

APRIL 2024

DELIVERED MONTHLY TO 5,125 HOUSEHOLDS

your THORNCLIFFE GREENVIEW



MAGDALENA CIESLAK

REALTOR® CCS®

RENE
Real Estate
NEGOTIATION EXPERT

📞 403-612-0246



Benchmark

✉ MAGDALENA@ROYALLEPAGE.CA 🌐 MAGDALENACIESLAK.ROYALLEPAGE.CA

MAKE YOUR MOVE WITH MAGDALENA



Your Patio Furniture Superstore!

Wicker Land Patio

YETI TRAERGER RATANA

BBQ LAND **Modern Patio**

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca

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

Deerfoot
DENTAL CENTRE
Deerfoot City



Dr. Dale Rapske B.Sc. D.D.S.*
Deerfoot Dental Centre

In General Family Practice for Over 35 Years

New patients always welcome!

All office fees compliant with or lower than current Alberta Dental Fee Guide

- Oral Surgery
- Crowns & Bridgework
- Teeth Whitening

Insurance Direct Billing

403-275-9255

deerfootdental@gmail.com

Monday	9 am - 4 pm	By Appointment
Tuesday to Thursday	9 am - 7 pm	
Friday	9 am - 3 pm	
Saturday	9 am - 4:30 pm	

www.deerfootdentalcentre.ca

Second Floor, 971 - 64 Ave NE Down the hallway from Original Joe's Restaurant

*Denotes Prof. Corp.

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



VISIT OUR WEBSITE



CONTACT US



BARKER'S

• FINE DRY CLEANING •

PICK UP & DELIVERY SERVICES



403-282-2226

www.BIKEBIKE.ca

FRIENDLY • FAMILY-OWNED

403-457-2453

430B - 40 AVENUE NE

SALES AND SERVICES

SOUTH CALGARY COMMUNITY

FREE <<<<<<<<<
CLOTHING
giveaway

May 4th, 2024

10 am to 1 pm

380 Midpark Blvd SE
All Saints Lutheran Church



Hate Your Renewal Rate? Call Me!

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

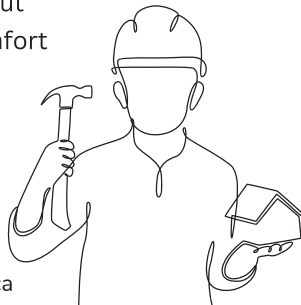
Licensed by Avenue Financial



Round Rock Developers

Unleash the Power of Home Renovation

- Increase property value
- Create additional space
- Improve layout
- Enhance comfort



get a quote

587 330 7990

inbox@roundrock.ca



Fresh Jock

No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

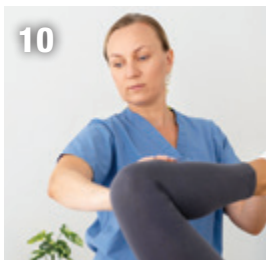
CALL US TODAY AT

403-726-9301

calgaryfreshjock.com

CONTENTS

- 6 MENTAL HEALTH MOMENT: HOW TO HEAL FROM INTIMATE BETRAYAL
- 10 TAKE ON WELLNESS: PELVIC FLOOR HEALTH FOR NEW MOMS
- 11 NEWS FROM THE FRIENDS OF NOSE HILL
- 14 YOUR CITY OF CALGARY: GET READY CALGARY GREEN LINE IS ON ITS WAY!
- 15 BUSINESS CLASSIFIEDS



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

THORNCLIFFE



GREENVIEW



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.

How to Heal from Intimate Betrayal

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



Healing from intimate betrayal trauma is a complex and deeply personal journey. Here are twenty strategies that may be helpful in your healing process:

1. Seek Professional Help - Support from a therapist trained in trauma and betrayal can provide guidance and a safe space for processing overwhelming emotions. There are many modalities for treating trauma. It is not a one size fits all.

2. Practice Self-Compassion - Be gentle and understanding towards yourself, recognising that healing takes time, support, and effort.

3. Establish Healthy Boundaries - Set clear boundaries to protect yourself from further harm and create a sense of safety. This is not just with your partner, but friends and family as well.

4. Engage in Self-Care Activities - Prioritize activities that nurture your physical, emotional, and mental well-being, such as exercise, meditation, and spending time in nature.

5. Join a Support Group - Connecting with others who have a shared lived experience can provide validation, understanding, and a sense of belonging.

