

MARCH 2023

DELIVERED MONTHLY TO 7,700 HOUSEHOLDS

THE SOURCE

FOR YOUR MARDA LOOP COMMUNITIES ASSOCIATION

BRINGING ALTADORE, GARRISON WOODS, SOUTH CALGARY & RIVERPARK RESIDENTS TOGETHER



SCAN ME



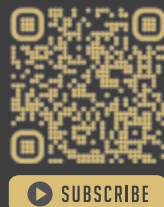
MARK WORKS HERE

TOP REAL ESTATE ADVISOR ON THE WEST SIDE

403.829.3776

evernden.mark@gmail.com

markdeverndencentury21.com



SUBSCRIBE

AN EVOLVING, VIBRANT, URBAN COMMUNITY THAT IS ENGAGED, CONNECTED, AND DESIRABLE

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca



DIVA | SALONspa

\$15 OFF

**ANY SERVICE
OVER \$50**

WEST MOUNT ROYAL | 403-289-2626
www.divasalonspa.com

Valid at West Mount Royal location only. Mention this ad at time of booking.
Cannot be combined with any other offer. No cash value. Some conditions
may apply, call for details. Free parking. Expires April 30, 2023.

DIVA | SALONspa

FREE GIFT

**WITH PURCHASE
OVER \$30**

WEST MOUNT ROYAL | 403-289-2626
www.divasalonspa.com

Valid at West Mount Royal location only. Mention this ad at time of booking.
Cannot be combined with any other offer. No cash value. Some conditions
may apply, call for details. Free parking. Expires April 30, 2023.

OFFICIAL

PLUMBING & HEATING

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

\$50

Service Call Fee

403-837-4023

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

**CHOOSE TO
SUCCEED
WITH**



**BANBURY
CROSSROADS
SCHOOL** EST. 1979

We offer small class sizes with a
student-teacher ratio averaging 8:1.
Allowing for one-to-one teaching!



Call 403.270.7787 to enroll today.

www.BanburyCrossroads.com

Seniors Smitten with Love in February

Everyone knows that when February shows up, love is all around us.

When the senior members and their guests got together early that month, they were treated to a musical comedy entitled "So this is #LOVE?" The show was performed by Margaret Dahlberg who is dedicated to creating works to inspire joy and connection in people of all ages. She is a Calgary native, composer of multiple albums and singles, music educator, an excellent pianist, and creator of musical pursuits. Her hilarious show left us all reminiscing about our own experiences in the pursuit of true love. It certainly can be hard to find!

However, love is certainly easy to share and with Margaret's encouragement, the seniors were able to raise \$895 in donations for Fear Is Not Love (formerly Calgary Women's Emergency Shelter). Lisa Zoppa, Team Lead Community Engagement was there in person to receive this generous donation.

Pictures taken at the event show how much the audience appreciated Margaret's performance and we thank her for sharing her valuable time and talent with us.

On another note, this is a reminder that if anyone is interested in joining a journaling group with Eileen Nesbitt, who conducted a workshop for us in January, please let me know at the email address below.

Heather Bhatti

Director "Seniors in the Loop"

seniors@mardaloop.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.



Join the MLCA board!!

VOLUNTEERS COORDINATOR NEEDED

- Want to be more involved in the community?
- Would you love to get to know more people?
- Could you coordinate our great community volunteers for our events?
- Join us on the Marda Loop Communities Association Board.

FOR MORE INFO:  PRESIDENT@MARDALOOP.COM 



FAMILY BINGO

March 18th 6PM

hot dogs, pop, chips

50 cent bingo cards

Wear your best 50's or 60's costume

more info: mardaloop.com/events



MLCA SOURCE ROLES AND CONTACT LIST

Executives

President	Tony Norman president@mardaloop.com
Vice President	Tom Rosettis vp@mardaloop.com
Past President	Vacant
Treasurer	Lisa Batteke treasurer@mardaloop.com
Secretary	Siwei Chen secretary@mardaloop.com

