

NOVEMBER 2023

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CONNECTS

THE OFFICIAL RIVERBEND COMMUNITY NEWSLETTER



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Glenmore Inn Plaza
3150 Glenmore Court SE
Ogden Rd, Calgary

Key Things to Know About in November

Stay connected to all things Riverbend at www.riverbendcommunity.ca, and Facebook, x (Twitter), and Instagram @riverbendyyc

Thank you to Girl Guides for a spooktacular Halloween Dance Party.

Upcoming Events

Fall Fair

November 4, 2023, 10:00 am to 4 pm

Join us for another fantastic Christmas shopping opportunity from local vendors.

YYC food trucks will be onsite. Visit our website for more vendor information.

www.riverbendcommunity.ca

Annual AGM

November 21, 2023, 6:30 to 8:30 pm

Why should you attend the AGM?

- Meet RCA Directors face to face.
- Vote in the election of new Directors.
- Hear about the RCA financial situation.
- Hear about our accomplishments over the past year –see 2022-23 Annual report on page 14.
- Meet new RCA President.
- Network with your neighbours.
- Hear updates about issues impacting your community.
- Enjoy some wine and cheese.

This year's meeting will again be taking place in person at the community centre! Check out our website www.riverbendcommunity.ca/events/annual-general-meetings for agenda and supporting documents.

Winter Plant Fundraiser

Order Deadline November 21, 2023.

The gift that keeps on giving. By purchasing plants through this program, not only will you beautify your own space, the proceeds from the fundraiser will also support future community beautification projects. Order online at: www.riverbendcommunity.ca/events/winter-plant-fundraiser-2023.

Mayor's Annual Food Drive

Riverbend Community Association is once again participating in the Calgary Food Bank's event, the Mayor's Annual Food Drive!

Anyone looking to donate items can find drop-off bins in the front foyer of the Riverbend Community Centre from November 18, 2023, to December 12, 2023.

Annual Kids Christmas Party Presented by Remington

December 2, 2023, 12:00 to 4:00 pm

Join us for another fun filled afternoon of crafting, cookie decorating and photos with Santa.

Free for members, \$5 for non-members.

Thank you to Remington for generously sponsoring the event this year!

Register online to book your time for photos: www.riverbendcommunity.ca.

Good Food Box Program

The content varies monthly, due to seasonal availability. The boxes contain the maximum produce to ensure our clients are getting the most value for the price.

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

Order deadline Monday, November 27, 12:00 pm for pick-up Thursday, December 7, between 5:00 pm to 7:00 pm at the community centre.

Order online: www.riverbendcommunity.ca/programs/community-programs/good-food-boxes-community-kitchen.

55+ Cards and Coffee

Join us in the Elbow room every second Friday of the month from 2:00 to 4:00 pm.

\$2 donation appreciated. No pre-registration necessary.

Next date: November 10, 2023.

Updates from Your RCA

Host Your Next Event with Us!

Looking for a spot to host your next event? It is never too early to start planning your Christmas party! Look no further than your own community!

- The perfect spot for a wedding, family celebration, birthday party or business meeting.
- Main level with two rooms to serve your needs, 175 or 64 banquet seating capacity.
- Bluetooth, Wi-Fi, and AV capabilities.
- Fully accessible kitchen with commercial fridge, commercial dishwasher, and warming ovens.
- Book your event today! www.riverbendcommunity.ca/facility-rentals.

Rink Board Advertising

Riverbend Community Association (RCA) offers an opportunity of placement of advertising images on RCA Rink Boards.

Details:

- The size of the sign is 3ft x 7ft.
- RCA is going to coordinate printing and installation of the sign.
- The cost is \$1200 + GST for a two-year period.

Businesses that offer benefits to RCA Members will receive an additional 10% discount for rink board advertising

If you are interested in this opportunity, visit our website to fill out an application form <https://www.riverbendcommunity.ca/outdoor-rink>.

Partner with us to offer RCA Member Benefits/ Discounts!

In recognition and appreciation of the member benefit offered for the RCA Members, RCA agrees to:

- Provide a listing on our website under Memberships page with a hyperlink. Our webpage (www.riverbendcommunity.ca) is visited by about 1,000 visitors every month.

