

MARCH 2024

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the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER



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CASINO IN APRIL**

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Rotary Park People & Pet Fountain Fundraiser



Crescent Heights we are so close to the finish line

Here is what you need to know



Thanks to resident, business donations, Crescent Heights Community Association support and Grant funding from Connect First Credit Union we have raised \$14,400

Making it even more rewarding! We are now able to finalize our fundraising partnership with Parks Foundation. All donations *from hereon* for which e-mail information is provided will receive a tax receipt from Parks Foundation.

We now have the City partnering with us for our development permit cost but we must include the following additional requirements at our expense

Coming soon a new QR Code linking Donations to the Parks Foundation on our website:
<https://crescentheightsyyc.ca>

City drainage requirements into the building line
Cost of drainage pump & respective electrical work
Concrete work (coring and concrete pad)
Currently obtaining quotes: calling on all journeyman trades who can help

Donate to have the Rotary Park Fountain in 2024
Let's do it Crescent Heights!



Get Involved and Grow!

Humaira Palibroda - parks@crescentheightsyyc.ca

steve mckenna.ca

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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@crescentheightsyc.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@crescentheightsyc.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@crescentheightsyc.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@crescentheightsyc.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

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New Parking Guidelines

For the new fee structure and to apply for a parking permit, visit 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.

If you do not have access to the internet, please contact the customer service team at 403-537-7000 and they will help you set up an account.

SCAN HERE TO VIEW ADDITIONAL CRESCENT HEIGHTS CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics





**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

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!**

MEMBERSHIP DIRECTOR'S REPORT

Thank you to all of you who are members of the CHCA. If you are not yet a member, join now! Just click 'Membership' on the Crescent Heights website at <http://crescentheightssyyc.ca/>.

Why?

Have you ever:

- Skated for free on our volunteer-maintained rink
- Appreciated our mini-art galleries in Rotary Park
- Participated in free or low-fee activities at our community hall
- Attended free concerts in our park
- Read our community news in paper or electronic format
- Wondered who was reviewing all housing development permits and zoning change requests in our neighbourhood
- Received a discount for a personal function at the community hall
- Been awestruck by how well our hall is maintained and updated
- Wondered who meets with our Councillor and City on Crescent Heights-related matters
- Wondered who engages with the high school and local CH businesses
- Wondered who initiated our upcoming skating rink upgrade, the fountain in Rotary Park, and development of the Goose and Bear Park
- Wondered who interfaces with the City on growing our urban forest and implementing pedestrian-friendly and traffic safety enhancements

There's lots more but our status as a Society requires that we have members, so join now at <http://crescentheightssyyc.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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PRESIDENT'S MESSAGE

Hello Crescent Heights,

As we march into spring, the CHCA volunteer board of directors is busy working on initiatives to improve our community experience. With the support of community volunteers, we are laying the groundwork for things after the thaw, including mobilizing cleanups on the river and pathway, the community, and McHugh Bluff.

This month don't forget to check out the Mini Art Galleries in Rotary Park. We're hosting "Animating Imagination: A Stop Motion Puppetry Showcase" - a new exhibit by the Festival of Animated Objects (FAO). And coming up just around the corner, our Casino Fundraiser will take place April 14 and 15 at Ace Casino - we're currently busy filling the final spots. Contact Tia at casino2024@crescentheightssyyc.ca to see if there is a shift you can fill. Make sure you stay in the loop and visit our website at crescentheightssyyc.ca to get information on upcoming events in the community.

We are actively searching for someone to step up and take on the position of Event Coordinator for our 2024 Stampede Breakfast. This is our most popular and longest running community event. It's always a great way to bring our community together to enjoy some fresh off the grill pancakes and some good music and fun. No need to worry about all the how-tos and what-ifs - we have a step-by-step manual to help you through and a whole bunch of eager volunteers to help make it happen. Contact me if you are interested and want to hear more.

