURN YOUR UNWANTED VEHICLE
INTO A LIFE SAVING MACHINE!



Fast Free Towing | Valuable Tax Receipt



Donate your vehicle TODAY!



**kidney
car**

kidneycar.ca

Calgary: 403-279-7707



- ☑ Eco-Friendly/Non-Toxic PERMASEAL
- ☑ Prevents flat tires before they happen
- ☑ Completely seals a tire puncture up to ½ inch/1.27 centimetres while you drive
- ☑ Avoid the inconvenience and risk of being stuck on the side of the road.
- ☑ Saves you money by increasing tire life and reducing fuel consumption!

Find us on our Facebook page: [Richtin, Calgary, AB.](#)   

Don't Ruin Your Day with a Flat Tire!

Protect yourself, your passengers,
and loved ones with **PERMASEAL**
tire sealant!

With **PERMASEAL There Are No More
Flats Guaranteed! Backed by our
repair/replacement warranty.**

Permaseal Tire Sealant is available
for Trailers and RVs. We also have
commercial fleet solutions.

BOOK AN APPOINTMENT

☎ 780-966-7009

✉ sales@richtin.ca

🌐 richtin.ca



MOUNTAIN
GOAT BOOKS

You deserve a
neighbourhood
bookstore.



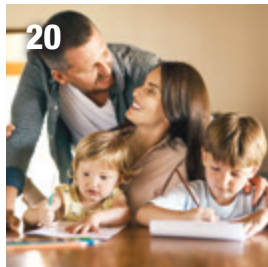
OPENING IN GREENWICH VILLAGE

across from Calgary Farmers' Market West
Visit us online at mountaingoatbooks.ca



CONTENTS

- 9 SCA EVENTS
- 10 SAFE AND SOUND: HALLOWEEN SAFETY
- 15 SCA FALL 2026 SCHEDULE
- 20 MENTAL HEALTH MOMENT: HEALTHY RELATIONSHIP FOR OUR CHILDREN
- 24 RESIDENT PERSPECTIVES: HALLOWEEN DECORATIONS AND WILDLIFE
- 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	Bob Schmal
Treasurer	Geoff Kalyniuk
Secretary, Community Engagement	Vacant
Traffic and Development	Carrie Stewart
Education and Integration	Davood Khairkhah
Director at Large	Stuart Turner
Director at Large	Jeff Watson
Director at Large	Jordan Maretzki

SCA OFFICE STAFF

General Manager	Robyn Long
Event Coordinator	Sherry Norman
Line Dance Instructor	Peggy Reine
Tai Chi Instructor	Adrian Buzcek
Finance Manager	Cheryl Yowney
Welomaster and Tech	Michael Smith

Contact us at info@scacalgary.ca

ELECTED REPRESENTATIVES

David McKenzie MP, Calgary Signal Hill	David.Mckenzie@parl.gc.ca 403-292-6666
Mike Ellis MLA, Calgary West	Calgary.west@assembly.ab.ca 403-216-5439
John Pantazopoulos Councillor, Ward 6	Ward6@calgary.ca 403-268-1380
Patricia Bolger Public School Trustee	
Lory Fontana-Iovinelli Separate School Trustee	Lory.iovinelli@cssd.ab.ca

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f

Any help is appreciated ♥



Bog Method

Did you know? The process of flooding a cranberry field to gather the fruits that float to the top is called the "bog method." With cranberries in season farmers are hard at work harvesting those delicious berries.



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: \$17,679

SALE \$13,879
Limited Supplies

SUPREME 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
- Tile 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 new corner caddy with 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$20,679

SALE \$15,679
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

Learn more about your Calgary Catholic School District Board of Trustees!

A Season of Faith, Gratitude, and New Beginnings

October is a beautiful month in our Catholic school communities, a time of thanksgiving, celebration, and renewed purpose. This year, it also marks an exciting new chapter for the Calgary Catholic School District (CCSD) as we welcomed Jessica Thomas as our new chief superintendent, effective September 1. Jessica brings nearly three decades of experience with CCSD, serving our district as a teacher, school administrator, and district leader. Throughout those years, one thing has remained constant: her commitment to students, staff, families, and Catholic education. There is a wonderful sense of excitement and momentum as Jessica begins this new chapter of leadership. Her vision to elevate CCSD builds upon our board priorities, and the strong foundation already present across our district, while looking ahead with faith, compassion, and purpose.

On October 23, our Catholic community will gather at St. Mary's Cathedral for Chief Superintendent Thomas' Installation Mass, where Bishop William McGrattan will offer a special blessing upon her. There is something particularly meaningful about beginning leadership in this way. It reminds us that leadership in Catholic education is not simply a position, it is a call to serve. We pray that Superintendent Thomas will be blessed with wisdom, courage, and grace as she leads our district and most importantly, the students entrusted to our care. October also gives us the opportunity to celebrate

Catholic Education Week from October 17 to 23, and the extraordinary gift of Catholic education. Every day, faith comes alive in our classrooms, hallways, playgrounds, and acts of service. Our students are learning not only about the world around them, but also about who God calls them to be. That is the beauty of Catholic education: Christ is present in our learning, our relationships, and our care for one another. It is fitting that this celebration comes during the Thanksgiving season. As Catholics, gratitude is more than saying thank you for the blessings we have received. It invites us to recognize God within those blessings and to share our gifts with others. This Thanksgiving, I am especially grateful for the people who make CCSD the community it is: our remarkable students, dedicated staff, families, clergy, parish partners, and all those who give of themselves each day so that children can flourish. As we gather around our Thanksgiving tables, may we remember that some of God's greatest blessings are not things at all, they are the people sitting beside us.

"Give thanks to the Lord, for he is good; his love endures forever." Psalm 107:1

From the CCSD Board of Trustees, may God bless you and your families with a joyful and grace-filled Thanksgiving.

Lory Iovinelli,

Board Chair, Calgary Catholic School District

Word of the Month

Deipnosophist: Noun (*dighp-noss-uh-fist*)

A person skilled in table talk.

"I host a monthly dinner for my friends; they are quite the deipnosophists".



EVENTS

The Great Pumpkin Carnival

Friday, October 30

5:00 to 7:30 pm

Step right up for a spooktacular night of carnival fun, laughter, and Halloween excitement for the whole family!

Get ready for an unforgettable evening filled with carnival games, exciting activities, pumpkin giveaway, fantastic prizes, and plenty of candy! Come early as the first 200 SCA CA members through the door will receive a free hotdog and pop.

It is the perfect opportunity to make memories, enjoy some Halloween magic and celebrate together as a community. Grab your costumes, bring your Halloween spirit and get ready to play, eat, laugh, win prizes and have a frightfully good time!

All children must be accompanied by an adult.

This event is free to SCA Members and their families.

The cost for non-members is \$20. Visit www.scacalgary.ca to become a SCA Member.

We need volunteers! If you are able to help, visit www.scacalgary.ca to sign up!

Take Action Against Radon

Thursday, November 12 (Online and In-person)

7:00 pm

Residents of SCA Community are invited to protect their health by testing their homes for radon this winter with the 100 Radon Test Kit Challenge. All participants are invited to join us for a free Radon Information Session. Those who have registered will receive a free radon test (limited amount available). The information session will cover the health effects of radon, why it's a concern in the area, and what Health Canada recommends for homeowners. Only 100 free kits are available, and registration will open in October. Check www.takeactiononradon.ca/100-radon-test-kit-challenge/ for details.

SCA CA Seniors Dance

Friday, November 27

7:00 to 10:00 pm. Doors open at 6:30 pm.

Save the Date! Join us for the seniors Fall Moonlight Dance. More information to follow.

SCA CA Christmas Craft Fair

December 5

Save the Date! More information to follow.

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.

Babysitter List

If you are a babysitter and would like to have your name included in the Babysitter List, please have your parents email request along with Member ID number to: info@scacalgary.ca. Membership Required.

If you need a babysitter and would like to receive the Babysitter List, please email request along with your Member ID number to: info@scacalgary.ca. Membership Required.

Follow us on Facebook and Instagram



the Gutter Doctor Home Exterior Services

Gutter Clean/Fix/Install • Leaf Screens
Window Cleaning • Fascia/Soffit/Siding
Pressure/Soft Wash • Cladding
Permanent Lights • Roofing

Senior Discount • Warranty • WCB • Insured

403-714-0711 • gutterdoctor.ca

Halloween Safety

by Alberta Health Services



As a supporter of Calgary's Child Magazine's Partners for Safety initiative, Emergency Health Services (EHS) Alberta would like to remind parents and trick-or-treaters of important 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 at well-lit corners. It is safest to work your way up one side of the street and then cross once to the other side.
- You may choose to avoid houses that are not well lit. Do not accept rides from strangers or enter any home where you feel unsafe.
- Let your parents know where you are going and what route you plan to take. Let them know if you will be late returning home.

Parents

- Be certain that an adult accompanies young trick-or-treaters. Older children should stay in groups.
- Predetermine the boundaries for trick-or-treating and

establish a time for children to return home.

- Advise children not to eat anything until they return home. Dispose of any items that have been tampered with or are not properly wrapped.

Costumes

- Choose brightly coloured costumes that are highly visible. Adding reflective tape to costumes can further increase visibility.
- Consider sending your children with a flashlight for additional safety and visibility.
- When purchasing or making costumes, look for materials and accessories labelled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic makeup 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 extend below your child's ankles.
- Ensure your child is wearing adequate footwear that takes the weather conditions and walking into consideration.



LEN T WONG + ASSOCIATES

RE/MAX
— COMPLETE REALTY —



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

*Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	26	27	18	\$1,032,450	\$1,014,500
July	26	29	18	\$729,400	\$722,000
June	26	19	17	\$1,250,000	\$1,192,000
May	26	26	21	\$1,125,000	\$1,098,000
April	26	19	18	\$974,000	\$943,000
March	26	23	12	\$1,144,950	\$1,094,000
February	26	13	10	\$582,400	\$578,000
January	26	13	6	\$1,085,000	\$1,135,000
December	25	4	6	\$764,950	\$755,000
November	25	6	10	\$789,950	\$774,500
October	25	15	15	\$899,990	\$865,000
September	25	21	18	\$566,250	\$557,500

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



Programs

Pre-School 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 5 to 12

Before and after school care

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

Children and Youth Programs

Calgary Young People's Theatre (CYPT)

Ages 8 to 18

Monday, Tuesday and Thursday evenings.

For more information or to register contact www.cypt.ca.

Girl Guides - Sunset Hills Guiding

Ages 5 to 17

Sunday, Monday, and Wednesday evenings.

For more information or to register contact www.girlguides.ca.

Girls that Math

Grades 5 and 6

Wednesday evenings.

For more information or to register contact www.numbersinbloom.com.

King Dancing Inc.

Ages 4 to 12

Tuesday and Thursday evenings.

For more information or to register contact www.kingdancinginc.com/registration.

Mount Royal Karate

Ages 7 to 17

Monday and Wednesday evenings.

For more information or to register contact Jeffrey Jukes at 403-228-5039.

Scouts Canada

Ages 11 to 14

Thursday evenings.

For more information or to register contact www.scouts.ca or strathcona215gc@gmail.com.

Sportball

Parents and Child (16 months to 3 years)

Children (Ages 3 to 5)

Tuesday mornings and Wednesday afternoons.

Contact www.sportball.com to register.