- Listing in the Riverbend Connects newsletter on Memberships page. Our printed newsletter is delivered to over 4,000 households and enjoys over 80% readership.
- New benefit announcement post with logo will be posted on our social media platforms. Our Facebook page has 2,400+ followers, Twitter page 700+ followers and Instagram page 900+ followers. Our posts often reach a few thousand people.
- One additional post on RCA social media platforms per year.

Visit our website to sign up

<https://www.riverbendcommunity.ca/membership>.





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RIVERBEND FYI

Riverbend Community Association Contacts

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

Directors

President	Olga Maciejewski	olga@riverbendcommunity.ca
Vice President, Business Operations	Amit Khare	amit@riverbendcommunity.ca
Board Secretary	Vladimir Ivanov	vladimir@riverbendcommunity.ca
Treasurer	Vacant	
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
Traffic, Safety, and Crime Prevention	Brenda Pereira	brenda@riverbendcommunity.ca
Communications	Nichole Wyatt	nichole@riverbendcommunity.ca
Volunteer Resources	Natalia Gonzalez	natalia@riverbendcommunity.ca
Director at Large	Melodie Tang	melodie@riverbendcommunity.ca
Director at Large	Stuart Russell-Gibson	stuart@riverbendcommunity.ca

Other

Community Manager	Delby Auktor	delby@riverbendcommunity.ca
Communications and Marketing	Anthony Murdoch	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

District Representatives

Calgary Police Community and Liaison Officer	Cst. Sue Bennett	403-266-1234
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To report an emergency or crime in progress please call 911

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
Ward 11 and 13 School Board Trustee (Calgary Public School Board)	Nancy Close	neclose@cbe.ab.ca
Ward 11 and 12 School Board Trustee (Calgary Catholic School Board)	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

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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.

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.



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WWW.RIVERBENDCOMMUNITY.CA



Seven Ways to Break Free of a Trauma Bond

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

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

Here are seven ways to break free from a trauma bond:

Educate Yourself – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

Zero Contact – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

Examine the Evidence – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

Practice Self-Compassion – don't blame yourself. This was not your fault. You are not stupid.

Personal Affirmations – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

Mindfulness – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

Professional Help – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.

TRAFFIC & SAFETY AWARENESS



311 SERVICE REQUEST ROAD SAFETY

311 Calgary. Your connection to The City.
If you have any concerns with road safety
Call 311 or submit a 311 online request.

- Traffic Signals: Left Turn or Pedestrian Light
- Neighbourhood speed limits
- New sidewalk requests
- Pathway concerns
- Parking signs

311 ONLINE REQUEST



WWW.CALGARY.CA/CATEGORIES/CATEGORY-TRANSPORTATION.HTML

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AND
COFFEE**

**EVERY SECOND
FRIDAY OF THE
MONTH**

2:00-4:00PM

Meet your neighbours for a
cup of coffee and a card game
every second Friday of the
month.

No Pre-registration required
\$2 donation appreciated

www.riverbendcommunity.ca



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



RINK RENTAL



**DID YOU KNOW,
THE RINK IS NOW AVAILABLE FOR PRIVATE EVENT RENTALS?**



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PRICES ARE PER HOUR
DISCOUNT FOR RCA MEMBERS

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CHECK IN, LIKE, TAG, SHARE!**



riverbendyyc



@riverbendyyc



@riverbendyyc



Riverbend Community Calgary



WWW.RIVERBENDCOMMUNITY.CA/OUTDOOR-RINK



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Whether you are remodeling, upgrading, or recovering from weather-related damages, we are here to help.

With 30+ years' experience, we can make your renovation something you will enjoy for years to come.

Please call or text Kevin at 403-804-5366.

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

RIVERBEND FALL FAIR

Shop Amazing Gifts

VARIETY OF HANDCRAFTED ITEMS:
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SATURDAY, NOV 4 10AM- 4PM
YYCF000TRUCKS WILL BE ON LOCATION
RIVERBEND COMMUNITY CENTRE
SEE LISTING OF ALL PARTICIPATING VENDORS @
WWW.RIVERBENDCOMMUNITY.CA

support your community

BECOME A MEMBER NOW!