6. Journaling - Writing about your thoughts, feelings, and experiences can be a therapeutic way to process emotions and gain insight into your healing journey. It is also beneficial to do this as a 'mind dump' to keep rumination at bay.

7. Educate Yourself - Learn about the impact of betrayal trauma and explore resources on healing and recovery.

8. Practice Mindfulness - Cultivate present-moment awareness to manage overwhelming emotions and reduce anxiety. Ground yourself in what you are doing in the here and now.

9. Express Yourself Creatively - Engage in activities such as art, music, or dance to express overwhelming emotions and foster self-expression.

10. Challenge Negative Beliefs - Identify and challenge negative beliefs about yourself, relationships, and trust that may have developed as a result of the betrayal.

11. Cultivate Forgiveness - Explore forgiveness as a way to release resentment and find peace, recognizing that forgiveness is a process and may not happen immediately. This includes yourself as well as your partner.

12. Engage in Healthy Relationships - Surround yourself with supportive and understanding people who respect your boundaries and encourage your healing journey. Be discerning about whom you choose to share with.

13. Set Realistic Expectations - Be patient with yourself and recognize that healing is not linear, and there may be setbacks along the way. It takes time to process trauma and heal from PTSD.

14. Practice gratitude - Focus on aspects of your life that bring you joy and gratefulness, even amidst the pain of betrayal.

15. Connect with your Spirituality - Draw strength and comfort from your spiritual beliefs and practices, if applicable.

16. Engage in Activities You Enjoy - Participate in hobbies and activities that bring you pleasure and fulfilment, helping to restore a sense of joy and purpose.

17. Practice Relaxation Techniques - Incorporate relaxation techniques such as deep breathing, progressive muscle relaxation, or guided imagery to reduce stress and promote relaxation.

18. Seek Closure - Explore ways to find closure, whether through conversations, rituals, or symbolic gestures, to help facilitate the healing process.

19. Focus on Personal Growth - Use the experience of betrayal as an opportunity for self-reflection, growth, and transformation.

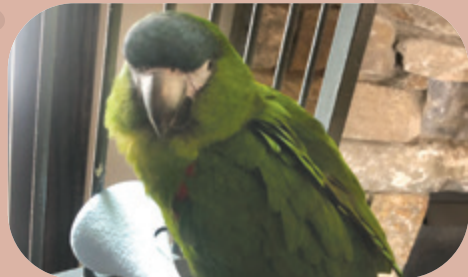
20. Celebrate Milestones - Acknowledge and celebrate your progress and achievements along your healing journey, no matter how small they may seem.

It's important to remember that healing from intimate betrayal trauma is a gradual and individualized process. What works for one person may not work for another. It's okay to seek professional help and support as needed, and to honour your unique journey towards healing and recovery.

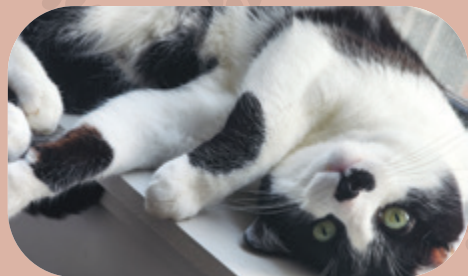
Cats, Canines, & Critters of Calgary



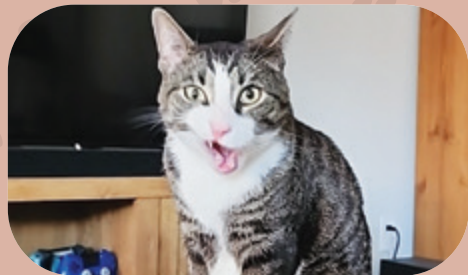
Crouton, Signal Hill



Echo, Nolan Hill



Robino, Mission



Ronaldo, Mission

To have your pet featured, email news@mycalgary.com

Ham and Pineapple Bake

by Jennifer Puri

Cheap and easy to prepare eggs are an inexpensive source of high-quality protein. Eating enough protein can help with weight loss, increase muscle mass, optimize bone health, and lower blood pressure.

A whole egg contains a tiny bit of every nutrient you need and there are many ways to prepare eggs but poaching or boiling them preserves most of their nutritional benefits.

Tasty and filling, eggs have been popular for thousands of years and in many cultures, eggs are a symbol of new life, fertility, and rebirth.