The Children's Studio—New! Coming this November

Children's Art Workshops

Ages 4 to 8

Monday evenings.

Contact www.thechildrensstudio.ca to register.

Adult and Senior Programs

Art Classes

Adults

Tuesday and Thursday mornings.

Contact karinrichter@shaw.ca for more information or to register.

Calgary Line Dance

Adults and Seniors

Wednesday mornings.

Contact mary.rochfort@icloud.com for more information or to register.

Chair Yoga

Older Adults

Monday afternoons and Wednesday mornings.

Contact sherrynormanyoga@gmail.com for more information or to register.

Chinook Country Line Dance

Adults

Tuesday evenings.

Contact 403-988-0973 for more information or to register.

Gentle but Strong Yoga

Adults

Thursday evenings.

Contact mjgerlitz@gmail.com for more information or to join.

Gentle Flow Yoga

Adults

Wednesday evenings.

Message 403-771-8951 to join or for more information.

Jazzercise—Mention this ad for one free class

Adults and Seniors

Monday, Wednesday, and Friday mornings.

For more information or pricing options, contact Maureen at jazzstrathcona@gmail.com or 403-461-7694.

Mount Royal Karate

Adults and Seniors

Monday and Wednesday evenings.

For more information or to register contact Jeffrey Jukes at 403-228-5039.

SCA Line Dance

Adults and Seniors

Wednesday afternoons.

To register, please visit our website www.scacalgary.ca/community-programs.

SCA Line Dance Drop-In

Adults and Seniors

Friday afternoons.

To register, please visit our website www.scacalgary.ca/community-programs.

SCA Tai Chi

Adults and Seniors

Monday and Wednesday afternoons.

To register, please visit our website www.scacalgary.ca/community-programs.

SitFit Yoga

Older Adults

Friday mornings.

For more information or to register contact sherrynormanyoga@gmail.com.

West Hillhurst Toastmasters

Monday evenings.

For more information, please contact us at 403-470-2005. Visit www.westhillstoastmasters.easy-speak.org.

Zumba

Adults

Thursday evenings.

For more information or to register contact Andrea at 403-816-6897.



DUNCAN LAW

**Impeccable
Legal Advice.**

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



📍 Conveniently located in Aspen Landing
Phone: 403.300.0870 | DuncanLawYYC.ca



**Give Your Parents
Comfort with a
Reverse Mortgage**

- ✓ Extra income, no monthly payments
- ✓ Stay in the home they love
- ✓ Leave a living inheritance

Call today to give them freedom and peace of mind.



**ANITA
RUSSELL** **403-771-8771**
anita@anitamortgage.ca



THE MORTGAGE GROUP

Thankfulness in the Everyday

by Rebecca Pink



October invites us to think about gratitude and all the things that we are grateful for. It can be meaningful to pause and reflect on the moments that stay with us, and become a part of us. So often, they aren't the big, planned out moments, or the stuff you have accumulated over time. Have you ever noticed that some of the moments you're most grateful for, are often the simplest, most spontaneous, or most genuine ones?

Sometimes, what stays with us is the feeling of an experience more than the experience itself. The laughter, the unexpected conversation, a great meal together, and in my house, the beautiful messiness of everyday life. These are the memories that stay with us, not because they were perfect, but because they were lived. They become the treasures that never gather dust, quietly weaving themselves into our stories.

The challenge is that when we're busy, overwhelmed, or anxious, our attention can so easily move toward what's next. We anticipate, plan, problem-solve, and manage, sometimes leaving less room to notice what is happening right in front of us. We can spend so much time anticipating

the future, or reliving the past, that we can miss what is happening right in front of us. There is nothing unusual about this; our minds are simply trying to keep up with the demands of life.

Being present doesn't always come naturally; it takes intention. Sometimes it is as simple as putting down the phone, taking a deep breath, looking around, and allowing ourselves to actually take in what is happening. This may be part of the experience of thankfulness, too. Not simply identifying what we appreciate but being present enough to experience it.

As thanksgiving approaches, maybe we don't need to search for something extraordinary to be grateful for. Maybe we simply need to slow down enough to notice what is already here.

An ordinary moment can become a lasting memory, one that still makes you smile years later and brings you back to the people and the experiences that matter most. Looking back, those are often the moments I feel most thankful for. Happy Thanksgiving and Happy Spooky Season!

