

FEBRUARY 2024

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# the **CRESCENT** view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER

**VOLUNTEERS  
NEEDED FOR THE  
CASINO IN APRIL**



*Rotary Park Stairs NE Crescent Heights by Dave Dearborn*

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**ATTENTION  
CRESCENT HEIGHTS RESIDENTS!  
WE NEED YOUR HELP!**

VOLUNTEER FOR THE  
**CHCA CASINO 2024**

THE CHCA HAS AN OPPORTUNITY TO RAISE  
APPROXIMATELY **\$70,000** AT A CASINO ON  
APRIL 14 & 15  
MONEY RAISED WILL SUPPORT COMMUNITY INITIATIVES,  
ACTIVITIES AND PROGRAMS.

**TO VOLUNTEER, CONTACT**  
[PRESIDENT@CRESCENTHEIGHTSYYC.CA](mailto:PRESIDENT@CRESCENTHEIGHTSYYC.CA)

**FUN FACT**  
BY WORKING JUST ONE SHIFT AT THE CASINO,  
YOUR EFFORTS COULD RAISE JUST UNDER **\$2,000**  
FOR THE COMMUNITY.

**LET'S WORK TOGETHER  
TO MAKE CRESCENT HEIGHTS BETTER!**



# THE CRESCENT VIEW

## Newsletter Deadline

The Crescent View is published 12 times per year. The submission deadline is 6:00 pm on the fifth of each month for the following month.

For example, to be published in the June issue, the deadline is May 5.

Please email your articles or event listings, as an attachment in MS Word form, to the editor at: newsletter@crescentheightsyyc.ca.

Digital photos that are community related are always welcome as an attachment to the email and be sure to send a caption and/or the names of people who are in the photo. The requirements are 250 KB for a smaller picture and 1-3 MB for a larger (full-page) picture.

### Editor:

Elizabeth Stady

Email: newsletter@crescentheightsyyc.ca.

## Vision, Mission, Values

### Vision

We are a vibrant inner-city community with engaged and connected residents.

### Mission

Crescent Heights Community Association works with residents, members and stakeholders to improve the quality of life for its residents by:

- Developing and enhancing community enjoyment, safety, connection and belonging and;
- Advocating on behalf of the community.

### Values

- We value integrity and transparency in our communication with all stakeholders.
- We value a sustainable future.
- We value diversity of our residents.
- We value inclusivity and compassion as we work to build community.
- We value the contributions our volunteers make to build a strong sense of community.
- We value community engagement through the arts and support local artists.
- We value protecting and enhancing our public spaces, forests and historic resources.

## CHCA Board of Directors

We are always looking for people to join our core group of volunteers. It's a great way to learn/exercise leadership skills and a great way to build and connect your community. If you're interested, then go to our Volunteer page and send us a message.

The Board meets at 7:00 pm every fourth Tuesday of the month and all CHCA members are welcome. If you are planning to attend, please send an email to secretary@crescentheightsyyc.ca at least 24 hours before the meeting.



**Crescent Heights  
Community Association**

## Join our Board!

**We are looking for people for the following roles:**

Director, Engagement  
Director, Fundraising

If you are interested or have any questions, please reply to: president@crescentheightsyyc.ca

### VOLUNTEERING

Connects you to others  
Is good for your mind and body  
Can help start or advance your career  
Bring fun and fulfillment to your life

**JOIN THE CRESCENT HEIGHTS  
COMMUNITY ASSOCIATION (CHCA)  
MEMBERSHIP BENEFITS YOU, YOUR  
FAMILY AND YOUR NEIGHBOURS  
HAVE A VOICE  
HELP US GROW COMMUNITY!**





