# **ECHRONICLE**

THE OFFICIAL NEWSLETTER FOR MILLRISE & SHAWNEE-EVERGREEN COMMUNITY ASSOCIATIONS



# FILL THIS SPOT WITH YOUR AD

Promote your business and get noticed! Contact us at 403-720-0762 or grow@greatnewsmedia.ca



www.shawnessy.ca | www.millrise.org | www.shawnee-evergreen.ca









MATS
Commercial mat rentals
and purchases



WORKWEAR
Workwear and cleaning of uniforms and coveralls



HOSPITALITY SERVICES

Linens for tables, chairs, and napkins. Laundry and pressing services



#### CLEANING

One-stop service for cleaning supplies and paper products

calgarymatandlinen.com



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

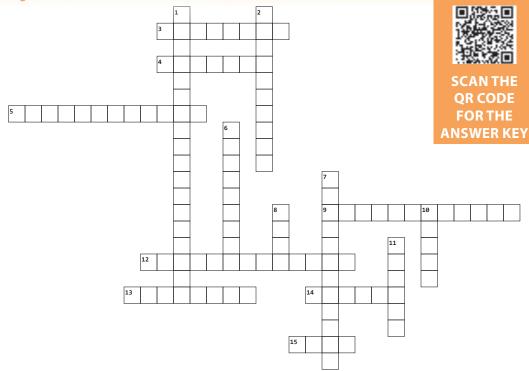


### Email us

info@jacksonjackson.ca contact@jacksonjackson.ca

www.jacksonjackson.ca

# **July Crossword Puzzle**



#### Across

- **3.** The first Canadian-hosted Olympic games took place in this city.
- **4.** 7-year-old Roger Woodward became the first person to survive going over these falls without a barrell.
- **5.** The month of July is named after this Roman political figure.
- **9.** This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
- 12. The first human to walk on the moon, which occurred on July 20, 1969.
- **13.** This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
- **14.** On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
- **15.** Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

### Down

- **1.** Go Set A Watchman was the original manuscript for this classic Pulitzer Prize winning novel.
- **2.** This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
- 6.In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
- This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
- **8.** National \_\_\_\_\_\_ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
- 10. World \_\_\_\_\_\_ Day celebrates this intellectual two player board game.
- **11.** On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.



# **SECA BOARD OF DIRECTORS (2023)**

President	Lynn Jobe		
Vice President	Ajay Khanolkar		
Secretary	Vacant		
Treasurer	James Thomson		
OTHER DIRECTORS:			
Director of Development	Norm Rousseau		
Director of Membership	Vacant		
Director at Large	John Raich		
Director at Large	Kurian Marattil		
Director at Large	Zeinab El Kady		
Director at Large	Maigul Wickham		
Director at Large	Vacant		
Director at Large	Vacant		
SECA Plays	play@shawneeevergreen.ca		
General Inquiries	info@shawneeevergreen.ca		

# **Shawnee-Evergreen Community Association Area Boundaries**

Households in the area shown below are eligible to become regular members.

- For Evergreen Estates, your street name will include 'Green,' for example, Evergreen.
- Almost all other areas will include 'Shawnee' in the street name.
- Fish Creek Exchange and Beacon Hill condominiums are within the SECA boundaries.
- Non-residents are invited to join as associate members.



On the North
South of Fish Creek Provincial Park
boundary
On the East
West of Macleod Trail SE
East of Fish Creek Provincial Park
boundary and east of Fishcreek Blvd SW
On the South
Fishcreek Boulevard SW





Most wild babies just need to be left alone. Keep pets secure when wild young are around.

Do you have teaching experience and a passion for wildlife? Apply today!

Scan to learn more or visit: www.calgarywildlife.org





## SHAWNEE-EVERGREEN COMMUNITY ASSOCIATION

# HERE IS WHAT YOUR COMMUNITY ASSOCIATION (SECA) DOES:

SECA is building a neighbourly community where residents feel a sense of belonging and community pride.

- Hosts Events and Programs:
  - o Community Cleanup September 16, 2023.
  - o Community Campfires.
  - o Monthly Children's Programs.

