

FEBRUARY 2023

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RIVERBEND



CONNECTS

THE OFFICIAL RIVERBEND COMMUNITY NEWSLETTER



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Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



We proudly follow the Alberta Dental Association Fee Guide

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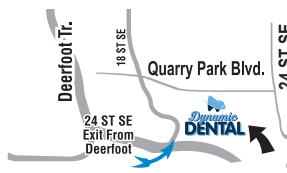
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Dr. Vranjes & Associates at Dynamic Dental would like to welcome Dr. Megan Lawless and Dr. Isela Montemayor to the team



Dentistry is our profession, but people are our focus.

*all services performed by a licensed general dentist

Glenmore Inn & Convention Centre Hotel



Garden Court Restaurant

Breakfast (Monday - Sunday, 6:30am - 11:00am)

Lunch (Monday - Sunday, 11:00am - 2:00pm)

Dinner (Friday - Sunday, 5:00pm - 9:00pm)

Carving Board Restaurant

Monday - Thursday, 5:00pm - 10:00pm

Garden Court Buffet

Lunch (Wednesday, 11:30am - 2:00pm)

Dinner (Friday - Sunday, 5:00pm - 9:00pm)

Brunch (Sunday, 10:00am - 2:00pm)

Elbow Room Lounge

Monday - Sunday, 2:00pm - 10:00pm

Happy Hour Everyday, 3:00pm - 7:00pm

1000 Glenmore Court SE | 403-720-5288 | glenmoreinn.com

Key Things to Know About in February

Stay connected to all things Riverbend at www.riverbendcommunity.ca, and Facebook, Twitter, and Instagram @riverbendyyyc

Casino Volunteers Thank-You

We would like to give a big thank-you to all of the volunteers that helped us at the Deerfoot casino. We also want to give a big shout out to our volunteer director, Natalia Gonzalez, for organizing all of the volunteers for this event.

All-Season Rink Makeover Project

The wait is over! Our all-season rink is finally ready for Riverbend residents to enjoy. Big thank you to Peter Hamilton and his Rink Ratz for all the hard work maintaining the ice.

Rink is open until 10:00 pm daily.

Schedule:

Tuesday and Thursday – 7:00 to 9:00 pm: Adult shinny

Wednesday – 5:00 to 7:00 pm: Kids shinny

Friday – 2:00 to 6:00 pm: Kids shinny

Sunday – 11:00 am to 3:00 pm: Family skate. No shinny

Sunday – 3:00 to 5:00 pm: Family shinny

Also, please as a reminder, there is no hockey permitted on the pleasure rink.

Visit our website for current updates: www.riverbendcommunity.ca/outdoor-rink.

Upcoming Events

Seniors Cards and Coffee!

February 10 from 2:00 to 4:00 pm

Join us in the Elbow room every second Friday of the month for cards, coffee, treats, and friendship. \$2 donation appreciated. No pre-registration necessary.

Rink Grand Re-Opening Event!

Saturday, February 11 starting at 1:00 pm

To kick off the winter skating season, we will be hosting a meet and greet along with a ribbon cutting ceremony. Harvey the Hound will join the excitement of a fun family skate, refreshments provided.

For more information, visit our website at www.riverbendcommunity.ca/events.

Poker Tournament at the RCA!

Saturday, February 11 at 5:30 pm

Keep the excitement alive! After our Rink Grand Re-Opening we will be hosting the first in a series of game nights happening in 2023.

Join our community poker tournament! Registration costs \$25 for members, \$30 for non-members, and it is a \$30 buy in for 15,000 chips. Also, you have a choice of a 15,000-chip add-on for \$30.

Rebuy and add on available until the first break at 7:30 pm. Beer and wine available for purchase.

Register online at www.riverbendcommunity.ca/events.

Standard First Aid with CPR/AED

Thursday and Friday, February 23 to 24, from 9:00 am to 5:00 pm

Upon completion, students will be able to recognize, treat, and deal with emergency situations appropriately and more comfortably. This course is ideal for those who want a comprehensive insight into emergency situations, or for those who require training for work related situations. For adults 18+. Certification card valid for three years.

\$140 for RCA members and \$160 for non-members. Register online at www.riverbendcommunity.ca/events/standard-first-aid-with-cpraed.

Coming Soon!

The Good Food Box Program operates under the Community Kitchen Program of Calgary where anyone can purchase boxes of fresh fruits and vegetables at an affordable price. Each Good Food Box contains a combination of fruits and vegetables. The content varies weekly, due to seasonal availability. The boxes contain the maximum produce to ensure our clients are getting the most value for the price. Check our website, riverbendcommunity.ca/programs/community-programs for updates and to register for your monthly box.