Directors

Events	Aranka Rosettis events@mardaloop.com
Indulge	Minx Rai indulge@mardaloop.com
Marketing	Vacant marketing@mardaloop.com
Membership	Andrew Lambert membership@mardaloop.com
Mobility	Andrea Joyce mobility@mardaloop.com
Planning and Development	Kim Kemper development@mardaloop.com
Preschool	Alicia Smith preschooldirector@mardaloop.com
Seniors	Heather Bhatti seniors@mardaloop.com
Sponsorship	Jeremy D'Mello sponsorship@mardaloop.com
Sports and Recreation	Rob Baillargeon sportsrec@mardaloop.com
Sustainability	Marisa Mazepa and Tami Cormack sustainability@mardaloop.com
Volunteers	Vacant volunteer@mardaloop.com
Director at Large 1	Vacant atlarge1@mardaloop.com
Director at Large 2	Hugo Batteke atlarge2@mardaloop.com

Other Important People

The Source (Newsletter Editor)	Kevin Forbes gm@mardaloop.com
-----------------------------------	----------------------------------

Staff

General Manager	Kevin Forbes gm@mardaloop.com
Accountant	Karen Murphy accounting@mardaloop.com
Hall Services and Rentals	hallrentals@mardaloop.com

Monthly MLCA Board Meeting

If you would like to address the Board, or simply attend one of these meetings, please contact president@mardaloop.com.



What legacy do you
want to leave behind?



STACI TANNAHILL-SMITH
BARRISTER & SOLICITOR

*Make your family's future a priority with
wills and estate planning for all Calgarians.*

Contact Us:

☎ 825-431-3505

✉ www.tannahillsmithlegal.com

✉ office@tannahillsmithlegal.com





MLCA Programs

Peanuts Soccer – Registration Now Open!

Peanuts Soccer is one of our most popular programs as it is fun-based soccer for children aged three to six. We provide jerseys, equipment, and have some other fun activities during the season such as our Wrap-Up Party with Bouncy Castles.

This program is only \$50! All supplies included!

It runs Saturday mornings in May and June.

To register and for more details, visit mardaloop.com/programs/.

Winter Programs – Last Chance for a Couple Classes

Want to try out one of our classes before the spring session? You still can! Just register for the last portion and if you like it, register for spring.

New – Axé Capoeira

Axé Society for Capoeira (Axé Capoeira Calgary) is a non-profit organization dedicated to the celebration of Brazilian culture through Capoeira, Afro-Brazilian dance, and percussion. It is their mission to foster culture, community, and confidence.

They have proudly been active in Calgary and surrounding areas since 2005, offering Capoeira, dance and music classes, performing in festivals, as well as working with Calgary Board of Education, Calgary Catholic School District, and Rocky View School Division. They continue to stand by our commitment to providing accessible programming and serving our community, which remains a top priority.

It is their belief that capoeira is for everyone, and the benefits are essential in the quest for healthy living. Strength, stamina, agility, flexibility, balance, language, and expression of the body and mind, as well as stress reduction, are just some of the ways one can expect noticeable changes take place.

Date: Tuesdays | January 17 to March 7

There are two age groups to choose from:

Minis (Ages 3 to 5)

Time: 10:00 to 10:45 am

Cost: \$85 for 8 sessions (Pro-Rated)

Youth (Ages 6 to 12)

Time: 4:00 to 5:00 pm

Cost: \$100 for 8 sessions (Pro-Rated)

Prancing Peanuts Winter Session

The Peanuts are back this winter! This program is for children to get them involved in dance at an early age. This is an introduction to the basics of ballet in a fun filled environment. Encouraging your little one to express themselves through music while picking up some foundations of dance along the way.

New: We've added a new 5- to 6-year-old class in the fall due to popular demand! It will follow the 4 to 5 group on Thursdays.

MLCA membership is required to register in this program.

Requirements: ballet shoes or bare feet and a leotard or tights/leggings (tight fitting clothing).

There are four age groups to choose from:

- 2- to 3-Year-Olds: Fridays | 9:00 to 9:30 am
- 3- to 4-Year-Olds: Fridays | 9:50 to 10:30 am
- 4- to 5-Year-Olds: Thursdays | 4:00 to 4:50 pm
- 5- to 6-Year-Olds: Thursdays | 5:00 to 5:50 pm

When: January 12 to March 17 (No Class from February 9 to 17)

Cost: \$80 per child (Pro-Rated)

Adult Yoga at MLCA

We are excited to welcome back our amazing and experienced yoga teacher Sophie for the Winter session. Hatha yoga classes move at a beginner to intermediate pace. It is a structured physical practice that connects breath and movement, body and mind, heart and spirit. If you can breathe, you can do yoga!

MLCA membership is required to register in this program.

Wednesday Yoga with Sophie

Date: Wednesdays | January 18 to March 29, 2023

Time: 7:00 to 8:00 pm

Cost: \$140 + GST for 11 sessions (Pro-Rated)

Friday Yoga with Sophie

Date: Fridays | January 20 to March 31, 2023

Time: 9:30 to 10:30 am

Cost: \$140 + GST for 11 sessions (Pro-Rated)

Seniors Yoga

Age doesn't matter, Yoga is for everyone!

Enjoy Yoga at the Senior level with the comfortable instruction from our great teacher Sophie! Move with strength and ease with a regular dose of yoga. This class

is designed to encourage mobility at any age. Whether you're new to yoga or whether you've been practicing all your life, you'll enjoy the playful nature of this gentle yoga class.

MLCA membership is required to register in this program.

Date: Thursdays | January 19 to March 30, 2023

Time: 11:15 am to 12:15 pm

Cost: \$140 per person + GST for 11 sessions (Pro-Rated)

Seniors Fit

Beth is Back and ready to get back at it after the holiday break!

Due to popular demand, we've added an additional day for Senior Fit last year. You can now choose either Tuesday or Thursday – or do both! With adding the extra class, we had to change the date and time, and the feedback has been positive.

Join a community of seniors and older adults for a total-body workout appropriate for any fitness level. Seniors Fit classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. The workout combines aerobic, flexibility, and resistance (strength) training with plenty of friendly fun.

MLCA membership is required to register in this program.

Date: Tuesdays and/or Thursdays | January 24 to March 30, 2023

Time: 1:30 to 2:45 pm

Cost: \$110 + GST for 10 sessions (Pro-Rated)

Barre Sculpt - Winter

Jen is back with a new time after a small hiatus!

Join us for a 60-minute class where you can tone and sculpt your whole body. Taught by our instructor Jen, she will use light weights and resistance bands with high repetitions to create an effective burn. This is designed to lengthen and strengthen your muscles to create a leaner and stronger physique.

MLCA membership is required to register in this program.

Date: Tuesdays and/or Thursdays | January 17 to March 30, 2023

Time: 5:15 to 6:15 pm

Cost: \$100 + GST for 11 sessions (Pro-Rated)

Marda Loop Swim Club 2022-2023

Registration for the 2022-23 Swim Club is sold out!

However, you can still register for the waitlist. You can do so as you would register normally.

Join our recreational, non-competitive club for swimmers ages 7 to 17 years. Our goal is to improve each swimmer's stroke ability, endurance, and confidence through coaching and training. Although the club is recreational, the focus is on competitive swimming skills (i.e. speed, efficiency, and endurance), making our club attractive for youth looking to "springboard" into a more competitive club in the future.

MLCA membership is required to register in this program. Spots are filling-up fast.

Date: Mondays | September 2022 to April 2023

Time: 5:30 to 7:00 pm

Cost: \$175 - 45 minutes, or \$350 - 1 hour and 30 minutes (includes a \$50.00 non-refundable administration fee)

Please Note: We've decided to change-up the registration process to go by age instead of category to simplify things. Once everyone shows up the first couple weeks, we will still move people around accordingly based on skill.

Playgroup Winter/Spring 2023

Continue on with Playgroup this winter/spring!

Playgroup is a Marda Loop community program that offers a playful environment for children and their caregivers. Enjoy a variety of toys and meet other children from the neighborhood. For infants and children up to 5 years old. MLCA membership is required to register in this program.

Time: 9:30 to 11:00 am

Ages: 0 to 5 Years

Cost: \$125 per family (Pro-Rated)

Please Note: Although only one fee applies per family, each child must be registered, and each name must appear on your receipt. This is a parented session; parents/guardians are required to remain on site for the duration of the program.

continued on next page



Four groups to choose from:

- Playgroup Mondays
 - Mondays | February 13, 2023, to June 12, 2023
 - Exceptions: No playgroup February 20, April 10, May 22
 - Note: For the holiday Mondays, you may join another day to make-up your session!
- Playgroup Tuesdays
 - Tuesdays | February 14, 2023, to June 13, 2023
- Playgroup Wednesdays
 - Wednesdays | February 15, 2023, to June 14, 2023
- Playgroup Thursdays
 - Thursdays | February 16, 2023, to June 15, 2023

Babysitters Registry

This service is available to all MLCA members with active memberships. Both babysitters and the interested families must have valid memberships. Individuals aged 11 to 17 years will require a parent/guardian's signature on the waiver form (available by emailing gm@mardaloop.com). All sitters' names published are required to have a valid babysitter training certificate (regardless of age).

The MLCA and its Board of Directors do not pre-screen/sanction/verify any credentials for those using this service. The employer takes full responsibility for interviewing and hiring the babysitters. The parents of the babysitters are responsible for screening the prospective employer of their child.

The list of babysitter's names will not be published in our community journal or on our website. It will be provided to interested families upon request, once active membership status is confirmed. Please email gm@mardaloop.com if you have any questions and to receive the registry.

Summer Camps

Summer Day Camps offer a range of weekly camps such as sports, cooking, and arts for ages 5 to 14. They will run through July and August.



Registration for the 23/24 school year is now open! We are so excited to be offering a new program this year. Junior kindergarten will be a five day a week afternoon program. It is meant to prepare the four-year-olds for kindergarten.

We are still offering our normal four-year-old program on Monday, Wednesday, and Friday mornings and our usual three-year-old program on Tuesday and Thursday mornings. Before and after care is also offered for all of the programs for an extra fee. For more information on any of our programs, please contact preschoolregistrar@mardaloop.com.

To register, please visit www.mardaloop.com/preschool/registration.

About the MLCA Preschool

We are a community-based preschool offering a cooperative and caring environment where children three to four years old come together to learn and explore through age-appropriate play, activities, and materials. We are a parent-run cooperative and ask for parents to get involved by volunteering in class and through small administrative or operational roles.

Set in the heart of Marda Loop, our bright and cheerful preschool is positioned a short distance from the community centre, playground, ice-rink, library, fire hall, and a community garden.



marda loop communities association
3130 16th street sw

sat, june 3
2023

Indulge

marda loop's official
mad hatter tea party

featuring the **STEVE MCQUEEN BAND**

Eat. Drink. Indulge.

support our SILENT AUCTION

become a Proud SPONSOR

call for Indulge VENDORS

get your Mad Hatter TICKETS

for details & to apply, visit
mardaloop.com/event-list/indulge

Eat. Drink. Indulge.

ASTONMORRONE
DESIGNS INC.

Custom Residential Home Design

Specializing in bespoke residential projects, AstonMorrone Designs Inc. prides itself on bringing each of our unique client's visions to life. No matter what project we are designing, we always aim to make an impact.

☎ (403) 830-6492

✉ info@astonmorronedesigns.com

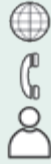
📍 #208 - 908 17th Avenue SW, Calgary, AB



MLCA MEMBERSHIP

INFORMATION FOR NEW AND RENEWING MEMBERS

There are several ways to sign up or renew your membership



Visit www.mardaloop.com/membership

Call 403-244-5411, extension 2

Drop by the office at 3130 16 ST SW

ANNUAL MEMBERSHIP FEES

Family	\$30
Individual	\$20
Senior (65+)	\$10
Associate	\$35
Senior Associate (65+)	\$10

BENEFITS INCLUDE

- Great programming and events
- Member discount program
- Access to tennis/pickleball and volleyball courts
- Discounts on hall rentals
- Supporting your community!
- Voting privileges at the MLCA AGM & Special Meetings
- AGM Info: mardaloop.com/events/mlca-agm

MLCA Member Discount Program

The purpose of the MLCA Member Discount Program is to increase MLCA memberships and to provide greater value to our existing members by partnering with our local business community, who will offer our members a special discount or benefit when they shop at the local business establishment.