SCA Fall 2026 Schedule

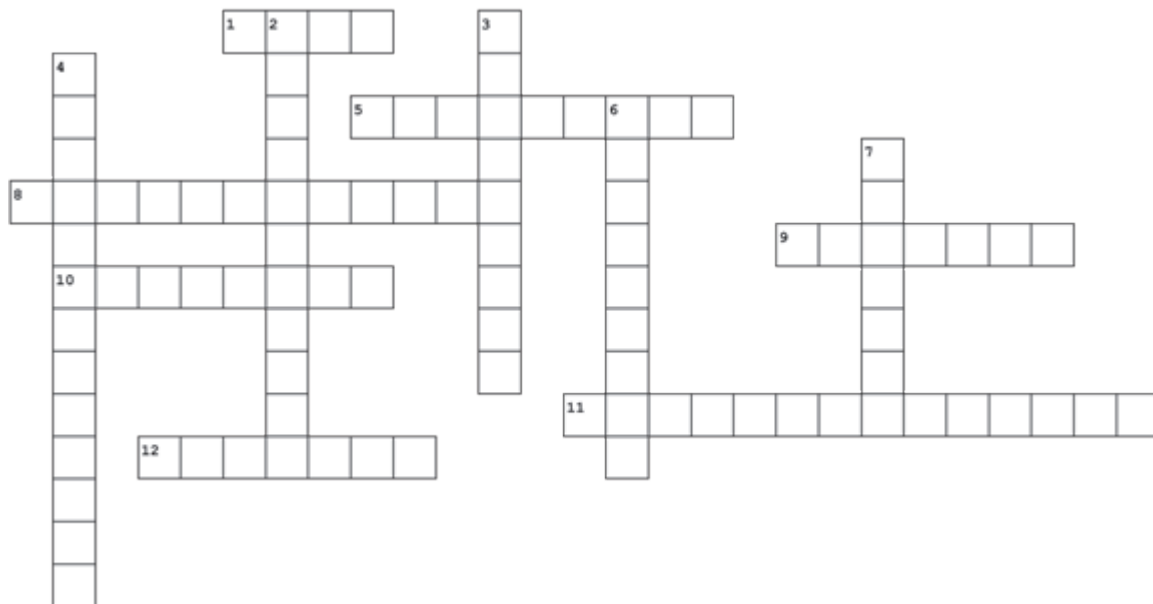
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jazzercise, 9:30 to 10:30 am	Sportball: Parents and Child (16 months to 3 years), 9:30 to 10:15 am	Jazzercise, 9:30 to 10:30 am	Gentle but Strong Yoga, 12:00 to 1:15 pm	Jazzercise, 9:30 to 10:30 am
Chair Yoga: (Seated Only), 12:00 pm to 1:00 pm	Sportball (ages 3 to 5 years), 10:15 to 11:15 am	Tai Chi: Continuing 2, 10:00 am to 12:00 pm	King Dance: Kids Dance Combo (ages 4 to 7), 4:15 to 5:15 pm	SitFit Yoga, 11:00 am to 12:00 pm
Chair Yoga: Beginner, 1:15 to 2:15 pm	Adult Art Class: Water Colour, 1:00 to 3:30 pm	Chair Yoga: Intermediate, 11:00 am to 12:00 pm	Zumba, 5:15 to 6:15 pm	SCA Drop-In Line Dancing, 1:00 to 2:00 pm
Tai Chi: Continuing 1, 1:30 to 2:30 pm	Chinook Country Line Dancers, 6:00 to 8:30 pm	Calgary Line Dancers, 1:00 to 3:00 pm	King Dance: 40+ Jazz and Hip Hop, 5:30 to 6:30 pm	
Tai Chi: Basic, 1:30 to 2:30 pm	King Dancing: Junior Teen Dance, 6:30 to 7:30 pm	SCA Line Dancing: Improver 2/3, 1:00 to 2:00 pm	Scouts (11 to 14 years), 6:30 to 8:00 pm	
Calgary Young People's Theatre, 5:00 to 7:00 pm	Calgary Young People's Theatre, 6:30 to 8:30 pm	SCA Line Dancing: Beginner Plus, 2:00 to 3:00 pm	Calgary Young People's Theatre, 6:15 to 8:30 pm	
Mount Royal Karate, 6:30 to 8:30 pm		SCA Line Dancing: Beginner, 3:00 to 4:00 pm		
Toastmasters, 7:30 to 9:15 pm		Sportball (ages 3 to 5), 4:15 to 5:15 pm		
Coming November! Children's Art Workshops, 5:00 to 7:00 pm		Sportball: Parent and Child (16 months to 3 years), 5:15 to 6:00 pm		
		Girls that Math, 5:00 to 7:00 pm		
		Mount Royal Karate, 6:30 to 8:30 pm		
		Gentle Flow Yoga, 7:30 to 8:30 pm		

Services

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

24 HOUR EMERGENCY SERVICE tel. 587 392 6486

October Crossword



Across

1. Known as October's birth stone, this iridescent gem is sometimes worn by artists to inspire creativity.
5. These tall, friendly faces are full of straw and often seen in the middle of corn fields.
8. Celebrated this year on October 12, this holiday encourages generosity, connection, and the consumption of a delicious meal.
9. This large orange squash is traditionally carved the night before Halloween
10. Twists and turns; this fall activity is generally held in large fields of a certain tall grain.
11. This Oscar-winning actress was the "final girl" in the classic horror movie series, *Halloween*.
12. Known as the Greek Goddess of harvest, she is the mother to Persephone.

Down

2. Bright red and sour, the seeds of this fruit were consumed by Persephone in Greek mythos.
3. These bright yellow and red flowers are the birth flowers of October, representing joy, warmth, and remembrance.
4. Horace Walpole's *The Castle of Otranto*, published in 1764, is most famously known as the first novel of this literary genre.
6. "In Rainbows" an album released October 10, 2007, was the seventh studio album for this alternative rock band.
7. This monster has a variety of features but is most often depicted with long fangs and red eyes.



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

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our Innovative Consumer Programs



LEN T WONG + ASSOCIATES

RE/MAX
COMPLETE REALTY



Call or Text 📞 403-606-8888 ✉ len@lentwong.com 🌐 www.homes-calgary.ca 📱 calgaryluxuryhomesearch.com

*Terms and Conditions apply.

STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	26	11	8	\$1,064,500	\$1,043,500
July	26	10	10	\$909,945	\$900,000
June	26	13	13	\$624,900	\$635,000
May	26	14	5	\$789,000	\$795,000
April	26	9	8	\$906,950	\$914,250
March	26	9	6	\$899,000	\$917,500
February	26	6	7	\$850,000	\$815,000
January	26	7	6	\$852,450	\$844,000
December	25	1	3	\$819,900	\$803,000
November	25	4	8	\$649,900	\$648,000
October	25	10	8	\$837,450	\$842,250
September	25	5	8	\$824,950	\$803,500

CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	26	1	3	\$849,000	\$800,000
July	26	3	2	\$1,147,450	\$1,082,000
June	26	3	4	\$1,129,450	\$1,104,250
May	26	7	4	\$1,173,950	\$1,169,250
April	26	3	6	\$684,900	\$661,250
March	26	6	3	\$675,000	\$660,000
February	26	0	2	\$899,950	\$896,700
January	26	4	0	\$0	\$0
December	25	0	2	\$585,000	\$580,000
November	25	3	3	\$450,000	\$440,000
October	25	2	0	\$0	\$0
September	25	4	5	\$799,900	\$773,000

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

Community News

\$20 Annual Family Membership

SCA membership fees are only \$20 per family to encourage as many residents as possible to enjoy the benefits of community membership:

- Summer access to the SCA CA tennis courts in Strathcona and Christie.
- Winter access to the SCA CA ice rink and skating pond.
- Free admission to special events and activities.
- Ability to register with many sports organizations that require community memberships.
- Satisfaction of supporting and belonging to our great community.
- Monthly email updates and information about upcoming events.