- Advocacy supports residents' interests with respect to:
- o Proposed development projects in our neighbourhood and nearby.
- o Neighbourhood safety (crosswalks, traffic lights, crime prevention, etc.)
- o Maintaining the character of our neighbourhood.

# - - - MEMBERSHIP REGISTRATION FORM- -

behalf. Pay just \$20 every 12 months. Complet	ograms, events, and the advocacy work that SECA does on your e the form, attach a cheque for \$20 payable to Shawnee Evergreen South Gate Alliance Church, 1436 James McKevitt Rd SW Calgary,	
Questions? Email info@shawneeevergreen.ca.		
Household information (held in confidence in	accordance with Privacy Legislation):	
Surname 1:	Given Name:	
Surname 2:	Given Name:	
Street Address:		
Postal Code:	Phone:	
Email address:		
Please consider volunteering with SECA. May we contact you to volunteer? Y/N		
Payment (\$20): Cash:	Cheque #	
☐ Resident ☐ Non-Resident (	Associate Member)	
SECA is always looking to engage residents as volunteers on the board, on committees, and at events. Learn more by emailing info@Shawneeevergreen.ca.		



# LET'S TELL YOUR BRAND STORY

Enjoy browsing our creative showcase on www.astera.studio info@astera.studio



## PRESIDENT'S MESSAGE

Thanks to all who responded to our June membership drive by joining SECA. We appreciate your support!

As this report is written a month ahead, I am praying and trusting that the sun shone brightly on our Stampede Festival and that the event was a fabulous success in its second year. Hopefully, many of you attended. It is a huge amount of work, but it is such a pleasure to see the community come together to enjoy all that the festival offers. We are grateful for the support of our residents as volunteers, and we thank our partners at South Gate Alliance Church for providing many volunteers.

Thanks again to these local businesses for their generous support of the Stampede Festival: Shield Exteriors, Cardel Homes, TELUS, Maxwell Capital Realty, CARSTAR, and Tim Hortons (Bannister Rd).

As a follow up to the Neighbour Day event, SECA is continuing to collaborate with these businesses to host events. Look for event posters on our Little Free Libraries and on the A-frame signs in parks for details on the July and future events.

Two of our children's programs will continue through the summer: Art in the Park and Families in Nature. Register early to secure your spot. Adventure Play will return in the fall. Use the QR codes below to get more information and to register.

Did you know that SECA now has an eighth Little Free Library (LFL) in our network? This one is guite unique thanks to a creative SECA volunteer, and it is our second library on private property. You can find it at 1741 Evergreen Drive SW. Check out all our LFLs to find some good summer reads!

It's a summer of construction with the Shawnee Drive renewal and the new buildings undergoing planning and construction in Shawnee Park. If you have questions or concerns, you have options. Contact 311, write to our City Councillor, Dan McLean, at clward13@calgary. ca, or contact SECA's director of development, Norm Rousseau, at norm@view-our-homes.com.

Mark your calendars and contact us if you can volunteer for:

- Monthly Children's Programs: See posters on our Little Free Libraries.
- Yoga in the Park: Sunday, July 9
- Market on the Patio: Saturday, July 15
- Community Cleanup: Saturday, September 16
- Fundraising Casino: September 24 and 25

### Let's Create Our Future Together

SECA has several event volunteer, committee, and board positions open. We are urgently looking for a secretary and membership director. Can you help? Please email info@ shawneeevergreen.ca to find out what would be involved.

### Let's Imagine the Future Together

We need your help to dream about how to make Shawnee Evergreen even better. Join us as we reimagine neiahbourhood places... our together. Subscribe through the OR code to join the mailing list.



### Let's Stay Connected While SECA Transitions to New Coordinates

- Email: info@shawneeevergreen.ca
- Like our Facebook page @ShawneeEvergreenYYC
- Subscribe to SECA's e-newsletter through the QR code
- Our new website will be YourSECA.ca



Lynn Jobe

SFCA President

P.S. Scan the QR codes below to explore our monthly children's programs.







Art in the Park



Families in Nature

## The Tea Plant Did you know that all tea comes from the same plant? Whether it's green, black, white, oolong, pu'er, or matcha, it all comes from the Camellia sinensis plant, a flowering evergreen. The difference in flavour has to do with the way the leaves are processed!

# GAMES & PUZZLES Guess That Song!

- 0=0
- 1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
- 2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
- 3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
- 4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
- 5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
- 6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.













# Shawnessy Real Estate Update

Last 12 Months Shawnessy MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2023	\$489,900	\$549,000
April 2023	\$469,900	\$488,950
March 2023	\$525,000	\$575,000
February 2023	\$479,900	\$513,750
January 2023	\$444,200	\$432,500
December 2022	\$440,000	\$450,000
November 2022	\$521,950	\$501,000
October 2022	\$449,900	\$447,500
September 2022	\$498,800	\$484,000
August 2022	\$524,900	\$510,000
July 2022	\$499,000	\$485,000
June 2022	\$482,000	\$479,500

# Last 12 Months Shawnessy MLS Real Estate Number of Listings Update

		3 - 1	
	No. New Properties	No. Properties Sold	
May 2023	21	21	
April 2023	16	14	
March 2023	12	7	
February 2023	7	12	
January 2023	4	6	
December 2022	6	11	
November 2022	10	14	
October 2022	16	13	
September 2022	14	15	
August 2022	16	13	
July 2022	12	13	
June 2022	24	22	

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

# Shawnee Real Estate Update

Last 12 Months Shawnee MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2023	\$384,900	\$375,000
April 2023	\$749,900	\$725,000
March 2023	\$624,900	\$620,000
February 2023	\$395,000	\$380,000
January 2023	\$329,000	\$316,000
December 2022	\$284,900	\$282,000
November 2022	\$524,900	\$539,600
October 2022	\$784,900	\$772,500
September 2022	\$629,450	\$609,500
August 2022	\$225,000	\$220,000
July 2022	\$649,800	\$640,000
June 2022	\$339,900	\$342,000

# Last 12 Months Shawnee MLS Real Estate Number of Listings Update

	5 .		
	No. New Properties	No. Properties Sold	
May 2023	14	13	
April 2023	11	3	
March 2023	9	5	
February 2023	6	3	
January 2023	5	3	
December 2022	1	2	
November 2022	3	3	
October 2022	3	3	
September 2022	4	2	
August 2022	1	3	
July 2022	3	3	
June 2022	4	7	

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



# Millrise Real Estate Update Last 12 Months Millrise MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2023	\$450,000	\$483,000
April 2023	\$284,900	\$290,000
March 2023	\$335,000	\$340,000
February 2023	\$299,450	\$310,000
January 2023	\$449,000	\$445,000
December 2022	\$297,450	\$293,950
November 2022	\$269,900	\$265,000
October 2022	\$284,900	\$290,000
September 2022	\$492,450	\$483,950
August 2022	\$278,150	\$270,500
July 2022	\$419,500	\$416,000
June 2022	\$449,900	\$451,000

# Last 12 Months Millrise MLS Real Estate Number of Listings Update

	0 1		
	No. New Properties	No. Properties Sold	
May 2023	22	17	
April 2023	14	13	
March 2023	11	13	
February 2023	13	12	
January 2023	13	11	
December 2022	3	6	
November 2022	6	9	
October 2022	8	5	
September 2022	9	10	
August 2022	6	8	
July 2022	13	11	
June 2022	20	23	

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

## **CRIME STATISTICS**

# Shawnessy Crime Activity was Down in April 2023

The Shawnessy community experienced 22 crimes in April 2023, in comparison to 29 crimes the previous month, and 19 crimes in April one year ago. Shawnessy experiences an average of 20.9 crimes per month. On an annual basis, Shawnessy experienced a total of 251 crimes as of April 2023, which is up 25% in comparison to 201 crimes as of April 2022. To review the full Shawnessy Crime report visit shaw.mycalqary.com.

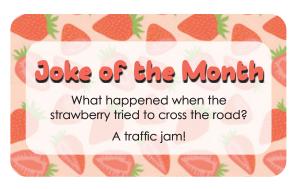
### Shawnee Slopes Crime Activity was Down in April 2023

The Shawnee Slopes community experienced 6 crimes in April 2023, in comparison to 11 crimes the previous month, and 9 crimes in April one year ago. Shawnee Slopes experiences an average of 6.5 crimes per month. On an annual basis, Shawnee Slopes experienced a total of 78 crimes as of April 2023, which is up 50% in comparison to 52 crimes as of April 2022. To review the full Shawnee Slopes Crime report visit shsl.mycalgary.com.

### Millrise Crime Activity was Down in April 2023

The Millrise community experienced 4 crimes in April 2023, in comparison to 5 crimes the previous month, and 3 crimes in April one year ago. Millrise experiences an average of 6.8 crimes per month. On an annual basis, Millrise experienced a total of 81 crimes as of April 2023, which is up 11% in comparison to 73 crimes as of April 2022. To review the full Millrise Crime report visit mill.mycalgary.com.

How To Report Crime In Shawnessy | Shawnee Slopes | Millrise: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers. ab.ca. or text tttTIPS to 274637.





### **July in Fish Creek**

### **Capture Nature Photo Contest 2023**

Each year, the Friends of Fish Creek offer a Capture Nature photo contest as a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year. From beginning photographers to amateur professionals and youth, we invite you to submit your best park images for consideration. As a contest participant, you may see your images used on our website, program posters, and other media publications as they become part of our ever-growing library of beautiful, high-quality park images. The sale of photo submissions may also support our organizational fundraising efforts down the road. The themes for 2023 are Winter Wonderland, The Elements, and As Above So Below. All submissions must be images taken in Fish Creek Provincial Park.

Registration runs until July 31, 2023. The public will be able to vote for their favourite photos through our online gallery. Voting will be open until August 15 at midnight, and we will announce the contest winners on September 1. To register and for more information, please visit https://friendsoffishcreek.org/programs/capturenature.

#### **Shaw Birdies for Kids Presented by AltaLink**

Support outdoor education in Fish Creek and your donation will be matched up to 50%. The Friends of Fish Creek are honoured that our Learning Naturally program has once again been chosen as one of over 270 local charities to participate in the Shaw Birdies for Kids presented by AltaLink program! This essential fundraiser runs until August 31 in conjunction with the Shaw Charity Classic Golf Tournament. It costs only \$10 to support one Learning Naturally field trip for one student, and through Birdies for Kids, your donation will be matched up to 50%! Learning Naturally does not receive regular funding and its continuation is in jeopardy. Please consider making a donation and speak to your employer or co-workers about this amazing opportunity to support outdoor education in Fish Creek. Donate today at https://bit.ly/3IUUYAw.

### **Volunteers Needed in Fish Creek Provincial Park**

Branch out and explore all the exciting chances to give back to Fish Creek Provincial Park through direct intervention in its wellbeing! This summer, the Friends of Fish Creek need



volunteers to help with a variety of stewardship activities. Programs like invasive species control, poplar planting, tree wrapping, and nursery tending require the dedication of an amazing team. There is always a chance to be out in the field during the summer months and opportunities are available for people of every ability and availability. If you only have one day to volunteer, we offer many opportunities that require your presence for only a few hours, such as riparian restoration, invasive species control, tree wrapping, poplar planting, and willow staking. Planting trees is the activity most people probably have in mind when it comes to restoration. We provide the trees and supplies so that our volunteers can work to add trees to the aging poplar forests in the park. This summer, we are focusing on the beautiful Hull's Wood area. Newly planted trees ensure that in the years to come, wildlife habitat is maintained as older trees die off. Watering trees and other vegetation is one of the most important jobs that one can take on in the park, as the summers in Calgary are hot and dry. To help with poplar planting, restoration, or other programs, please sign up as a volunteer online at https://friendsoffishcreek.org/ volunteering-basics.

### Stop into the Bow Valley Ranch Visitor Centre

If you have been down to the Bow Valley Ranch in the past year or so, you may have noticed that the Visitor Information Centre is now open six days a week. The exhibit area features cultural artifacts and a wealth of information about the history of the city and the park. Since the beginning of the Friends' Enhanced Partnership Project with Alberta Parks in 2020, we have trained over thirty volunteers in the new role of Fish Creek Ambassador to work in the centre. We invite you to stop into the Bow Valley Ranch Visitor Centre to pick up a park map or outreach material, learn about some of the unique history of this area, and chat with our friendly and knowledgeable Fish Creek Ambassadors.