360 Brain Body	Eye Gallery	Original Joe's
8 Cakes	EverFlex Calgary	PHI Medical Aesthetics
Altadore Dental	Fishman's Wet Cleaners	Phil & Sebastian
Bankview Barber Shop	Fresh Kids	S2 Fitness Studio
The Brewers Apprentice	Gelous Spa	Siena Flooring
Cellular Cellar	Inhale Exhale Massage Therapy	Skintelligence Esthetics
Chica Beauti Bar	Yoga & Meditation Centre of Calgary	Southwest Auto Service
Chinook School of Music	Master Chocolat	Studio Jewellers
Code Ninjas Marda Loop	Marda Loop Barber Shop	Swish Salon
Cookie Occasion	Marda Loop Brewing Company	Taylor Made Pilates
Counterpoint Dance Academy	The Military Museum	Vive Artistic Nails & Spa
CurryQueens LTD	Modern Rentals	Wisp Boutique Salon and Aesthetics
DYP Refillery		

*For Details of all available Membership Benefits and for more information visit:

<https://mardaloop.com/community/mlca-member-discount-program/>



Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.



HOST YOUR EVENTS AT THE MARDA LOOP HALL

- Weddings
- Cooking Classes
- Business Meetings
- Craft Shows
- Birthday Parties
- Fitness Classes

Bookable spaces, facilities, commercial kitchens, and all the equipment you need to host a successful event! Free parking, easy access, monitored video security.

3130 16 ST SW, Calgary
hallrentals@mardaloop.com
403-244-5411, ext. 1
mardaloop.com/hall-rental



Save the Date

Watch the Source and Social Media for information on our 2023 events

- Mar. 18: 50's/60's Family Bingo
- Apr. 18: Fireside Chat
- Jul. 15: Stampede Breakfast



SCAN ME





Rippefold Drapery & Roller Shade

Looking for Window Coverings?

L2 Interiors would love to quote your next window covering project! We specialize in blinds, shades, shutters, and custom drapery. Call us today!

Get in touch to book a consultation with one of our designers



☎ 825-258-5595

✉ hello@L2interiors.ca

🌐 www.L2interiors.ca



Designer Banded Shades



Silhouette Style Shades



Cordless Faux Wood Blind



Duette Duolite Shades



Custom Roman Shade

BUSINESS CLASSIFIEDS

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

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.

MARDA LOOP 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.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

LOCAL HANDYMAN IN MARDA LOOP – RELIABLE HOME SOLUTIONS: Repairs/replacements and odd jobs. Plumbing (e.g. fix/replace leaky/running faucet or toilet, install new garburator), electrical (e.g. repair/replace wall switch or light fixture not working, exhaust fan), install new window hardware and/or coverings, fix sticky door, drywall repairs, painting, etc. Call/text Tom 403-970-4466, or email tomh5566@gmail.com.

PROFESSIONAL ACCOUNTANTS IN MARDA LOOP: Personal and corporate income tax preparation and e-filing, accounting services such as bookkeeping, financial statements, GST, payroll, T4/T5 slips. CPAs with 20 years' experience, personable, reasonable rates, convenient location. Call Padgett Business Services at 403-220-1570 for your half-hour free consultation. 1511 – 10 Street SW, Calgary, AB T2R 1E8, or go to www.padgettcalgary.com for more information.

K AND K MAID SERVICES: Residential and commercial cleaning, moving in and out cleaning. Available weekly, biweekly, monthly and one time. Excellent references. Insured and bonded. For a free on site consultation, please call Katy at 403-891-8447 or email kkcleaningcalgary@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.

BOOKKEEPING, TAX PREPARATION, PAYROLL, GST: I can help you with all your tax needs – Business and Personal, Contractors and Retail. Current and late filers are welcome. I have 20 years of experience and my rates are reasonable. References are available upon request. Please call Jill: 403-510-1665 or email: mybookkeeper65@yahoo.ca.

RUSSELL'S LAWN SERVICE: Since 2000, locally owned, family operated, insured, WCB clearance, and BBB accredited. Providing quality, reliable service, free estimates, and a 15% senior discount. Specializing in mowing, power-raking, aerating, fertilizing, tree/hedge trimming, and landscaping/xeriscaping. Lawn service bookings are limited, reserve now. Visit us at www.russellslawn.com or call 403-686-LAWN (5296).

INDEPENDENT DENTAL HYGIENIST: I am a home-based dental hygiene clinic in the Knob Hill area. I provide dental hygiene cleaning - hand scaling, visual dental hygiene exam, polish, fluoride and teeth Zoom whitening. I accept consignment from your insurance company, and accept all types of payment for services rendered. Charlotte Cadrain RDH 403-680-6322. www.sparklingbritesmiles.ca.

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email tlc.cleaning@shaw.ca.