## BOARD OF DIRECTORS 2024

President	Marie Semenick-Evans	president@crescentheightsyyc.ca
Treasurer	John McDermid	treasurer@crescentheightsyyc.ca
Secretary and Assistant Treasurer	Harmeet Singh	assistentreasurer@crescentheightsyyc.ca, secretary@crescentheightsyyc.ca
Community Partnerships	Zachary Nagy	communitypartnerships@crescentheightsyyc.ca
Planning Director	Krista Beavis	planning@crescentheightsyyc.ca
Planning Director	Adam Schwartz	planning@crescentheightsyyc.ca
Director at Large	Blair Pierce	blair@crescentheightsyyc.ca
Parks Director	Humaira Palibroda	parks@crescentheightsyyc.ca
Facilities Director	Jordan Nabata	
Engagement Director	Vacant	engagement@crescentheightsyyc.ca
Communications Director	Elsie Ross	communications@crescentheightsyyc.ca
Traffic Planning and Mobility Directors	Marie Semenick-Evans	marie@crescentheightsyyc.ca
	Doug Carlyle	doug@crescentheightsyyc.ca
Climate Change and Sustainability Director	Stephanie Ho Lem	stephanie@crescentheightsyyc.ca
Membership Director	Dennis Marr	memberships@crescentheightsyyc.ca
Fundraising Director	Vacant	
Director at Large	Vacant	
Digital Platform Director	Matthew Clapson	

**FESTIVAL OF ANIMATED OBJECTS**

**March 11-24, 2024**

10% off performances and talks with the code **neighbour10**

puppetfestival.ca

**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.

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**SCAN HERE TO VIEW ADDITIONAL CRESCENT HEIGHTS CONTENT**

<p><b>News, Events, &amp; More</b></p>	<p><b>Crime Statistics</b></p>	<p><b>Real Estate Statistics</b></p>
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**JOIN THE FUN!**

# CASINO VOLUNTEER COORDINATOR NEEDED!

WE'RE LOOKING FOR A COMMUNITY MEMBER TO TAKE ON THE ROLE OF VOLUNTEER COORDINATOR FOR OUR UPCOMING CASINO.

IT'S A GREAT WAY TO CONNECT WITH PEOPLE IN THE COMMUNITY AND PARTICIPATE IN RAISING MONEY FOR COMMUNITY INITIATIVES.

FOR MORE INFORMATION, CONTACT  
PRESIDENT@CRESCENTHEIGHTSYYC.CA

## Crescent Heights Community Watch Program



Crescent Watch has recently launched a Community Watch Facebook Group. This group invites all Crescent Heights residents and business operators to participate in our Community Watch Program with the ultimate goal of reducing crime in our neighbourhood and strengthening community connections. The Crescent Heights Community Watch Program will endeavour to do this through educating our community on crime reduction techniques, increasing communication within our community, partnering with key stakeholders, and encouraging residents to report crimes in a timely and accurate manner.

Please visit our Crescent Heights website for information on who to call for concerns within our community and join our Crescent Heights Community Watch Facebook group to help reduce crime in our neighbourhood. Details on crimes committed within our community that have been reported to the police can be submitted through the website (to be posted to the Facebook Group) or participants in the group can post information on crimes. Sharing information helps Crescent Heights residents be more informed and aware of incidents within our community. Monthly crime statistics from Calgary Police Services are also posted to the Crescent Heights Community Watch Facebook group.

Join our Crescent Heights Community Watch Facebook group today to help connect our community and keep crime out.

Questions or comments can be directed to [communitywatch@crescentheightssyc.ca](mailto:communitywatch@crescentheightssyc.ca).

Website: [crescentheightssyc.ca/community-watch/](http://crescentheightssyc.ca/community-watch/).

Facebook: Crescent Heights Community Watch Group – Calgary.

## PRESIDENT'S MESSAGE

Hello Crescent Heights!

Although February is the shortest month, at Crescent Heights Community Association our list of things we are working on continues to grow. Here are some happenings over the next few months to add to your 2024 calendars!