- \$25 Small Box (20 to 25lbs)
- \$30 Medium Box (30 to 35lbs)
- \$35 Large Box (40 to 45lbs)

Join the RCA Team!

Whether you're recently graduated, unemployed, or currently working but looking to the future, we have some excellent opportunities where you can make a visible difference in your own community!

We are currently looking for a Treasurer to join the board! See page 13 for details.

We Want You to Have Your Say!

RCA is establishing two new committees to address the concerns of all Riverbend residents.

The Traffic and Safety Committee: See page 6 for details or contact Director Brenda Pereira at brenda@riverbendcommunity.ca.

The Beautification Committee: See page 11 for details or contact Director Pat Medhurst at pat@riverbendcommunity.ca.

LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!

To View Additional Riverbend Content

INCLUDING

- **News and Events**
- **Real Estate Statistics**
- **Crime Statistics**

and more...

SCAN HERE



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.

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THANK YOU!!

VOLUNTEERS

- FOR DONATING YOUR TIME TO OUR COMMUNITY

NATALIA GONZALEZ

- FOR COORDINATING ALL OF THE VOLUNTEERS



WWW.RIVERBENDCOMMUNITY.CA



SENIORS CARDS AND COFFEE

FEBRUARY

10 & 24, 2023

2PM-4PM

EVERY SECOND AND FOURTH FRIDAY OF THE MONTH
CARDS, COFFEE, TREATS & FRIENDSHIP!
AT THE RIVERBEND COMMUNITY CENTRE
\$2 DONATION ENCOURAGED



DO YOU WANT TO HAVE A SAY IN KEEPING YOUR COMMUNITY SAFE?

VOLUNTEER FOR THE TRAFFIC, SAFETY & CRIME PREVENTION COMMITTEE

01 TRAFFIC



02 SAFETY



03 CRIME




VOLUNTEERS ARE NEEDED TO ADVOCATE FOR TRAFFIC AND SAFETY MEASURES FOR THE COMMUNITY

CONTACT BRENDA@RIVERBENDCOMMUNITY.CA TO GET INVOLVED

WWW.RIVERBENDCOMMUNITY.CA/COMMUNITY-ADVOCACY


RIVERBEND COMMUNITY CENTRE
19 RIVERVALLEY DR SE, CALGARY, AB T2C 3Z7



GOOD FOOD BOX PROGRAM

MONTHLY BOXES OF ASSORTED PRODUCE (SMALL, MEDIUM OR LARGE) AVAILABLE TO PURCHASE FOR APPROXIMATELY 50% OF RETAIL COST AVAILABILITY

CONTENTS VARY WEEKLY, DUE TO SEASONAL AVAILABILITY



WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS/COMMUNITY-PROGRAMS

Standard First Aid & CPR/AED



Located at the Riverbend Community Centre
February 23, 2023 - February 24, 2023
(Bow River Room)

9 AM - 5 PM

COST

\$140 for RCA Members

\$160 for Non-Members

This course is for adults 18+



REGISTER ONLINE -

WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS

RCA MEMBERSHIP FORM

Memberships are valid for one year from the date of purchase.

First Name: _____

Last Name: _____

Email: _____

Spouse/ Partner Name: _____

Address: _____

Postal Code: _____

Phone Number: _____

Number of Children: _____

Ages of Children: _____



Please let us know what communications you would like to receive from Riverbend Community Association!

- ☐ Volunteer Opportunities
- ☐ Special Events & Community Surveys (as occurring)
- ☐ General Riverbend Community Communications (monthly)

Membership cost:

- ☐ \$25 +GST (\$26.25) - Individual/ Family or Associate
- ☐ \$15 +GST (\$15.75) - Seniors Household



Please mail completed form with appropriate payment to Riverbend Community Centre, 19 Rivervalley Dr SE, Calgary AB T2C 3S1, or drop it off at the Riverbend Community Association's office.

NUBIAN PYRAMIDS

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia,' holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.

SPIRIT GEAR ONLINE STORE NOW AVAILABLE!