# The Shawnessy Community Association Volunteer Board of Directors

VOLUNTEER EXECUTIVE:			
President	Marshall McCarthy	403-256-0786	md-mccarthy@shaw.ca
Vice President	Simone Mersereau	403-256-3584	simone@deanltd.com
Secretary	Michelle Moland	403-640-2762	cmoland@telus.net
Treasurer	Vacant		
VOLUNTEER DIRECTORS:			
Community Affairs	Vacant		
Community Events Advertising	Vacant		
Fundraising - Gaming	Vacant		
Grant Application Director	Vacant		
Membership	Vacant		
Community Planning	Vacant		
Neighbourhood Partnership Coordinator	Cathi Groves		cgroves@calgary.ca
Newsletter Director	Vacant		
Social Director	Vacant		
Volunteer Director	Vacant		
Barn Manager: Facilities	James Richard	403-697-2629	
Barn Manager: Rental	Jennifer Dickinson	403-554-7299	jendickinson 13@gmail.com







# The Millrise Community Association Board of Directors

VOLUNTEER EXECUTIVE:		
President	Donna K.	president@millrise.org
Vice President	Graham R.	vicepresident@millrise.org
Treasurer	Graham R.	treasurer@millrise.org
Secretary	Sarah M.	secretary@millrise.org
VOLUNTEER DIRECTORS:		
Membership Director	Vacant	membership@millrise.org
Facilities Director	Matt T.	facilities@millrise.org
Newsletter Director	Vacant	community@millrise.org
Garden Director	Carrie S.	communitygarden@millrise.org
Events Director	Vacant	events@millrise.org
Fundraising Director	Vacant	fundraising@millrise.org
Director At Large	Casey H.	
General Inquiry		info@millrise.org
Police Community Liaison Officer	Cst. Richard Thorpe	c/o info@millrise.org
Cardel Rec South Rep	Vacant	cardelrep@millrise.org
Neighbourhood Partnership Coordinator	Cathi Groves	cgroves@calgary.ca





# Millrise Community Association Membership

Your membership helps give back to our community.

Purchasing a community association membership enriches our community in so many ways!

### What does your membership do for Millrise?

- Maintenance and improvements of our skating rinks.
- Annual Community Cleanup event.
- Community events and programs.
- Keeps residents informed via Facebook, newsletters, and social media.
- Represents Residents at Cardel Rec and Trico Centre Board Meetings.
- Residents enjoy a 10% discount on programs at Cardel Rec South.
- Obtains member discounts with local businesses.

#### **New Membership Registration:**

A household Millrise Community Association membership is less than \$2.50 a month!

Please go to www.millrise.org/memerbship to get your membership and support your community association.



# Looking to meet your neighbours and give back to your community?

We are looking for community volunteers to help with the following:

- Ice rink during the winter
- · Event preparation
- Community projects
- Fundraising
- Events

To volunteer with MCA please send an email to volunteer@millrise.org





# We've Partnered With SkipTheDepot!

What is SkipTheDepot? It's a door-to-door bottle collection service that makes refundable recycling and fundraising easier than ever. Your bottle and can refunds can be donated to Millrise Community Association for all our community needs.

#### **How To Donate:**

Download the app and book a pickup using https://app.skipthedepot.com/millrisca.

Place your bags outside.

Donate your refund to Millrise Community Association!

SkipTheDepot will allow everyone to donate directly to our organization with ease. Spread the word by sharing our SkipTheDepot posts on social media!



MP Calgary Midnapore Stephanie Kusie 204 – 279 Midpark Way SE Calgary, AB T2X 1M2

stephaniekusiemp.ca

Yahoo! Happy Stampede, Calgary Midnapore,

Parliament is now in recess, and I am happy to be back in Calgary to engage with members of our community and celebrate the summer!

I hope all constituents had a happy and safe Canada Day and that you'll be heading to the grounds to take in the Greatest Outdoor Show on Earth! Whether it's trying out new and exciting midway food and rides, filling up on pancakes at countless Stampede breakfasts, or enjoying a night at the rodeo, Stampede is a time of year that brings our community together and I hope this will be a memorable Stampede for you.

I kicked off June with a visit to the Acadia Recreation Centre for this year's Calgary Ukrainian Festival. It was great to celebrate the rich Ukrainian history that Alberta and Calgary Midnapore share and to see many members of the community.

My office held our annual Canada flag draw last month in preparation for Canada Day. Thank you to all who entered and congratulations to the lucky 50 winners! I hope you fly your flag high and proud! Entries were made by filling out the response card on my quarterly update to all households. Not only do these mailers provide an opportunity to update you on my work in Ottawa, they're also an avenue for you to directly inform my team and I of the issues that matter most to you. I encourage all constituents to participate in future Householder updates.

To stay up to date on my ongoing work and to hear about my summer plans in the riding, including my annual Ice Cream Social, please sign up for my monthly e-newsletter at StephanieKusieMP.ca.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

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 Millrise / Shawnessy. 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.

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

**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.

**EXPRESS APPLIANCE REPAIR:** We are a family owned company specializing in the repair and installation of washers, dryers, ranges/ovens, dishwashers, fridges, and microwaves. Quality service, warranty, and competitive price. We make sure the repair is done quickly and efficiently. Most repairs can be done on the day of the quote. Call/text 587-319-6799, email service@expressappliance.ca.

**AFFORDABLE DENTAL CARE MINUTES FROM MILLRISE** | **SHAWNESSY** | **SHAWNEE SLOPES!** Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

# **BUSINESS CLASSIFIEDS**

**BRIDLEWOOD MUSIC LESSONS:** Summer and September registration is now open! Offering fun, affordable lessons in piano, clarinet/saxophone, and trumpet/trombone, both classical and jazz styles. Highly-qualified teachers with 20+ years' experience. RCM and CC performance/theory available. All ages and skill levels are welcome. Start your musical journey today! Call 403-813-7303 or visit us at www.bridlewoodmusic.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.

**LOCAL HANDYMAN:** Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TVs, concealed audio/video wiring, vanities, tiling, luxury vinyl flooring, seniors discounts. No job too small, free estimates. Reliable, conscientious. Licensed and insured. Call Alan at 403-660-3170.

**HUNTER'S HEATING AND COOLING:** Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top quality Lennox air conditioners and furnaces. We also install tank-less water heaters, garage heaters and more. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit www.huntersheating.com.

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

**PAINTING INTERIOR/EXTERIOR:** Qualified painter with 20+ years' experience. Reliable, conscientious, and fully guaranteed. I will work with you to make the job fit your budget. We always go the extra mile with no surprises! Reasonable rates and a job that ends in your satisfaction! Call or text MenZ Painting & Fine Finishing at 403-993-9591. No jobs are too small!

**FEMALE FAMILY PHYSICIAN ACCEPTING PATIENTS:** Dr. Chioma Pearl Akobondu is accepting new and walk-in patients at Fiveces Medical Centre - 635 Shawcliffe Gate SW. Call 403-457-5009 or email info@ fiveceesmedicalcentre.ca.

WINDOW AND DOOR SCREEN REPAIR AND REPLACEMENT SERVICE: Screen-Appeal is a full-service, locally owned and operated mobile screen shop for all your screen needs. We specialize in custom-made window screens, sliding screen patio doors and more. We are also a proud dealer of Phantom Retractable Screens. Contact us today at www.screen-appeal.ca or info@screen-appeal.ca.

**IN NEED OF PERSONALIZED HOMECARE?** At Shoreline Home Healthcare, we are compassionate in delivering personal care, companionship, home transitional care, respite, one-on-one care, palliative cares, Alzheimer's and dementia care, medication reminders, etc. Services are provided by certified healthcare aides. Looking forward to earning your trust. Contact us at 587-703-5831, info@shorelinehomehealthcare.com, or visit www.shorelinehomehealthcare.com/home-care-contact-us.

**WYTSMA HEALTH AND MOVEMENT:** A home exercise option to help you be happy and healthy. Individualized exercise programming and health coaching. Specializing in those with chronic conditions and using physical activity to improve your health. In-person or virtual. Contact Kathryn at 403-650-7969 or kawytsma@gmail.com.



**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.







# No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.













## **OUR OZONE PROCESS**

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT 403-726-9301 calgaryfreshjock.com