### March

**Mini Art Galleries:** After taking the month of February off to take care of maintenance, the mini art galleries will return in March and will host "Animating Imagination: A Stop Motion Puppetry Showcase" - a new exhibit by the Festival of Animated Objects (FAO). The exhibit will continue through the month of April. A great way to spend a spring day – strolling through Rotary Park and checking out this great exhibit.

### April

**Casino:** Our casino will be on April 14 and 15 and we are excited for the opportunity to raise approximately \$70,000 for our community initiatives. We depend on community volunteers to make our casinos a success - we need about 50 volunteers for a variety of shifts over the two days. You can sign up to volunteer by emailing [president@crescentheightssyc.ca](mailto:president@crescentheightssyc.ca).

### May

**CHCA Heritage Celebration Event:** We are in the early stages of planning a celebration of our community heritage in the month of May. A highlight of the event will be an exhibit by community artist, Jackie Ramsay. It will feature her paintings of 100 character homes in Crescent Heights. The event will be held at the community hall, and everyone is welcome.

### July

And it wouldn't be summer without our annual Stampede Breakfast that happens the last Sunday of Stampede – this year that will be July 14. We are currently looking for someone to head up the organization of this event, so please reach out if you're interested in helping out.

Our community events depend on the support and efforts of volunteers. For more information or to volunteer you can contact me at [president@crescentheightssyc.ca](mailto:president@crescentheightssyc.ca).

Happy Leap Year!

*Marie Semenick-Evans*

# Rotary Park

## Drinking Fountain Fundraiser!

A fountain for our K9 & human park goers



A huge thank you to  
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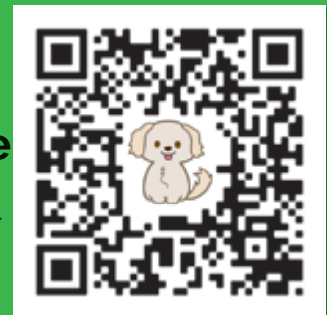
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**Crescent Heights Community Association**

(send to: 1101 - 2 St NW, Calgary AB T2M-2V7

Attn: Humaira Palibroda)





# Climate Chaos at Burning Man is a Cautionary Tale

*This article is authored by Leor Rotchild, a member of the CHCA Environment, Climate Change and Sustainability Committee. Leor is a local resident, consultant, and published author.*

One person was found dead and 70,000 people were left stranded due to a tropical storm during the 2023 Burning Man festival in the Nevada desert.

It was not the only challenge Burning Man faced that year as a coalition of climate activists parked a 28-foot trailer across the road, causing several miles of gridlock until local law enforcement eventually rammed through the blockade.

The protesters at Burning Man, known as the Seven Circles Alliance, aimed to provoke more aggressive climate action. Their demands included banning private jets, single-use plastics, unnecessary propane burning, and unlimited generator usage during the nine-day event.

According to the Burning Man Project's own estimates, more than 90 percent of the event's carbon footprint comes from travel to and from Black Rock City. Another five percent comes from gas and diesel-burning generators that keep lights and air conditioners on throughout the festival. When you factor these together, Burning Man is responsible for about 100,000 tons of carbon dioxide, equivalent to more than what 22,000 gas-powered cars produce in a year.

The annual nine-day Burning Man festival is held in what is typically an arid and dusty desert town known as Black Rock City. This year, the site became a muddy swamp after the clouds opened up and crashed the party with two to three months' worth of rain in just over 24 hours.

Burning Man attendees were instructed to shelter in place and ration their food, water, and fuel.

Climate change has rewritten the rules, and our existing contingency plans for major events no longer suffice. It's time to throw away the old playbook and reimagine scenarios that account for the intensifying climate events we face. From sudden floods to raging

wildfires and extreme heat waves, we must anticipate the unpredictable and adapt accordingly.

Engaging the right stakeholders as part of revised contingency plans is important and should include meteorology experts and local emergency services. Burning Man did both but still underestimated the risks, so more imaginative scenarios are required for adequate preparations.