Visit our website to purchase.



Rink Volunteers Welcome

Join our great groups of rink volunteers and lend a hand maintaining the ice this winter. Give as much or as little time as you can. Many hands make light work! If you can help, please email info@scacalgary.ca.



Joke of the Month

*How do you repair a
broken jack-o'-lantern?*

Use a pumpkin patch!



NEW PATIENTS WELCOME

Family & Walk-in Care

Discovery Ridge Medical
is now **accepting new
patients** and offering **walk-in
appointments**

Suite #726, 10 Discovery Ridge Hill SW

(403) 259-2709



Healthy Relationship for our Children

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



How Does My Relationship with My Partner Affect My Children?

Children learn about relationships long before they begin having relationships of their own. They watch how their parents speak to one another, handle disagreements, show affection, repair hurts, and navigate life's challenges. The relationship between parents becomes one of the first models children have for understanding what love, safety, trust, and partnership look like.

A healthy marriage does not mean a marriage without conflict. In fact, children can benefit from seeing that disagreements are a normal part of relationships when those disagreements are handled with respect and ultimately repaired.

Children Feel Safer When Their Parents' Relationship Feels Secure

A strong parental relationship can provide children with an important emotional foundation. When children

experience their parents as a team who care about one another and are committed to working through difficulties, they are more likely to experience their family as a safe and predictable place.

This sense of security gives children room to focus on the important work of childhood: learning, exploring, developing friendships, making mistakes, and discovering who they are.

Children Learn How Healthy Relationships Work

Children are constantly observing. They notice whether parents listen to each other, express appreciation, apologize when they are wrong, and respect one another's boundaries.

When parents demonstrate healthy communication, children learn that it is possible to express difficult feelings without attacking or humiliating another person. They learn that differences do not have to

threaten a relationship and that problems can be discussed and resolved.

These lessons become part of their developing understanding of relationships.

Children Learn Resilience by Watching Parents' Repair

One of the most powerful lessons parents can provide is not perfection, it is repair.

Parents will sometimes become frustrated, misunderstand each other, or say something they wish they had said differently. When children see their parents take responsibility, apologize, listen, and reconnect, they learn an important message: relationships can experience difficulty without falling apart.

This is a foundation for resilience.

Children begin to understand that mistakes are not necessarily disasters, conflict can be managed, and difficult emotions can be worked through.

A Healthy Relationship Creates Emotional Space for Parenting

When parents feel connected and supported by one another, they often have greater emotional resources available for their children. A strong partnership can make it easier to share parenting responsibilities, problem-solve together, and support one another through the inevitable stresses of raising a family.

This doesn't mean parents must agree on everything. Healthy couples can have different perspectives while still communicating respect and presenting a united commitment to their children's wellbeing.

Children Don't Need Perfect Parents

Perhaps most importantly, children don't need a perfect marriage. They need parents who are willing to keep learning, growing, communicating, and repairing.

A healthy relationship between parents can teach children that love is not simply about getting along when everything is easy. It is about showing up, listening, taking responsibility, extending compassion, and finding your way back to one another after difficult moments.

When parents invest in the health of their relationship, they are not only strengthening their marriage, they are helping their children develop the emotional security, relationship skills, and resilience they will carry into the rest of their lives.



CAMELUS
CROSSED THE WORLD TO COMFORT YOU

Natural Luxury for Better Sleep

Camel Wool Duvets • Eucalyptus Bedding • Merino Wool Socks

Camel Wool Duvet | Eucalyptus Bedding | Merino Wool Socks

Natural Materials | Breathable | Thermoregulating

Shop now >

camelushome.ca

Scan to shop



25¢ FLYERS

(INCLUDING DELIVERY)

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

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

CONTACT US
403-720-0762
sales@greatnewsmedia.ca
greatnewsmedia.ca

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING

Beyond the Impression: Van Gogh and Post-Impressionism

by Kristina Quapp

Van Gogh is an artist that needs no introduction, but the style of his work is a different story. Vincent's style is commonly mislabelled as impressionist, where the more accurate classification would be post-impressionist. Impressionism is a 19th-century art movement that featured a strong focus on lighting, thick brush strokes, unblended colours, and everyday modern subjects painted outdoors (*en plein air*). As most art movements do, impressionism built upon the foundations of the realist movement which took place about 20 to 30 years prior. Realist painters preferred working *en plein air* as it allowed them to capture natural light and unvarnished everyday life, while pushing back on traditional academy standards that forced what some considered artificial compositions. While both art styles feature an emphasis on lighting and capturing the environment, impressionists did not focus as heavily on the realistic details.



Though Van Gogh's work certainly captures elements of impressionism such as thick brush strokes and vivid colours, his work often pushed the boundaries of impressionism. For example, Claude Monet, the founder of the impressionist movement, features large brush strokes, but the lighting

remains grounded. As can be seen in Monet's 1875 oil painting, *Woman with a Parasol*, the piece is heavily stylized. Brush strokes are visible and the hues are vibrant, but the edge light and shadow in front of the woman tells the viewer that Monet focused on



realism when capturing the atmosphere. In contrast, Vincent's *The Starry Night*—while it maintains *impasto* as Monet did—exhibits

even more vibrant colour contrast and his sentiment at the time, represented in weighty brush strokes. It's often conferred that *The Starry Night* is symbolic of Van Gogh's inner turmoil, given the swirling and turbulent skies, thick *impasto* brush strokes, and the large looming cypress tree outlined in red.