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T-SHIRTS HOODIES & SWEATSHIRTS JACKETS

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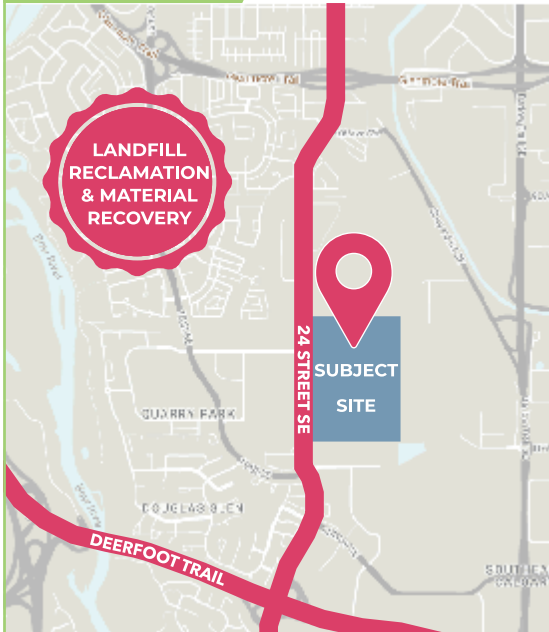
WWW.RIVERBENDCOMMUNITY.CA

OPEN HOUSE

& PROJECT INTRODUCTION



TOWNSHIP
planning + design inc.



JOIN US TO LEARN ABOUT ECCO'S PROPOSED LANDFILL RECLAMATION, LOW-CARBON FUEL PRODUCTION, AND THE TRANSIT-ORIENTED DEVELOPMENT FUTURE OF THE SITE.

Questions? Drop us a line:
hello@twpplanning.com

Or find out more at
eccoYYC.com

**Drop-in on Thursday,
February 23rd
5 - 8 pm**

**Eaglequest Golf
Douglasdale
7 Douglas Woods Dr SE**



Please allow us to introduce ourselves! We are **RAINBOW ELDERS CALGARY**
A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness. We believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!
email: rainbowelderscalgary@gmail.com
www.rainbowelderscalgary.ca

Friendships, Social Events, Picnics, Role Models, Companionship, Coffee & Cookies, Movie Nights, Connecting with Youth, Making a Difference, Being Proud, & Celebrations



RIVERBEND

All-Season Rink



- HARVEY THE HOUND
- RIBBON CUTTING
- REFRESHMENTS
- FAMILY SKATE

Grand RE-OPENING

SATURDAY FEBRUARY 11, 2023 @ 1 PM

CONNECT WITH US.
CHECK IN, LIKE, TAG, SHARE!



riverbendyyc



@riverbendyyc



@riverbendyyc



Riverbend Community Calgary



WWW.RIVERBENDCOMMUNITY.CA/EVENTS/RINK-GRAND-RE-OPENING



RIVERBEND FYI

Riverbend Community Association Contacts

✉ info@riverbendcommunity.ca ☎ 403-236-7270 🏠 19 Rivervalley Dr SE, Calgary, AB T2C 3S1
 🌐 riverbendcommunity.ca 📘 facebook.com/riverbendyyc 🐦 twitter.com/riverbendyyc 📧 @riverbendyyc

Directors

President	Olga Maciejewski	olga@riverbendcommunity.ca
Past President	Christina Matisons	christina@riverbendcommunity.ca
Business Administration	Amit Khare	amit@riverbendcommunity.ca
Board Secretary	Vladimir Ivanov	vladimir@riverbendcommunity.ca
Capital Projects	Ken Schultz	ken@riverbendcommunity.ca
Community Beautification	Patricia Medhurst	pat@riverbendcommunity.ca
Information Technology	Ryan Munday	ryan@riverbendcommunity.ca
Memberships and Partnerships	Samantha Moulds	samantha@riverbendcommunity.ca
Treasurer	Vacant	
Traffic, Safety, and Crime Prevention	Brenda Pereira	brenda@riverbendcommunity.ca
Volunteer Resources	Natalia Gonzalez	natalia@riverbendcommunity.ca

Other

Community Manager	Delby Auktor	delby@riverbendcommunity.ca
Communications and Marketing	Linsay Gray, Denelle Peacey, Ben Fisher	communications@riverbendcommunity.ca
School Liaison Holy Angels	Vacant	
School Liaison Riverbend	Olga Maciejewski	olga@riverbendcommunity.ca
Softball League	Cody Halleran	cody.halleran@shaw.ca
Volleyball League	Clayton Bischoff	claytonbbischoff@shaw.ca
Rink Maintenance	Peter Hamilton	phamilton03@gmail.com

District Representatives

Calgary Police Community	Liaison Officer Cst. Sue Bennett	403-266-1234
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If you need to report an emergency or crime in progress, please call 911. If you need to report a historical crime and there is not an immediate need for police, please call the Calgary Police non-emergency line at 403-266-1234. For online reporting, please visit calgarypolice.ca.

Councillor Ward 11	Kourtney Penner	Ward11@calgary.ca
MLA Calgary Peigan	Tanya Fir (UCP)	Calgary.Peigan@assembly.ab.ca
MP Calgary Shepard	Tom Kmiec (PC)	Tom.Kmiec@parl.gc.ca
School Board Trustee (Calgary Public School Board)		
Ward 11 and 13	Nancy Close	neclose@cbe.ab.ca
School Board Trustee (Calgary Catholic School Board)		
Ward 11 and 12	Cathie Williams	cathie.williams@cssd.ab.ca
Girl Guides Riverbend	Holly Sweeney	hollysweeney6@outlook.com

Scouts 77th East

Glenmore Scout Group

Rose Martin

rose_m@shaw.ca



support your community

BECOME A MEMBER NOW!

GET CONNECTED | BUILD RELATIONSHIPS
VOTE ON IMPORTANT ISSUES | JOIN RCA BOARD

FEEES SUPPORT COMMUNITY
PROGRAMS, EVENTS AND
PROJECTS

In addition members benefit from
DISCOUNTS | PRIORITY | EXCLUSIVE ACCESS

- %15 off community centre rentals
- FREE monthly materials drop-off at Ecco Recycling landfill
- Discounts for RCA program and event registrations
- GREAT discount offers with community retailers

WWW.RIVERBENDCOMMUNITY.CA/MEMBERSHIP



Riverbend Community Centre

LOOKING FOR A SPOT TO BOOK YOUR NEXT EVENT?
LOOK NO FURTHER THAN YOUR OWN COMMUNITY!

- The perfect spot for a wedding, family celebration, birthday party or a business meeting!
- Main level with 2 rooms, 175 plus 64 banquet sitting capacity
- Bluetooth and AV capabilities
- Fully renovated patio
- Minutes away from picturesque Carburn Park
- Listed as one of the best Community Centres in Calgary
- And so much more!!



WWW.RIVERBENDCOMMUNITY.CA/FACILITY-RENTALS



**BEAUTIFICATION
CONTRIBUTES TO A VIBRANT
NEIGHBOURHOOD AND SENSE
OF PRIDE.**

**JOIN THE TEAM TO HELP US
IMPLEMENT NEW PROJECTS.**

01 ENHANCEMENT 02 LANDSCAPING 03 PUBLIC ART



**VOLUNTEERS NEEDED WHO ARE INTERESTED IN
ENHANCING THE BEAUTY OF RIVERBEND!**

CONTACT PAT@RIVERBENDCOMMUNITY.CA TO GET INVOLVED

WWW.RIVERBENDCOMMUNITY.CA/COMMUNITY-ADVOCACY



POKER TOURNAMENT

NO LIMIT TEXAS HOLD-EM

REGISTRATION
\$25 FOR MEMBERS
\$30 NON-MEMBERS
AND \$30 BUY IN FOR 15000 CHIPS.
ALSO YOU HAVE A CHOICE OF A
15000 CHIP ADD-ON FOR \$30.
REBUY AND ADD ON AVAILABLE UNTIL
THE FIRST BREAK AT 7:30 PM

**SATURDAY
FEBRUARY 11 AT
5:30 PM**

PRE-REGISTER ONLINE AT
WWW.RIVERBENDCOMMUNITY.CA/EVENTS

What Can Go in Your Blue Cart?

from the City of Calgary

Your blue cart is for acceptable household paper, cardboard, and container packaging. It is important to recycle the right things in your blue cart and community recycling depots, and properly prepare your materials.

When you put in items that don't belong, it can cause injuries to workers and costly shutdowns at recycling sorting facilities. Not sure where to put an item? Check out What Goes Where: <https://www.calgary.ca/waste/what-goes-where/default.html>.

Put These Items into Your Blue Cart:

1. Bundled Stretchy Plastic Bags and Cling Wrap

Bundle all stretchy plastic bags into a single plastic bag and tie closed before recycling. Acceptable bags include:

- Grocery bags
- Shopping bags
- Sandwich/lunch bags
- Resealable/Ziploc bags
- Freezer bags
- Bread bags
- Dry cleaner bags
- Plastic overwrap (wrapping on toilet or paper towel, water bottle cases)
- Plastic film wrap (saran wrap)
- Bubble wrap

Tip: If the plastic bag/wrap stretches (like a grocery bag) it's recyclable; if it does not stretch, is crinkly, or tears (like a chip bag or cellophane), it's not recyclable.

2. Paper and Cardboard

- Cardboard boxes (cereal, pizza, tissue boxes, etc.)
- Toilet and paper towel tubes
- Catalogues, magazines, and telephone books
- Newspapers, flyers, and brochures
- Letters and envelopes (remove plastic window)
- Paper coffee cups and fountain pop cups (no lid)
- Greeting cards
- Non-foil paper gift wrap
- Paper bags
- Soup and beverage cartons (e.g. Tetra Pak® packages)
- Milk cartons and juice boxes
- Shredded paper (in a see-through bag and tied closed)
- Paperback and hardcover books (separate hardcovers from pages)



3. Container Packaging

Your blue cart is for containers – bottles, jugs, jars, cartons, cans, and other rigid containers.

3a. Containers made of plastic

- Milk jugs
- Yogurt tubs
- Pop bottles
- Takeout containers
- Laundry detergent container
- Body lotion containers (no tubes)
- Beverage and juice bottles
- Mouthwash bottles
- Shampoo and conditioner bottles (no hand pumps)
- Molded plastic packaging
- A plastic holder with a cardboard backing – separate each item for recycling
- Clamshell packaging
- Divided food trays like cookie trays or party trays

Tip: Once you have determined that your plastic item is a container, then look for a recycling symbol from 1 through 7. If your plastic item is not a container, do not recycle.

3b. Containers made of tin – food cans and tin foil

- Tin food cans
- Clean tin foil (crumple up)
- Foil takeout containers and pie plates
- Tin containers (e.g. cookie tins)
- Pop cans

3c. Containers made of glass – food jars and bottles

- Glass food jars – baby food jars, salsa jars
- Glass bottles – pop bottles, condiment bottles

Lids and Caps

- Metal lids must be larger than 5 cm (two inches) in diameter
- Plastic lids must be larger than 7.5 cm (three inches) in diameter

Tip: If the lid is about the size of the palm of your hand, it's okay to recycle. Please note that all coffee cup lids belong in the garbage. They are too light to be sorted properly at the recycling facility.

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



JOIN OUR RCA TEAM!

TREASURER

Key Responsibilities:

- Responsible for accurate financial records of the organization
- Present regular account of revenues and expenditures to the Board
- Support annual audit process
- Present audited financial statements at AGM
- member of the Executive Team with additional responsibility for business administration affairs of the organization
- holds signing authority for the organization

Helpful Skills:

- Accounting/finance experience
- Familiarity with accounting apps such as Dext/ QBO/ Plooto

RCA Board Roles:

- Time commitment of approximately 10 hours per month
- 2-year term
- Open to Riverbend Residents only

****Board experience can be used towards annual professional development hours for many professions****

To Apply visit -
www.riverbendcommunity.ca/volunteering





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contact@jacksonjackson.ca

www.jacksonjackson.ca



MLA Calgary–Peigan

Tanya Fir

Parliamentary Secretary
for Status of Women

☎ 587.392.8850

✉ Calgary.Peigan@assembly.ab.ca



Dear Neighbours,

Fish Creek Provincial Park is a treasure enjoyed by many Calgarians, and our government is investing \$750,000 into the park to enhance visitor experiences. We are working to protect our provincial parks and advance sustainable partnerships for recreation, conservation, and education. Investing in provincial parks helps protect Alberta's wild spaces for future generations while driving tourism and supporting local economies. This investment in the Friends of Fish Creek Provincial Park Society ensures the park has the staff, resources, and programming needed to be enjoyed by Albertans for generations to come.

As Parliamentary Secretary for Status of Women, I was pleased to join Women and Gender Equality Canada in announcing \$3 million is being directed to 211 to ensure that the crisis supports Albertans need are there when they need them. This investment will help continue to build a reliable, streamlined 24/7 service that connects Albertans to the resources that serve their urgent needs. 211 is an essential service that helps Albertans find the right resource at the right time. 211 provides information and referral to a wide range of community, social, health, and government services, no matter where you live.

As part of the Healthcare Action Plan, our government is working with Alberta Health Services (AHS) to improve EMS response times and open acute care beds in emergency departments faster. Using EMS more efficiently means they will be on the road and available for emergency calls. This new program is one of several actions underway designed to better serve Albertans. AHS has a plan to improve four priority areas and is taking steps to reduce pressures and improve system performance. This includes improving EMS response times, decreasing emergency department wait times, reducing wait times for surgeries, and improving overall patient flow and capacity.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Riverbend. 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.

RIVERBEND 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.

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PLUMBING PARAMEDICS: Your community plumbing and furnace experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and furnace repairs. BBB accredited. Call today to experience our world class service! 587-205-6657.

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CHARTERED PROFESSIONAL ACCOUNTANT: Taking care of your small business needs: accounting, bookkeeping, personal and corporate taxes, GST filing, and payroll. Wendy CPA, CGA, 403-607-4617.

AFFORDABLE DENTAL CARE MINUTES FROM RIVERBEND! 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!

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