Eggs are a breakfast mainstay and frittatas, quiches, burritos, quesadillas, devilled, pickled, or creamed eggs are just some of the delicious ways to consume eggs.

This Ham and Pineapple Bake can be enjoyed any time of the day and pairs well with a side of fingerling potatoes and a tossed salad.

Prep Time: 20 minutes

Cook Time: 45 minutes

Servings: 4



Ingredients:

- 1 small loaf of French bread
- 4 tbsps butter
- ½ lb cooked ham cut into small pieces
- 1 cup shredded cheddar cheese
- ¾ cup drained pineapple bits
- 4 eggs
- 2 ¼ cups milk
- 1 tsp ground mustard
- ½ tsp salt
- ½ tsp black pepper
- 1 tbsp chopped chives

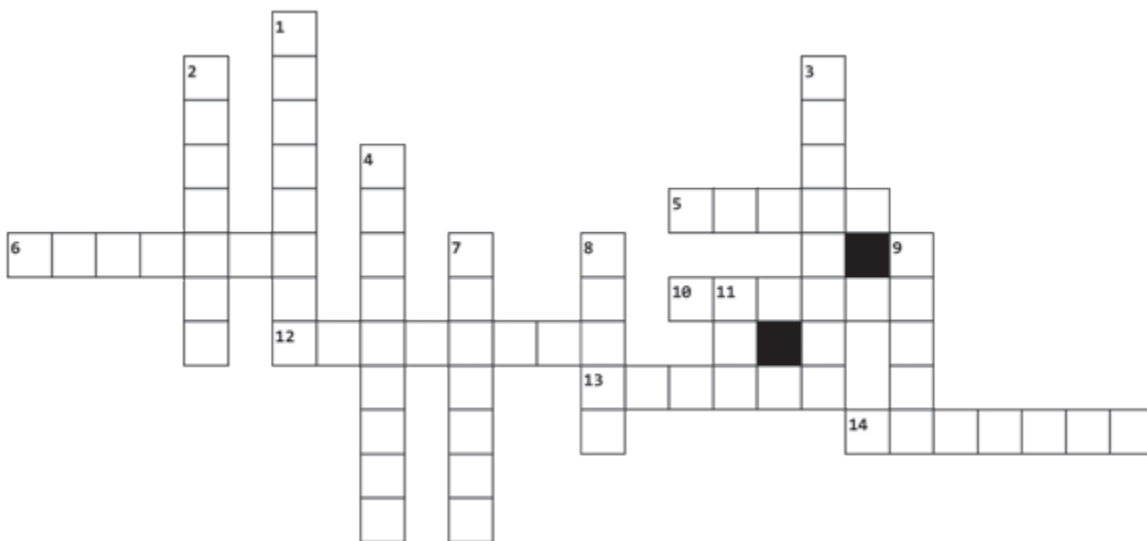
Directions:

1. Butter a medium size glass baking dish. Slice the French bread and then spread butter on one side of each slice.
2. Next slice the bread into one-inch cubes and place in baking dish. Spread the ham cubes and pineapple bits on top of the bread and sprinkle with cheddar cheese.
3. In a mixing bowl, beat the eggs and then blend in the mustard, salt, pepper, milk, and chives. Pour the mixture evenly over the bread mixture. Cover tightly with saran wrap and refrigerate overnight.
4. The next day preheat oven to 350 degrees Fahrenheit.
5. Remove baking dish from refrigerator and place on middle rack of oven. Bake uncovered for 45 minutes or until puffed and golden in colour. A knife inserted in the centre should come out clean. Serve immediately.

Bon Appétit!



April Crossword

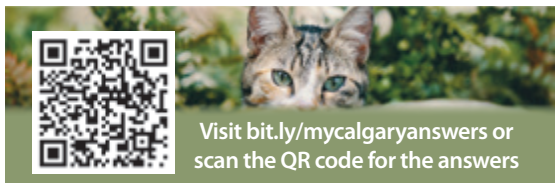


Across

5. The _____ and the Sweet Pea are April's official birth flowers.
6. This famous Leonardo was born on April 15, 1452.
10. In April of 1970, _____ 13 launched and famously ran into difficulties 56 hours later.
12. *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, recently made into a feature film directed by Martin _____, was originally published on April 18, 2017, and written by David Grann.
13. This popular holiday, typically in April, is thought to be named after the goddess "Eastre".
14. Noah _____ copyrighted this eponymous, well-known dictionary used by many on April 14, 1828.