Vincent's *The Garden of Saint Paul's Hospital*, often referred to as *Leaf-Fall*, features inspired aspects from traditional Japanese woodblock prints. Van Gogh implements an elevated perspective and tree trunks that are abruptly cut off by the lower and upper edges of the canvas, eliminating the horizon line. These artistic choices create a compressed sense of space similar to the arrangements found in Japanese print designs.



Like the changing landscape around him, Van Gogh's work had moved beyond simply capturing a fleeting impression of the world. His colours became bolder, his brushwork more expressive, and his paintings increasingly shaped by emotion and personal interpretation. This October, as the leaves begin to fall, perhaps take a moment to look at the world around you—not only as it appears, but through the impression it leaves on you.

Divorce—Business Income is Personal Income

by Christopher Bungay, Divorce Lawyer



In many divorces, one spouse is the owner/operator of a business. In these families, the line between business income and personal income is often blurred. Many business owners (intentionally or not) often use their company credit cards and corporate money to pay for personal family and home expenses. As a result of this, the personal tax returns of a business owner often do not reflect their true personal income.

In the above scenario, the personal tax return of a business owner might show a very low amount of personal income, while their business tax return can show a very high amount of corporate earnings. It is also common to see personal expenses counted as “business expenses” on business tax returns. This is sometimes done intentionally so that CRA will think the business earns less and thus would be taxed less than it otherwise should be.

The mixing of personal/business income and expenses can cause significant problems in divorce cases. The amount a spouse must pay for child support and spousal support is often based on his or her reported personal income. A spouse who owns a business sometimes uses a false lower income amount on a personal tax return to argue they should pay a lower amount of support. Unfortunately, in many cases, the actual personal earnings power of the spouse is hidden within the business income.

Judges and divorce lawyers are keenly aware of situations where business owners try to muddle their personal and business income. Fortunately, the law can protect vulnerable spouses and children in these cases. If a judge believes that a spouse is hiding income within a company, the business income can be used as the correct amount for determining support

payments. Similarly, the law gives judges power to examine business expenses to ensure these are not actually personal expenses. In an Alberta divorce case, if a spouse is self-employed, he or she must demonstrate their business expenses are reasonable and that they are truly business expenses. If a self-employed spouse cannot show their business expenses are reasonable, a judge can add these expenses back into the spouse's income amount. In these situations, the higher income level, after adding back in the unreasonable expenses, is used to determine that spouse's support obligations.

It is also important to remember that many business-owning spouses are not intentionally hiding their income. The mixing of personal and business income can result from someone not understanding tax laws. Sometimes, a business owner is just too busy and is not paying enough attention to their personal/business spending patterns. However, whether intentional or not, divorce law is clear: business income and business expenses can both be used to determine the true personal earning power of a spouse.

BRAIN
GAMES

SUDOKU

	4						7	
6		8	4		9			3
		5			6			
	5		7			2	8	
	7	2			1		4	
			2			8		
3			9		4			6
	8						9	

SCAN THE QR CODE
FOR THE SOLUTION

Halloween Decorations and Wildlife

by the Calgary Wildlife Rehabilitation Society

As Halloween approaches, many neighbourhoods across Calgary come alive with pumpkins, fake spider webs, glowing lights, and spooky lawn decorations. While these displays help celebrate the season, some common decorations can unintentionally pose serious risks to local wildlife.

Autumn is an active time for many species. Deer, coyotes, squirrels, rabbits, songbirds, and owls are still foraging, while some birds are completing their fall migration before winter arrives. As wildlife continues to move through urban parks, backyards, and neighbourhoods, decorations can become unexpected hazards.

One of the most concerning decorations is synthetic spider webbing. The stretchy fibres can easily entangle birds, small mammals, and even beneficial insects. Birds may become caught while flying through shrubs or trees decorated with webbing, while squirrels and other mammals can become tangled as they move along fences or branches. Entanglement can cause severe injuries, restrict movement, and make animals more vulnerable to dehydration, starvation, or predators.

Loose cords, fishing line, string, ribbon, and lightweight decorative netting can create similar problems. Birds may accidentally use these materials while gathering nesting material or become wrapped in them during flight. Even decorations intended to sway in the wind can become tangled around wings, legs, or necks if they are not securely fastened.

Lighting is another consideration. Many people enjoy illuminating their homes with decorative lights throughout October. While temporary lighting is unlikely to have the same impact as large commercial lighting, excessive outdoor lighting can still disrupt wildlife. Artificial light at night has been shown to alter the behaviour of birds, mammals, and insects by interfering with natural navigation, feeding, and activity patterns. During late September and early October, some migratory birds are still travelling through southern Alberta, and reducing unnecessary overnight lighting can help lessen disorientation.



Pumpkins and natural decorations also deserve some thought. While a pumpkin may seem harmless, the smell can attract wildlife looking for an easy meal. Carved pumpkins that contain candles, mold, paint, glitter, or preservatives can make wildlife seriously ill if consumed. If you have pumpkins, bring them inside at night to ensure animals like bears, deer, or coyotes do not consume them. Feeding wildlife, even accidentally, can encourage animals to return to residential areas, increase conflicts with people, and expose them to foods that are not part of their natural diet.