A big shout out and thank you to our community rinks team who have worked tirelessly this winter season keeping our community rinks going. Plans and fundraising are well underway to build a new rink in Crescent Heights - fingers crossed we might even see it for the 2024-25 season!

We live in an amazing community and our community association is proud to invest in making it even better. If you would like to join us and would like to volunteer some of your time, you can contact me - I'd be happy to chat with you and help you find a volunteer opportunity that suits your interests.

Enjoy the last weeks of winter!

Marie

president@crescentheightssyyc.ca

Mini Galleries

Explore behind the scenes of Stop Motion Animation in Rotary Park's mini galleries.

"Animating Imagination: A Stop Motion Puppetry Showcase" is an exhibition by members of the Festival of Animated Objects. Their March to April exhibit in Rotary Park's mini galleries delves into the behind-the-scenes process of stop motion animation.

"In this captivating journey, viewers can explore the extraordinary craftsmanship, attention to detail, and relentless dedication required to bring each of these animations to life," says exhibit curator Claudie Chagoya.

The exhibition aims to demystify the art behind stop motion and make it accessible to a wider audience. By showcasing the process, materials, and themes of everyday life in juxtaposition with the odd and uncanny, the artists hope to inspire viewers to try animation themselves.

"The artworks in this exhibition reveal mesmerising and sometimes perplexing themes, such as mental health, lived experiences, movement studies, fear, anxiety, and bizarre ordeals," says Claudia. "Whether through characters, objects, or sketches brought to life frame by frame, the artists provide a unique lens that intertwines ordinary life with a touch of the surreal."

Animating Imagination's 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. Check out CHCA's website at www.crescentheightssyc.ca/neighbourhood-update/ or follow us on social media for updates @crescentheightssyc.

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



A hint of what's to come in Chantal Beaulne's animation, Kerncessions.



Khrysta Lloren's (NOFAC3) stop motion animation for Threads, in progress.



Lyle Pizio's stop-motion animation uses handmade wooden puppets held together with bits of recycled bicycle tires and fishing line.

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Citywide Rezoning: A Planner's Perspective: Part One

by Simonetta Acteson

If you live in Calgary and own a home located in a R-C1 (single detached dwelling) or R-C2 (duplex, semi-detached dwelling, single detached dwelling) land use zone, you will have received a postcard from the City in January. The front read "Calgary needs more homes. Will citywide rezoning help?"

In the case of Crescent Heights (CH), this is about 30% of our homes. The city has provided an engage website where they offer an opportunity to input short remarks and sign up for online and in person sessions. If you miss these, you can still submit comments directly to your Councillor and/or plan to attend the public hearing scheduled for April 22, 2024.

What does rezoning mean? This is what planners refer to as blanket upzoning. All residential lots described above will be rezoned to R-CG or H-GO (a higher density use than R-CG). This use allows for Rowhouse, Townhouse, Duplex, Semi-detached, Single detached, and Cottage Housing Clusters. All lots can be redeveloped from one unit to approximately eight units (four rowhouse units with four secondary suites) on any residential lot of 50' x 120' within the city (more if your lot is designated H-GO). Smaller lots will be able to accommodate proportionally fewer units. A current proposal in CH is for six units on a 37' x 120' lot. Midblock R-CG takes a different form with two buildings (one behind the other). Where the backyard is traditionally located, there would be a second building (fig. 1). This represents a large shift from our current land use zoning, and based on city information, this is only the first step of a new Land Use Bylaw. (<https://engage.calgary.ca/citybuilding/CBPphase2ZoningDetails>).



Currently, any lot can go through a land use change process. Anybody can apply to have an R-C1 lot changed to R-CG. It requires an application process, fees, and a public hearing before council. All new development is subject to fees and planning department review, but with blanket upzoning, the opportunity for public hearing would be eliminated. As a homeowner you currently have a reasonable expectation of what could be built in your immediate vicinity and if something different is proposed, you can oppose the application before council. This will no longer be the case. Though it is possible to submit comments to the Development Authority or appeal to the Subdivision and Appeal Board (SDAB) for a permitted use, the arguments for opposing will be minimal to none.

The basic differences between the existing housing forms are detailed in table 1:

Land Use Zone	R-C1	R-C2	R-CG	H-GO
Lot Coverage* Maximum	45%	45%	60%	60%
Height	8.6 to 10m	8.6 to 10m	11m front bldg 8.6m rear bldg	12m
Parking stalls per unit	1	1	0.5	0.5

*Note: Our heritage homes rarely reach the maximum lot coverage or height provided for under their zoning.

What does this mean? It means that the potential new home(s) next to you will be taller than yours, it will cover more of the lot area (so less green area or trees), and will offer only half the onsite parking.



Scale difference between R-CG and a heritage home

What are the potential impacts of this on your lot, your block, your community? It will depend on how many of these developments are built. No one is suggesting that every home will be demolished to accommodate this style of use, but if the home next to you sells, it is certainly possible.

Please see part two for a continued discussion.

Citywide Rezoning: A Planner's Perspective: Part 2

by Simonetta Acteson

Why is the City blanket rezoning? The stated reasons are to address the housing crisis, increase affordability, and be eligible for the Federal Housing Accelerator Fund. The city maintains that by implementing this zoning change, there will be more housing and more choice in housing which will eventually lead to more affordability. Where the federal funds will be allocated is not specifically detailed.

Would rezoning provide more housing? Over time the answer to this would likely be yes. With a gradual shift from one to two units to four to eight units, there will be an increased number of housing units. The question is how much of one form or another of housing style is enough, too much, or too little? R-CG zoning was introduced in 2014, and has its place in our residential fabric, though often opposed by direct neighbours. The midblock version is newer with only a handful having been built. There is little data on these and the city's assurances that they don't affect property value seems difficult to prove.

Will rezoning create affordability? In an online session offered by the City, they state clearly that rezoning will benefit the next generation. Arguments for how more homes will improve affordability were discussed, but there is no guarantee that it will. Much has been written both for and against increased density being a solution to affordability. Certainly, our most dense Canadian cities are not currently affordable (i.e. Toronto and Vancouver).

Are R-CGs considered affordable? Inner city R-CGs are not affordable simply because where land values are high, affordable R-CG product erodes profitability for developers. Maximizing returns on investment is a developer's primary concern. Even an increase in new secondary units may not offer affordable living as many are offered as Short-Term Rentals (STR) and do not enter the rental pool.

Imagine instead, that the City, in partnership with an NGO, built 60 units of non-market housing. This housing could be in one location or spread between several locations. Non-market housing means: "rental or for-sale housing provided for low and moderate-income

groups not traditionally served by the private market. It is typically made affordable through public and/or non-profit ownership of housing units or through rent supplements that allow low-income households to access housing in the private market." (Source: lawinsider.com). In my opinion this would be more effective and impactful for affordability.

Densification comes with pluses and minuses. Though we live in a walkable neighbourhood, most Calgarians have at least one vehicle per household (not half a vehicle). This means our streets will have to accommodate more residential parking. Increased lot coverage will mean less permeable land, fewer trees due to private tree removal, and a reduction in sunlight and privacy for neighbouring lots. Permeable land is land that is not developed and serves as a sponge for our groundwater, while offering places to plant trees, shrubs, and groundcover. The City argues it is about quality of plantings, not quantity. Quality can be asked for at the time of construction, but there is no guarantee it will be maintained. As any gardener will tell you, light is perhaps the most important element for success. Will these narrow, light starved spaces be able to perform? Our urban forest will be impacted and our critical infrastructure, essential to climate, biodiversity, and our well-being.



Garbage Day at an eight-unit R-CG

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Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

The Go-Between by Osman Yousefzada

Now a renowned dress-designer and artist, author Osman Yousefzada, began life as an immigrant from Pakistan into the UK. As many did, his father brought his family to Birmingham to find a better life. *The Go-Between: A Portrait of Growing Up Between Different Worlds* is a thoughtful autobiography of Yousefzada's first twenty years, when home and outside society didn't match.

Little Oman was secure in the bosom of his family. The gossipy, colourful, warm circle of women who patronized his mother's business of being a seamstress entranced the little boy, and the food was delicious!

Gradually, his father's strictness directed the boy's activities, always within the boundaries of their strong Pashtun faith. As most children do, Osman adapted and learned to love the practices of his community - the cultural guidelines that protected him from the raucous assaults of other people's poverty and uncertainties.

As he entered his teens, the obedient boy scarcely noticed the growing subordination of women through the ever-increasing rules of the orthodox Islamic realm. The author's older voice joins his youthful memories to help himself and the reader understand how retreating from modern society was a long journey of responses to a country that was at best ambivalent about its immigrant population. Margaret Thatcher and successive British governments imposed job "rationalizations" that impoverished low-income families. The men sought dignity, no longer from their work that had disappeared, but from the paradise that awaited them if they and their families followed the dictates of their imams.

Osman's enthusiasm for school and learning brought him friends from many international cultures. With the inattention of the young, he only thought occasionally about how his sisters were illegally withdrawn from school and social life at the end of their primary education. As a loving brother, he secretly brought them books and treats to liven their days.

Osman does rebel. In London, the education he received was often not in the university classroom. His talents and bright mind did lead him to success – a success abhorred by his father. This memoir is not only his story, but it is also his reconciliation to being a reluctant Go-Between.



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UPDATE ON THE NEW CRESCENT HEIGHTS OUTDOOR SKATING RINK



The excitement and support for our hardworking, beloved Skating Rink is INCREDIBLE...

We are now the proud recipients of the Daryl K. Seaman Canadian Hockey Fund at the Calgary Foundation in partnership with the Parks Foundation Calgary, in the amount of \$80,325.00

Get Involved and Grow!

Humaira Palibroda

parks@crescentheightsyyc.ca



Thank Goodness It's Snowing!

by Stephanie Ho Lem, CHCA Director of Environment, Climate Change, and Sustainability

In the December 2023 issue of the *View*, I mentioned that Environment Canada predicted a warm and dry winter for the 2023-2024 season. So far, we are experiencing Environment Canada's predictions. We've had very little snowfall, the ice sculptures in Banff and Lake Louise melted so far beyond repair that the Ice Magic Festival in Lake Louise prematurely ended. Polar Vortex came and went with temperatures dipping below -35 degrees Celsius causing a grid alert on January 13, and then rising above +10 degrees Celsius setting a record for warm weather.

January recorded a total of 28.1 cm of snowfall, and only two winter months remain. Mother Nature will certainly continue to offer some variety. According to the City, the river and reservoir levels remain low in southern Alberta and mountain snowpacks are trending below average. If these conditions do not improve, it's likely the City will initiate water restrictions earlier than August last year.

Calgary's water supply originates from rain and snowmelt from the Rocky Mountains. There have been more than 51 water shortage advisories in effect across Alberta. The province is in a drought due to low precipitation, high temperatures, and the effects of El Niño, which is bringing milder weather to northern climates. While household consumption is important, water for agriculture and irrigation is a larger concern.

There's a strong possibility drought conditions will continue into 2025. Water is a precious resource and each of us needs to be more water conscious. Every drop of water counts.

Please note that the content provided is for informational purposes.

Sources: Calgary Herald, City of Calgary website, CBC News

stephanie@crecentheightsyyc.ca



Sharon Danish Lutheran Church
A part of the Crescent Heights community since 1930
March 2024

Sunday, 3rd	10:00 am - English Worship Service
Sunday, 10th	10:00 am - English Worship Service 11:15 am - Danish Worship Service
Sunday, 17th	10:00 am - English Worship Service
Sunday, 24th	10:00 am - English Worship Service 11:15 am - Danish Worship Service
Tuesday, 26th	7:30 pm - Guest Speaker from S.T.A.R.S Air Ambulance
Thursday, 28th	8:00 pm - Maundy Thursday Worship in English preceded by Seder meal at 6:00 pm
Friday, 29th	10:00 am - Good Friday Worship in English
Sunday, 31st	10:00 am - Easter Sunday Worship in English

Contact Pastor Charlotte Berg: 403-277-5804
Email: office@danishlutheranchurch.ca

Website:
www.danishlutheranchurch.ca

Facebook: Danish Lutheran Church in Calgary

Everyone is Welcome!
(A congregation of the Danish Seamen's & Churches Abroad.)



Some Yoga Poses to Help You Through the Winter

by Shelly Smith

Yoga has many wonderful benefits any time of the year. With the recent cold weather and snow, getting around outside is often taxing on our legs. This article focuses on how to keep our calves, hamstrings, and knees happy.

Lengthening the Backs of Our Calves

The calf muscle extends from the lower back of our knee to the ankle. Our calf muscles allow us to walk, jump, and run. In the cold weather our calf muscles can shorten, which isn't pleasant. Sometimes our calf muscles bunch up, just at the bottom of the knee, which can cause knee pain.

A great way to lengthen our calf muscles is to place wooden yoga blocks (or hardcover books) at a wall on a mat so you don't slip (see Figure 1). Take your socks off. Place your toes and metatarsals (padding at the bottom of the foot just below the toes) onto the blocks. Look at the wall and raise your arms up, cup your fingers on the wall, and climb the fingers up the wall. Look at your fingers vs. looking down.



If the stretch is too intense, take a lower height and gradually build up over time. If you cannot raise your hands up the wall, place the blocks behind a chair and hold onto the backrest of a chair (Figure 2).

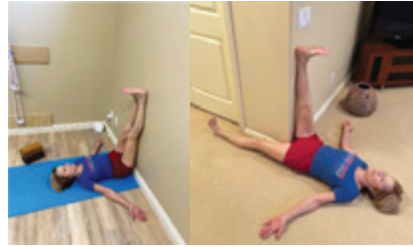
Opening and Lengthening Our Hamstrings

The hamstrings extend all the way from the back upper thigh (attaching to your sit bones), across the knee joint, and ending below the knee. These muscles allow us to bend our knees, move our legs back, open our hip joints, etc. Tight hamstrings can also cause knee pain, so keeping them happy and healthy is important.

One of the easiest ways to open (expand across the back upper thigh) and lengthen our hamstrings is a simple 'legs up the wall' (see Figure 3). Place the short end of your yoga mat against the wall, sit down, and come close to the wall (on either the right or left side). Swing your legs up the wall, ensure your entire back (including your sacrum) is level on the mat, and your sit (buttocks) bones are as close to the wall as you can get. You can have a blanket for a head pillow. Put your arms out to the side and relax.

Think not only about lengthening your hamstrings, but also expanding the hamstrings in each leg out to right and left at the top of the thigh.

If you have super tight hamstrings and this pose isn't accessible for you, there is another alternative (see Figure 4). Find a wall with a square corner jutting out (not in). Lie down on a yoga mat or carpet and lift your right leg up onto the supporting wall (90 degrees if possible), the left leg has knee bent and sole of the foot on the floor (if you can straighten the left leg please do so).



Keeping your calves and hamstrings healthy will also help keep your knees healthy and happy!

Please practice carefully and honour where you are when practicing. One day can be very different than the next.

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

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

CALGARY 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.

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.

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.

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.

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.

WINNIE IS CANADIAN

In World War I, Canadian soldier Harry Colebourn adopted a black bear cub, Winnipeg (Winnie). Donated to the London Zoo in 1914, Winnie captured the heart of Christopher Robin Milne. He named his teddy bear after her, inspiring A. A. Milne's creation of the timeless Winnie the Pooh stories. The rest is cuddly, whimsical history!



Epilepsy Awareness Month

Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!



MARCH 26
Purple Day

Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.

Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com



Share your purple moments using
#postyourpurple



CALGARY MAT & LINEN SERVICES

403.279.5554
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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:

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- Tork Dispensers and Supplies



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