Down

1. After a 1,500-year break, this international multi-sport event was reintroduced in Athens on April 6, 1896.
2. Famously nicknamed "The Unsinkable", this ship went down on April 14, 1912, in the North Atlantic Ocean.
3. This year, the World Ski and Snowboard Festival will be held the second week of April in _____, BC.
4. This cultural hub of Canada was incorporated into the country as a city on April 6, 1886.
7. Ford released the first version of this beloved muscle car on April 17, 1964.
8. "I Want to Break Free" by _____ was released in April of 1984, with a controversial yet playful music video.
9. Vancouver-born _____ Smulders, who famously plays Robin Scherbatsky in *How I Met Your Mother*, celebrates her birthday on April 3.
11. On April 11, National _____ Day is celebrated and advocates against animal violence and cruelty.



Pelvic Floor Health for New Moms

from *Alberta Health Services*

You're a new mom! Congratulations. Among the changes that occur when you have a baby, childbirth and pregnancy can also have an impact on your pelvic floor.

In Alberta, there are specific clinics and specialists that can help and educate on pelvic floor issues, such as bladder and bowel control and pelvic organ prolapse.

Age can have a lot to do with your pelvic floor health, especially when it comes to recovery following childbirth. The effects of having a baby and lifestyle issues can cause changes to your pelvic floor, resulting in symptoms. That's why it's important to learn what you can do to prevent and address issues, for now and for the future.

What Is the Pelvic Floor?

Your pelvic floor is at the base of your abdomen, between your legs which can be thought of as the bottom of a canister. Your abdominal muscles and bones are the back of the canister, and the top is your diaphragm, the muscle that moves your lungs up and down to help you breathe. The weight of your abdomen sits on the base of this canister, the pelvic floor. There are no bones underneath your pelvic floor, only muscles circling around it, so the pelvic floor muscles act like a sling or trampoline to support your pelvic organs. A healthy pelvic floor controls your bladder and bowels, and is important for sexual intercourse, along with lifting and carrying things by controlling the pressure inside your abdomen.

They also work with your deep abdominal, low back, and diaphragm to give you stable posture.

The large group of core muscles is called your Levator ani, which suggests there is a lifting action. Circular-shaped muscles called sphincters are around your urethra and anus. These pinch the urethra and anus closed as you do pelvic floor exercises, sometimes called Kegels.

Pregnancy and the Pelvic Floor

Pregnancy puts stress on your pelvic floor due to the weight of the baby along with pregnancy hormones that loosen and stretch the area. Your uterus grows and

becomes heavier as your baby grows which pushes down on your pelvic floor and your bladder.

Labour and the type of delivery – vaginal or Cesarean (C-section) – can also affect your pelvic floor. Swelling, pain, and even a loss of feeling or tone in your pelvic floor can occur after a vaginal delivery. During a C-section, the pregnancy hormones are still present, doubling your blood volume, while your urethra (the tube from the bladder) dilates and loses some of its tone.

Managing Pelvic Floor Issues

Exercise and lifestyle are two of the main ways to address your pelvic floor issues. After having a baby, you may find it harder to find and use your pelvic floor muscles which is why it's important to consider the following:

- **Consult a pelvic health physiotherapist** – These trained specialists can help you find these muscles and start a program.
- **Contact the Rehabilitation Advice Line** – They can help you get in touch with the proper resources to find out more.
- **Avoid straining or pushing down when using the toilet** – This can lead to incontinence (when you can't control your bladder or bowels) and prolapse (when pelvic organs sag down). Take your time.
- **Drink enough fluids to stay hydrated** – Try to urinate every three to four hours, and ensure your urine is a light-yellow colour.
- **Eat healthy foods and get enough fiber** – Eating well not only helps your internal organs to remain healthy and function optimally, but being a healthy weight helps put less pressure on your pelvic floor. Seek advice from a nutritionist.
- **Return to gentle movement** – Everyone returns to exercise at a different time after giving birth. Walking or gently stretching can help your body get rid of extra pregnancy fluids. Talk to your healthcare provider if you have questions about exercising after having a baby.
- **Avoid smoking** – Smoking often causes coughing which is hard on your pelvic floor and can irritate your bladder and rectum.