Fortunately, a few simple choices can make Halloween safer for wildlife without taking away from the fun:

- Secure decorations tightly so they cannot blow away or become tangled in vegetation.
- Avoid using artificial spider webbing or decorative netting outdoors.
- Keep electrical cords and extension cables neatly bundled and out of areas where wildlife regularly travels.
- Turn off decorative lights before going to bed.
- If using pumpkins outdoors, keep them inside after going to bed, and remove candles promptly and dispose of pumpkins appropriately once they begin to spoil.
- Dispose of decorations promptly after Halloween to prevent wildlife from encountering them later in the season.

Halloween is a time for creativity and community, and with a little planning, it can also be a season that respects the wildlife sharing neighbourhoods with people. By choosing decorations thoughtfully and cleaning them up promptly, we can help ensure that southern Alberta's wild neighbours stay safe while everyone enjoys the festivities.

October's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

Write about a goal you achieved. What did you learn on the road toward the destination?

Dear reader,

I've learned that achieving a small goal can sometimes be a big deal. I'm the type of person who likes to set attainable goals. This way, after proving what I am capable of, I feel more motivated because it reminds me of my ability to grow. Achieving the first goal motivates me toward a new, more challenging goal. It makes me think, "Hey, since I hit that goal, why not go a bit further?"

My health and fitness journey has followed this path.

If you had asked me ten years ago if I'd be as committed to my fitness as I am now, I would not have believed it. Ten years ago, I had a five-year-old and a three-year-old. In other words, I was in the throes of parental exhaustion with no desire, time, or energy to commit to new fitness habits.

Once my kids were a more manageable age, life settled down, and I had both the desire and breathing room to work toward a fitness goal. I started small: two days a week of lifting weights at home. My goal at the beginning was to show up; not to lose weight, not to get jacked, it was simply to form the habit. This was motivating for me because I learned that I could feel a sense of accomplishment just from checking a box.

What happened next was quite interesting. After a while, I liked it and slowly built my routine to exercise three days a week, then four, and so on. Not only did I begin to look forward to working out, but I also felt more energetic, slept better, and had more self-confidence. I realized the previous bias I held that exercise was a chore was incorrect. I came to realize that it is a wonderful treat I need to feel whole.

This experience taught me to be open to new challenges and reinforced the importance of noticing how I perceive them. Sometimes my negativity or fear isn't justified, and it holds me back. I also learned that when I start small and build on goals, it helps lock them in on autopilot.

Your turn! Write in your journal or to your pen pal about a goal you achieved and what you learned.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



Keeping Bus Zones Clear Near Schools

by The City of Calgary



School and transit buses rely on clear bus zones to safely load and unload passengers. When vehicles stop or park in bus zones, buses may be forced to stop in traffic, putting children and passengers at risk. Bus zones are designated safety areas that must remain clear at all times. Respecting these zones helps protect children, supports accessible transit, and keeps traffic moving predictably. Parking legally and avoiding bus zones—even for short stops—helps create safer school environments for everyone. Learn more: calgaryparking.com/safeschools.

The School Patrol Program helps improve safety in school zones by focusing on education first.

School zones are designed to protect children. Parking rules help:

- Keep crosswalks and corners visible.
- Reduce congestion and sudden stops.
- Support safer crossings for kids and families.

Parking safety and compliance officers attend schools during busy dropoff and pickup times to:

- Remind drivers about safe and legal parking.
- Explain why certain rules exist.
- Answer questions from parents, caregivers, and school communities.

With over 150 elementary schools across the city, patrols can't be everywhere every day. Unsafe parking, like blocking crosswalks, doubleparking or stopping in noparking zones makes it harder for drivers to see children and for children to see cars.

Fire Prevention

by The City of Calgary



Join the Calgary Fire Department during Fire Prevention Week.

Learn about the dangers of lithium-ion batteries and how to use, store, and dispose of them safely. Lithium-ion batteries power everyday electronics such as phones, laptops, power tools, and e-bikes and can cause fires or explosions if not used correctly.

Did you know?

- Battery fires at City landfills and recycling facilities are increasing due to improper disposal, with over 50 fire incidents reported at City landfills and recycling facilities in 2025.
- In 2025 alone, Calgary has seen estimated fire-related property losses of over \$32 million due to lithium-ion battery fires.
- An estimated 88 per cent of estimated losses due to battery fire since 2015 have already occurred in 2025 alone.

Fire Prevention Week runs from October 4 to 10 and your local firefighters are hosting several community events to help Calgarians stay safe when using or disposing of lithium-ion batteries. To learn more, visit calgary.ca/firepreventionweek.



MLA Calgary-West

Mike Ellis

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

📞 403.216.5439

✉️ calgary.west@assembly.ab.ca

As MLA for Calgary-West, my focus remains on serving the residents of our wonderful constituency. I appreciate opportunities to meet and share conversations with you.

Recently, I met a remarkable Calgary-West constituent. Prior to moving to Calgary, Alan Nutall lived in St. Albert for over 40 years where he was well known as an active, talented, community participant and award recipient within the arts community. A renowned pen and watercolor artist, Alan draws detailed historical buildings and often adds human figures with his personal touch of whimsy. Several pieces of Alan's works that hold historical significance of sites located within our constituency can be admired in my constituency office.

Alberta again is leading Canada's economy. Alberta has captured 81.2 per cent of every new job created in Canada from January through July 2026. Such benchmarks are achieved through strong leadership, the lowest taxes in the country, reduced red tape, and a welcoming investment structure.

Recently, Alberta announced the government's updated 2026-27 fiscal projections, updating the year-end forecast from an initial \$9.4 billion deficit to a \$2 billion surplus. This is due largely to a \$9.7 billion increase in expected resource revenues.

This fiscal update reports a revenue increase of \$11.7 billion for the fiscal year, compared with the UCP's initial projections in March. Government expenses are also set to rise compared to initial estimates, increasing by \$315 million.

Finance Minister Jason Nixon: "Alberta has been given an opportunity, and Alberta's government will not waste it. Alberta's path forward will be built on our commitment to protect the services Albertans count on, keep spending under control, and manage taxpayer dollars with the discipline this moment calls for – so Alberta remains strong not just today, but for generations to come."

As Albertans, we have many blessings for which we are grateful.

"Happy Thanksgiving" to you and your loved ones.

Mike Ellis

MLA, Calgary-West



**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

Cats, Canines, & Critters of Calgary



Bella, Tuscany



Cici, Ranchlands



Kiwi, McKenzie Lake



Lun, West Springs



Merlin, Acadia



Peaches, Tuscany



Rosie, Walden



Zeus, Evanston

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

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 neighbours navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$160 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.

STAMPEDE PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers, gasfitters, refrigeration & HVAC technicians. Water heaters, furnaces, boilers, air conditioning/heat pumps, drain cleaning, leaks, POLY-B replacement, new construction and renovations! Competitive prices with quality, 24-hour service! Established 1998. Call 403-225-1037. www.stampedeplumbingandheating.com.

BUSINESS CLASSIFIEDS

MAKE THIS SCHOOL YEAR THEIR BEST START YET!

Enroll now at A Child's Garden Preschool, where children ages 3–5 learn, grow, and thrive through engaging, play-based programs. Caring educators, enriching activities, and a welcoming environment help build confidence and kindergarten readiness. Reserve your September space today! Call 403-217-5658.

ACUMEN APPLIANCE REPAIR: Locally based company. Home appliances repair and installation, lint vent cleaning. All kinds and makes: stoves/ovens/ranges, fridges, freezers, washers/dryers, dishwashers, microwaves, trash compactors. Flexible hours, evening and weekend visits are available. Discounts for senior customers. Call at 587-997-4824 or e-mail acumenappliance@gmail.com.

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.

PAINTER SERVICING ASPEN WOODS: 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.

HAMMERTIME ROOFING: Award-winning roofing, siding, soffit, fascia, & eavestrough specialists. Premium roofing systems backed by manufacturer warranties on both materials and workmanship. Free inspections, detailed quotes, and professional installation. Serving Calgary and area. Call 403-493-9599, email calgary@hammertimerroofing.ca, or visit www.hammertimerroofing.ca.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. Since 2012, WCB, CQT, Master Electrician, licensed, insured. Competitive rates for quality electrical work. Panel upgrades from 60amp to 200amp. Car chargers, aluminum rewiring, custom lighting and LED install. Call for estimates. www.cejelectric.com. Clayton Jeffrey. 403-970-5441.

GUTTER DOCTOR: Home Exterior Services. Gutter cleaning/repair/installation, window cleaning, gutter guards/leaf screens, fascia, soffit, siding, permanent outdoor holiday lighting, roofing, cladding, heat cables, pressure/soft washing. Local business since 2003 with more than 70,000 happy customers! Licensed, insured, WCB, A+ rated BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

THE MUSIC STUDIO: Fill your life with music this year! The Music Studio is West Calgary's leading music school - offering group classes, private lessons, and regular performance opportunities - for all ages and all stages (0-99). In-studio and in-home, we are here to help you grow through music! Visit us in Trinity Hills and online at www.musicandplay.ca

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 and 100% satisfaction guaranteed! Call or text Caleb at 403-660-7475. www.perfectionpruning.com.

TRUSTED HOME WATCH AND PERSONALIZED CARE: Home Watch and Personal Assistance: Regular home checks, Mail and package collection, Errands, Coordinate cleaning, home services and repairs, Bill payments and personal administration, Appointments and deliveries, Customized services based on your needs. Anna, 403-850-1634, annashak@shaw.ca.

ST. MARTIN'S ANGLICAN CHURCH: 1009 Prominence Way SW in Patterson Heights. Sunday service at 10:00 am (in-person and live-streamed). Mid-week service on Wednesdays at 2:00 pm. ESL conversation cafe on Tuesdays at 9:30 am. Sandwich making for Alpha House on Wednesdays at 1:00 pm.

MASTER ELECTRICIAN AND HOME HANDYMAN: Professional, certified electrical installations and home handyman repairs. Specializing in residential and commercial, as well as small renovations. Very competitive rates for insured, quality work. Give me a call for a free quote! Contact Robin at 587-664-6961 or porterrobin@msn.com.



Magic Carpet Ride

Family Literacy Program



A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.



Reading



At-Home Activities



Singing

FREE! Contact us to learn more:

famlit@canlearnsociety.ca
(403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

SHOP LOCAL



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

403-720-0762
grow@greatnewsmedia.ca



SCAN ME



Vet visits that feel calm and comfortable.

Founded by Dr. Catherine (Caitlyn) Krolik

- ☑ Fear Free® Certified
- ☑ Cat Friendly® Certified
- ☑ Senior Dog Veterinary Society Certified



ERA VET

Now accepting new patients for
primary + urgent care, 7 days a week.

**BOOK ONLINE AT [ERA.VET](https://era.vet)
OR CALL (587) 507-3718**

Mon-Fri: 8am-8pm

Sat-Sun: 9am-5pm

#120-30 Springborough Blvd SW



The Landscape Artist Inc.



Award winning design and construction



403.256.2252

www.landartist.com

Contact us to schedule a free onsite consultation



We are providing our award-winning landscaping design and construction services in your area!

Pools & Spas Aluminum Pergolas Outdoor Kitchens & Fireplaces Sports Courts & Putting Greens Water Features Retaining Walls



IN STOCK
ALUMINUM PERGOLAS

4 SEASONS - WINTER ENGINEERED



IN STOCK
FIBERGLASS POOLS

QUICK, EASY AND AFFORDABLE



ENHANCING YOUR OUTDOOR LIVING SPACE



Watch our interview
with Bryan Baeumler