If Burning Man is a target for protestors, then all events face the same risk. After all, Burning Man is a leader. Their 2030 road map aims to remove enough CO2 from the environment to achieve carbon negative as well as become regenerative and ensure "no matter out of place," or zero waste.

Both the tropical storm and the climate protest are existential threats to Burning Man, as well as all major events. Can the festival continue as it has before? Does burning "the Man" still make sense when our world is already burning?

The even bigger question is what is the role of events in our world when their environmental impacts are so big, and the risks of climate disruptions are so consequential?

Adapting to the new risks and contingency measures required for events is only one part of the way forward. The entire events industry needs to reimagine its role as a valuable contributor to the most pressing challenges of our time. Major events from the World Cup to the Global Energy Show and Calgary Folk Music Festival to the Calgary Stampede must be part of the solution to climate change, not part of the problem.



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## Seven Key Things to Make Your Relationship Work

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



What can you do to create a lasting relationship? Get a copy of John Gottman's *Seven Principles for Making Marriage Work*. Below is a sneak peek:

**Enhance your love maps.** Happy couples are very familiar with their partner's world. According to Gottman, these couples have "a richly detailed love map — my term for that part of your brain where you store all the relevant information about your partner's life." You know everything from your partner's favourite movies to what's currently stressing them out, you know some of their life dreams, and they know yours.

**Nurture fondness and admiration.** Happy couples respect each other and have a general positive view of each other. Fondness and admiration are two of the most important elements in a satisfying and long-term relationship. If these elements are completely missing, the marriage can't be saved. A helpful activity to remind couples of the partner they fell in love with is called "I appreciate." List three or more of their partner's positive characteristics along with an incident that illustrates each quality. Then read your lists to each other.

**Turn toward each other.** Romance isn't a Caribbean cruise, an expensive meal, or a lavish gift. Rather, romance lives and thrives in the everyday, little things. "Real-life romance is kept alive each time you let your partner know they are valued during the grind of everyday life." For instance, romance is leaving an encouraging text for your partner when you know they are having a bad day. Or romance is when you are running late but take a few minutes to listen to your partner's bad dream and saying that you'll discuss it later (instead of saying "I don't have time"). This might seem boring but turning toward each other in these ways is the basis for connection and passion. Couples that turn toward each other have more in their "emotional bank account." This account distinguishes happy marriages from miserable ones. Happy couples have more goodwill and positivity stored in their bank accounts, so when rough times hit, their emotional savings cushions conflicts and stressors.

**Let your partner influence you.** Happy couples are a team that considers each other's perspective and feelings. They make decisions together and search out common ground. Letting your partner influence you isn't about

having one person hold the reins, it's about honouring and respecting both people in the relationship.

**Solve your solvable problems.** There are two types of marital problems: conflicts that can be resolved and perpetual problems that can't. It's important for couples to determine which ones are which. According to Gottman, "One way to identify solvable problems is that they seem less painful, gut-wrenching, or intense than perpetual, gridlocked ones." Solvable problems are situational, and there's no underlying conflict. Gottman devised a five-step model for resolving these conflicts that can be found in his book.

**Overcome gridlock.** The goal with perpetual problems is for couples to "move from gridlock to dialogue." What usually underlies gridlock is unfulfilled dreams. "Gridlock is a sign that you have dreams for your life that aren't being addressed or respected by each other." Happy couples believe in the importance of helping each other realize their dreams. The first step in overcoming gridlock is to determine the dream or dreams that are causing your conflict. The next steps include talking to each other about your dreams, taking a break (since some of these talks can get stressful), and making peace with the problem. "The goal is to 'declaim' the issue, to try to remove the hurt so the problem stops being a source of great pain."

**Create shared meaning.** "Marriage isn't just about raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together. A culture rich with rituals, and an appreciation for your roles and goals that link you, that lead you to understand what it means to be a part of the family you have become." And that's what it means to develop shared meaning. Happy couples create a family culture that includes both of their dreams. Being open to each other's perspectives and opinions, happy couples naturally come together.

**Bonus: Intentional date nights.** If you struggle with ideas for date nights, grab a copy of Gottman's *Eight Dates*. Being intentional about having regular date nights is an important factor to continued connection.

If you need some help along the way, look for a level three trained Gottman therapist to keep you accountable and help your relationship thrive.

### Sharon Danish Lutheran Church

A part of the Crescent Heights Community since 1930

#### February 2024

<b>Sunday, 4<sup>th</sup></b>	10:00 am - English Worship Service
<b>Sunday, 11<sup>th</sup></b>	10:00 am - English Worship Service (Kids' Mardi Gras costume party afterwards)
<b>Sunday, 18<sup>th</sup></b>	10:00 am - English Worship Service 11:15 am - Danish Worship Service
<b>Sunday, 25<sup>th</sup></b>	10:00 am - English Worship Service 11:15 am - Danish Worship Service
<b>Tuesday, 27<sup>th</sup></b>	7:30 pm - Guest Speaker from S.T.A.R.S Air Ambulance



**Contact Pastor Charlotte Berg:** 403-277-5804

**Email:** office@danishlutheranchurch.ca

**Website:** www.danishlutheranchurch.ca

**Facebook:** Danish Lutheran Church in Calgary



#### Everyone is welcome!

Sunday School,  
Study Groups,  
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## February is Heart Month

by Alberta Health Services

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.



## Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

*Paradise* by Abdulrazak Gurnah

Yusuf's childhood is disrupted one day by his "uncle". Only after a two-day train journey does Yusuf begin to understand that he quietly had become the repayment for a family debt and that his "uncle" was not his uncle. In *Paradise*, Nobel prize-winning novelist, Abdulrazak Gurnah, follows the boy's growing maturity, revealing the practices of both local and European aggression in newly colonized Tanzania.

"Uncle Aziz" is quite taken with Yusuf, a naturally curious and gentle boy. Minor privileges come to him as he learns to be a shopkeeper's assistant. When he is quite adept at these tasks, he is included in a trading journey from the coast into the interior, where manufactured goods will be exchanged for goods that can be sold. The coastal peoples both fear and denigrate the interior peoples, who live on a high plain in strange villages.

The chiefs in these villages are sophisticated both in the ways of trade and of conquest. The coastal caravans are viewed suspiciously and yet welcomed as the source of otherwise unavailable materials.

Rumours and stories filter through about German and English conquerors who violently take land for themselves without any recognition of the rights of current occupants. If anything, Europeans take it for granted that any existing inhabitants will be quickly subdued into use for colonial purposes.

Meanwhile, Yusuf is becoming a young man. In his spare time, he works in Uncle Aziz's walled garden, finding a fascination with the cultivation of plants. To his dismay, women in the closed household are fascinated by him. With great care and to the horror of his closest friend, he acquiesces to the Madam's insistent invitations to have conversation inside the house. Uncle Aziz is away trading.

With maturity, Yusuf begins to understand the nature of enslavement and forced service. He questions his own story and the stories of others around him. Who is privileged and who is constrained?



# Cats, Canines, & Critters of Calgary



Holly, Elboya



Luna, Canyon Meadows



Otto, Crescent Heights



Spook and TenSoon, Crescent Heights

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## Let's keep Crescent Heights walkable!



Let's all be good neighbours and help keep our sidewalks safe for all as we get deep into our winter season! This is especially helpful to elderly people, those with limited mobility and anyone else needing a little help.

Here are a few tips to keep in mind:

- Clear the snow as quickly as possible after a snowfall so that it doesn't get packed down
- If you're adjacent to a lane, clear the snow across the lane
- Salt is hard on puppy paws and the environment, so use sparingly
- Help clear your neighbour's sidewalk when they're not able, or just because



*A friendly message from your Crescent Heights Community Association*

## Seeking Pancake Breakfast Event and Volunteer Coordinators for 2024



Take the wheel of this exciting community event! The community needs this to carry on!

It's a great opportunity to meet your neighbours and have a lot of fun.

You will get a step-by-step detailed manual with all contacts available to guide you, lots of eager volunteers willing to jump in, and you get to choose the band!

Contact [president@crescentheightsyyc.ca](mailto:president@crescentheightsyyc.ca).





## Crescent Heights Real Estate Update

Last 12 Months Crescent Heights  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2023	\$ 512,400	\$ 496,950
November 2023	\$ 399,900	\$ 375,000
October 2023	\$ 404,950	\$ 392,500
September 2023	\$ 425,000	\$ 418,000
August 2023	\$ 385,000	\$ 366,000
July 2023	\$ 319,900	\$ 315,000
June 2023	\$ 336,000	\$ 326,250
May 2023	\$ 316,950	\$ 313,450
April 2023	\$ 539,900	\$ 539,900
March 2023	\$ 269,950	\$ 270,450
February 2023	\$ 329,900	\$ 320,250
January 2023	\$ 489,450	\$ 480,650

Last 12 Months Crescent Heights  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2023	4	8
November 2023	12	11
October 2023	15	12
September 2023	13	9
August 2023	16	13
July 2023	15	13
June 2023	28	36
May 2023	26	18
April 2023	26	15
March 2023	17	16
February 2023	20	10
January 2023	11	6

To view more detailed information that comprise the above  
MLS averages please visit [cres.mycalgary.com](https://www.cresmycalgary.com)

## Rotary Park's Mini-Galleries Under Maintenance in February; Puppet Exhibit Opens in March

by *Brenda Erskine*

We hope you enjoyed an extra month of the Mexican Women Artists' stunning Xantolo exhibit in January. In February, the mini galleries will undergo some much-needed maintenance, with much thanks to Nadine Myers, our handy volunteer, for doing this work.



In March and April, the minis host a new exhibit by the Festival of Animated Objects (FAO) in coordination with their annual festival in March. "Animating Imagination: A Stop Motion Puppetry Showcase" will be curated by Tia DeLauria and Claudia Chagoya. The art walk/opening is scheduled for Saturday, March 9 at 1:00 pm. There will also be a puppetry and animation workshop at Sparrow ArtSpace, open to the community. Watch this newsletter for dates or check the website at [www.crescentheightsyyc.ca/neighbourhood-update/](http://www.crescentheightsyyc.ca/neighbourhood-update/).

CHCA's Mini Galleries thank CADA and the City of Calgary for funding the FAO exhibit and workshop.



## New Parking Guidelines

For the new fee structure and to apply for a parking permit, visit [www.calgaryparking.com/parkingpermits](http://www.calgaryparking.com/parkingpermits).

For more information, visit [www.calgary.ctvnews.ca/there-s-a-fee-for-that-city-of-calgary-launches-first-change-to-permit-parking-program-1.6247738](http://www.calgary.ctvnews.ca/there-s-a-fee-for-that-city-of-calgary-launches-first-change-to-permit-parking-program-1.6247738).

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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.

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

**CLEARWASH EXPRESS DETAIL & CAR WASH:** Just drive up, no appointments required. We offer the best hand wash services for vehicle cleaning, inside and out. Performed quickly, professionally while you wait in our comfortable lounge. Try us you will like the service. 1725 32 Ave NE. Visit us at clearwashcalgary.com. Call 403-271-9274 or 403-397-9645.

**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](http://www.communitymediation.ca), 403-269-2707.

**YOURS TRULY, JOHNNY DRYWALL:** Your neighbourhood drywall and texture repair specialist. If you need Poly B drywall repair, ceiling texture repair, minor drywall repairs or major renovations...call or text Brad at 403-771-5228.



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☎ Call: 403- 271-9274 or 403-397-9645

# CALGARY MAT & LINEN *SERVICES*

403.279.5554

calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

## Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



## Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

## Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



## Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies

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