News from the Friends of Nose Hill

by Anne Burke

The new City Nature YYC website will be online with information on the 2024 challenge (www.citynatureyyc.ca). The dates for the event are April 26 to 29. Follow @CityNatureYYC on Instagram. On May 6, local, national, and global results will be announced.

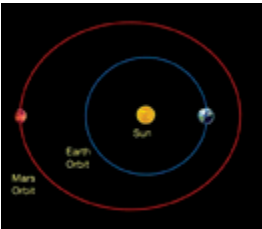
The Nose Hill checklist contains references to reptiles, fungi and lichen, amphibians, insects, shellfish, birds, and mammals. Sightings are in NW Calgary. This website features the chorus frog, the tiger salamander, the terrestrial garter snake, and more. There are 42 birds, among them hawks, blackbirds, sparrows, chickadees, starlings, wrens, geese, eagles, mallards, teals, kestrels, gulls, partridges, grebes, grouse, and vultures. Some other types are the northern flicker, downy woodpecker, and hairy woodpecker. The great horned, long-eared, and short-eared owls all appear in the list.

The May Plant Count is part of the annual May Species Count. The survey runs from May 25 to 31. The focus is on documenting the flowering status of native plant species across Alberta. This project promotes stewardship and appreciation of Alberta's natural areas. As a citizen scientist, you will collect data to be used for conservation. Here are the basics. Enter the location of your plant. Upload a photo. Enter the date of the observation. Add a report about the flowering stage. Choose the appropriate stage from those listed. There are many ID guides and checklists (in print or flipbooks online). Observations can be made manually on a data sheet and then submitted by email or snail mail. You would need to sign up for the mailing list and then receive data sheets and instructions (www.naturealberta.ca/-may-plant-count). If you are submitting observations online you will join the May Plant Count project for the flowering codes to be displayed in the iNaturalist phone app (www.inaturalist.ca/projects/alberta-may-plant-count).

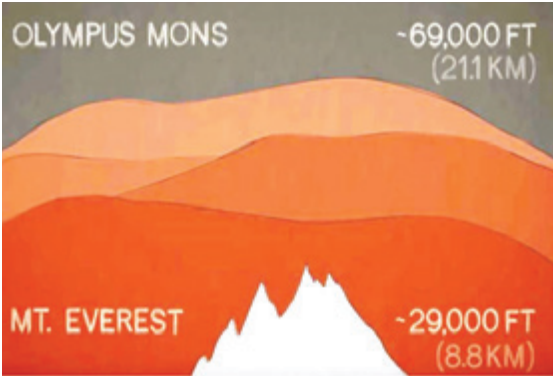
Stargazing with Pat J: Mars - More Than a Bit Weird

by Patricia Jeffery © 2024 of the Calgary Centre of the Royal Astronomical Society of Canada

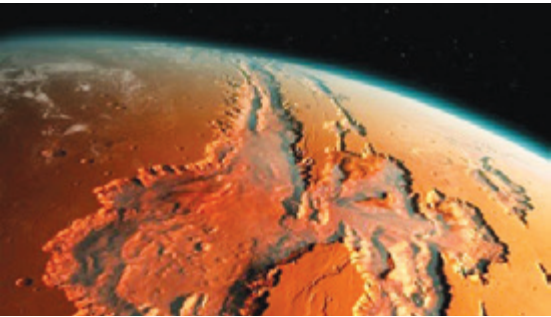
Mars hasn't always been a dry, dusty, desolate planet. It used to be a much nicer place with an atmosphere and oceans of water. The ravages of time, however, have not been kind to this little planet, leaving it with a host of bizarre features.



- Fourth planet from the sun.
- If our sun is the goal post of a CFL football field, Earth would be at the two-yard line; Mars on the three.
- Half the size of Earth; its red colour is because iron in the rocks and soil has rusted.
- Rotation: 24.6 hours.
- Revolution: 687 days. It has an egg-shaped orbit due to Jupiter's powerful gravitational field tugging on it.
- Tilted 25 degrees gives Mars four distinct seasons.
- Mean temperature: -65 degrees Celsius.
- Two tiny moons: Phobos is 22 kms in diameter and Deimos is even smaller at 13 kms. Shaped like potatoes, they may actually be captured asteroids.
- A thin atmosphere of 95% carbon dioxide.
- Mars' small size meant it couldn't retain enough heat to drive plate tectonics. Without tectonics, it lost its protective magnetic field, and as a result, its atmosphere is gradually being stripped away by the sun's solar wind.