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

FEES 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

TRAFFIC & SAFETY AWARENESS



CALGARY POLICE SERVICES TRAFFIC

The Residential Traffic Safety Unit is attached to the Traffic Section of the Calgary Police Services. Report an ongoing traffic concern related to the following:

- *Speeding Issues*
- *School or playground zones*
- *Trucks / Commercial vehicles*
- *Pedestrian safety issues*
- *Intersection safety issues*
- *Motorcycle issues*
- *Illegal turns*

TRAFFIC SERVICE REQUEST



**CALGARY
POLICE
SERVICE**

WWW.CALGARY.CA/CPS/TRAFFIC/TRAFFIC-SERVICE-REQUESTS.HTML

A Ton of Tongue

Blue whales are the largest animals known to live on Earth. Not only are their bodies ginormous at a staggering 100 feet long, but their tongues are actually incredibly heavy, with the average tongue weighing over 8,000 lbs!



Winter Plant Fundraiser

GROWING SMILES
FUNDRAISING

Order Deadline - **November 27**

Pick up - **December 12**

Support
Community
Beautification!



WWW.RIVERBENDCOMMUNITY.CA/EVENTS/WINTER-PLANT-FUNDRAISER



The GLENMORE INN & Convention Centre

Garden Court Buffet

Wednesday Lunch
&
Saturday Dinner



📍 1000 Glenmore Court SE
Calgary, AB T2C 2E6
☎ (403) 279-8611

Calgary



The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



New fees ensure that the cost of running the service is covered by those who benefit from it.



You only need a permit if your street has parking restriction signs and you want to park on the street.



BOARD GOVERNANCE

- Recruited and onboarded Secretary and 2 Directors at Large
- Actively searching for new Treasurer
- Developed 7 new policies and updated 2

FINANCE

- Secured "LOW RiSK" annual ranking from City of Calgary
- Received \$79,500 from Casino Fundraiser held in Jan 2023
- 2022-23 Fund Development Plan targets exceeded
 - Secured \$46,600 in grant funding
 - Secured \$13,000 via donations and fundraising activities
 - Organized a successful 'Spring Plant Fundraiser' event



OPERATIONS

- Renegotiated rental agreements with long-term tenants
- Hired, onboarded and trained new Maintenance Worker
- Developed processes for rink rentals and rink advertising boards

SPACES AND FACILITIES

- New front doors with wave activated accessibility buttons added to community centre
- ENMAX Community Solar Program saw solar panels installed on the roof to help off set energy costs
- Increased security of the facility with security cameras and by making last three locks electronic



RIVERBEND RINK MAKEOVER PROJECT

- Celebrated 'Rink Grand Re-opening' on Feb 11, 2023 with - Ward 11 Councillor- Kourtney Penner, MLA Tanya Fir, Parks Foundation CEO - Sheila Taylor and Harvey the Hound
- \$640,000 All-season Rink Makeover Project completed including the addition of 10 in-ground picnic tables
- Submitted final reports and closed all project grants

PARTNERSHIPS

- Hosted a Riverbend Expansion Project information session in Nov 2022 and Sept 2023
- Supported Remington Development with sharing updates about their new development plans in Quarry Park
- Supported Ecco Recycling by hosting them at the Community Information session in spring of 2023
- Hosted Green Line LRT Community Information session in spring of 2023 about their proposed redevelopment



MEMBERSHIPS

- 4 new benefits for RCA members introduced
- Increased memberships by 45% compared to last year
- 31% of Riverbend households are now RCA members - higher than Calgary average of 20%

COMMUNICATIONS

- Continued to expand audience and engagement:
 - Facebook 2000+ followers
 - Instagram 800+ Followers
 - Twitter 700+ Followers
- Hired and onboarded Communications Office Assistant
- Researched and published 'History of Riverbend' and 'History of RCA' and created History Installation



COMMUNITY BEAUTIFICATION

- 2021 Community Engagement Survey results meant community beautification in the 2022-24 Strategic Plan was prioritized
- Funding from the Community Standards Grant from the City of Calgary saw 34 garbage cans wrapped with nature scenes
- Collaborated with City of Calgary to address landscaping on the medians and boulevards on 18th Street
- Organized Litter Clean Up event
- Supported a weeding event in Carburn Park

TRAFFIC, SAFETY AND CRIME PREVENTION

- Implemented awareness campaign for traffic safety and 311 requests, reporting concerns to 311 up (15.6% increase over 2022)
- Raised awareness - Deerfoot Improvements Project
- Sent letter to MLA Tanya Fir, Office of the Minister of Transportation and Ward 11 Councillor Kourtney Penner to flag community's concerns and advocate for preventative measures
- Requested City of Calgary complete study for the implementation of left turn signals at Riverbend Gate/18 Street/Riverglenn Drive
- Working with Ward 11 to support Pedestrian Crossing Lights at Riverglenn Drive/Riverglenn Way & Rivercrest Drive
- Three SLOW (Speed Limit Observation and Warning System) trailers now in the community



PROGRAMS AND EVENTS

- Formed Events & Programs Planning Working Group
- Held the Year of Celebrations event celebrating RCA 35th and Riverbend's 40th anniversaries
- Introduced new programs and events: 'Community Movie Nights', 'Seniors Cards & Coffee' and 'Good Food Box'
- Organized several successful events: Riverbend Fall Fair, Kids Christmas Party, Casino Fundraiser, Spring Plant Fundraiser, YYC Foodtrucks Fridays, End of School Dance Party
- 217 participated in our fitness programs and 35 in the Softball League

VOLUNTEER MANAGEMENT

- Recruited 3 new board members
- Followed up on 100% expression of interest for potential volunteers and increased volunteer hours
- Volunteers contributed over 120 hours for 7 community events, with 36 new volunteers for two day casino in January
- Volunteer board members contributed over 500 hours in planning, maintaining community events and facilities
- Held End of Year volunteer appreciation Celebration - Ken Schultz, Director of Facility projects recognized as 'Face of Community' - a Federation of Calgary Communities program
- Olga Maciejewski, departing President recognized for her commitment to Riverbend community with The Queen Elizabeth II's Platinum Jubilee Medal



ADVOCACY

- Actively advocated for better funding model for Calgary Community Associations via a media release that resulted in several publications

Stay Connected to All Things Riverbend

www.riverbendcommunity.ca
@riverbendyyc





Annual General Meeting

Tuesday, November 21, 2023
6:30PM - 8:30PM

Why should you attend the AGM?

- Meet the new RCA President and Directors face to face
- Vote in the election of new Directors
- Hear about our yearly accomplishments
- Network with your neighbors
- Hear updates about issues impacting your community
- Hear about RCA's financial situation
- Enjoy some wine and cheese

For more details - www.riverbendcommunity.ca



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/ Plotoo

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





ANNUAL RCA

Kids Christmas Party

PRESENTED BY REMINGTON DEVELOPMENT

Saturday December 2, 2023
12pm to 4pm

PHOTOS WITH SANTA 12-3PM
COOKIE DECORATING
CRAFT TABLES

FREE FOR MEMBERS
\$5 FOR NON-MEMBERS

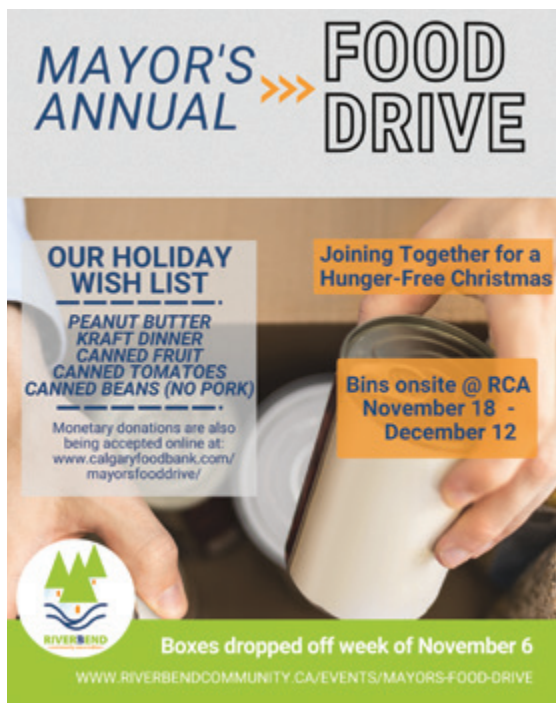
REGISTER ONLINE
WWW.RIVERBENDCOMMUNITY.CA

Girl Guides
Everything she wants to be.

Remington Development Corporation



RIVERBEND
• community association •



We've all used Google Images, but do you know the reason it was created? On July 12, 2001, Google invented this search engine because so many people had searched for pictures of Jennifer Lopez' green Versace dress. Can you imagine that kind of impact?!

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

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

BUSINESS CLASSIFIEDS

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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.

CLEANING SERVICES: Excellent references. Insured and WCB coverage. Weekly, bi-weekly at reasonable prices. For free estimates call Maria at 403-606-6977.

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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