There's nothing like
great food to put a
spring in your step!

Shop in store for local, organic,
and sustainable groceries.



\$10 OFF!



When you spend \$100 or more at
Blush Lane Organic Market

VALID AT ANY BLUSH LANE ORGANIC MARKET, YOU MUST PRESENT THIS COUPON AT THE TIME OF PAYMENT.
A MINIMUM \$100 PURCHASE IS REQUIRED, NO CASH VALUE, ONE COUPON PER CUSTOMER, PER TRANSACTION,
PER DAY. CANNOT BE COMBINED WITH ANY OTHER OFFER, VALID UNTIL MARCH 31, 2023.

Blush Lane
ORGANIC MARKET
SUSTAINABLE / LOCAL / SEASONAL

VISIT US AT
2044 33RD AVE SW

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS,
EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

ALTADORE



**GARRISON
WOODS**



**SOUTH
CALGARY**



PLUMBER

PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490



Private Portfolio Management for Conservative Investors

We focus on generational wealth and provide long-term portfolio management. In addition, our practice is 100% independent and our firm is not bank-affiliated, ensuring our investment strategy remains unbiased and private.

For a confidential and complimentary assessment of your current portfolio, please contact the office of B.A. (Bob) Blais.

B.A. (Bob) Blais
Portfolio Manager,
Sr. Vice President,
Director, & Head of
Managed Accounts
(403) 531-6804
bblais@leedejonesgable.com



Independent
Financial Advice
Since 1965

Member of CIPF and regulated by IIROC

*Proud supporter of the Blais Family Foundation,
enhancing charitable initiatives in our city*

Extraordinary kids deserve extraordinary camps.

Register for summer camps today!

mrucamps.com



MRU
CAMPS

McLAWS LAW

ESTATE PROBATE
WILLS
POWERS OF ATTORNEY
PERSONAL DIRECTIVES

Experienced, cost effective
and practical advice, representation
and counsel to meet
your legal needs

*Insurance Disputes - Small Business
Employment Issues - General Litigation*

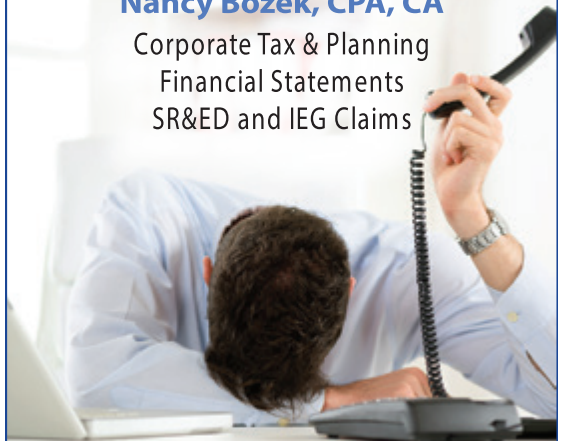
Peter B. McLaws
Barrister & Solicitor
(403) 710-3712

COME VISIT OUR NEW WEBSITE!
www.mclawslaw.ca

Need Tax Help?

Nancy Bozek, CPA, CA

Corporate Tax & Planning
Financial Statements
SR&ED and IEG Claims



403.287.0721

nbozek@g9consulting.com
www.g9consulting.com

Where skin and self-care align.

Curated medical aesthetics for the face + body.

Book your facial or laser services at
theskinset.com

#317, 4620 Bow Trail SW





ALTADORE | LP \$1,450,000



NORTH GLENMORE PARK | LP \$1,000,000



LAKEVIEW | LP \$899,900



LAKEVIEW | LP \$689,900



ELBOYA | LP \$1,399,000



SOUTH CALGARY | LP \$1,485,500

OUR TEAM IS HERE TO HELP
WE WANT TO MEET YOU!

LOCAL RESIDENT & AREA EXPERT AT YOUR SERVICE

RENATA M. REID | 403.630.3991

SENIOR VICE PRESIDENT OF SALES

RENATA@RENATAREID.COM

EXPERIENCED NEGOTIATOR | STRATEGIC MARKETER
LARGE NETWORK OF CLIENTS, AGENTS & SERVICE PROVIDERS

MY WORK IS 90% WORD OF MOUTH REFERRALS | REFERRALS ARE GREATLY APPRECIATED



Scan me!