- Lack of plate tectonics is what allowed Olympus Mons to grow into the largest volcano in the solar system at three times the height of Mount Everest.
- Of the abundant water Mars once possessed, some is frozen in the polar ice caps, some is trapped inside minerals in the planet's crust, and the rest escaped into space.
- A massive crack called Valles Marineris spans nearly a quarter of its surface. At 4,800 km long, 320 km wide, and 7 km deep, it is ten times larger than Earth's Grand Canyon.



BRAIN GAMES

SUDOKU

	3	8	5			6		4
7	2	4	1	8		5		
					4			
						3		
8	4						5	6
3		9				4		
			2				6	
		3		9	5	2	8	1
2		1			8		4	

SCAN THE QR CODE FOR THE SOLUTION

Calgary Needs More Homes. Citywide Rezoning Will Help

With the approval of 'Home is Here: The City of Calgary's Housing Strategy', Council directed The City of Calgary to implement actions that will address the housing crisis. One of the proposed actions is citywide rezoning.

We need more homes in all shapes and sizes and in all communities. This will help support Calgary's growth now and for future generations.

From January 29 to March 16, The City held 13 public information sessions and webinars, as well as attended Community Association Open Houses, where participants could learn more and ask questions about Rezoning for Housing. More than 1,200 people attended the City's 13 in person and online sessions.

Have your voice heard by sharing with City Council what you think though our engage portal, by submitting a written comment before noon on April 15 at calgary.ca/PublicHearing or registering to speak at the Public Hearing of Council on April 22.

Visit calgary.ca/RezoningForHousing to learn more.



Calgary



North Central BRT (Centre Street MAX 301) improvements



Starting in spring 2024, construction on the North Central BRT will be taking place in communities along the Centre Street MAX 301 Corridor, from Country Hills Boulevard N.E. to 28 Ave N.W.

We're making improvements to current transit service and amenities, while preparing for the future Green Line LRT.

Learn more and sign up for updates at
calgary.ca/NorthCentralBRT



 Green Line LRT

funding provided by



Canada



Get Ready Calgary – Green Line Is on Its Way!

by The City of Calgary

Main construction of the Green Line LRT is starting this year, and the benefits will last Calgarians a lifetime. Phase one spans 18 kilometers from Shepard Station at 130 Ave SE to Eau Claire at the north end of downtown. With 13 stations, it provides connections to the Red and Blue LRT lines and three MAX rapid bus routes.

The Green Line will provide transit options for 70,000 people living within a ten-minute walk of the line, unlocking land for development, and increasing access to housing options. This leads to a more vibrant and diverse community for all Calgarians to enjoy.

As the largest infrastructure project in Calgary's history, the Green Line will also improve social equity by providing direct access to 190,000 jobs in downtown, Quarry Park, and industrial areas. The project is also expected to create over 20,000 direct and supporting jobs by the end of construction.

With an estimate of 55,000 daily Green Line riders, there will be less congestion on existing transit routes, and fewer cars on the road. This is great news for the environment and public transit riders!

As construction begins and excitement grows, stay up to date on the project by visiting calgary.ca/GreenLine or following @GreenLineYYC on social media.

Vancity

April is a special month for Canada! Now a bustling hub of community, film, and diversity, the city of Vancouver was incorporated on April 6, 1886. Can you imagine a Canada without Vancouver?!



BUSINESS CLASSIFIEDS

For business classified ad rates contact 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.

THORNCLIFFE | GREENVIEW 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.

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.

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.

FALCONER HANDYMAN SERVICES LTD: Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

TERRAVIEW LAWN CARE & LAWN PAINTING: Lawn painting; enjoy a nice green lawn while saving water! Drought friendly! Spring cleanups, power raking, aerating, slit-seeding, etc. Weekly and bi-weekly mowing and yard maintenance services. Reasonable rates. Ron | 403-669-4671 or Craig | 403-819-7905. View us on Facebook at www.Facebook.com/TerraViewLawnCare.



Gutter Doctor™

- Gutters • Downspouts • Fascia
- Soffit • Siding • Roofing • Cladding
- Gutter Cleaning

403-714-0711 • gutterdoctor.ca

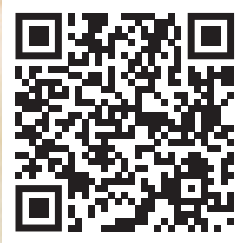


GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

**Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.**

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING