

AUGUST 2023

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# RIVERBEND



## CONNECTS

THE OFFICIAL RIVERBEND COMMUNITY NEWSLETTER



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[musicworkscanada.com](http://musicworkscanada.com)

# Key Things to Know About in August

Stay connected to all things Riverbend at [www.riverbendcommunity.ca](http://www.riverbendcommunity.ca), and Facebook, Twitter, and Instagram @riverbendyycc

## Thank You, Volunteers

Thank you to everyone who helped with the weeding event in Carburn Park on July 22, 2023.

## Riverbend Community Fall Programs

Please see page 8 for our complete list of fall programs.

## Good Food Box Program

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

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

Order deadline is Monday, September 11 by 6:00 pm. Pick-up is Thursday, September 21 between 5:00 and 7:00 pm at the community centre.

Order online: [www.riverbendcommunity.ca/programs/community-programs/good-food-boxes-community-kitchen](http://www.riverbendcommunity.ca/programs/community-programs/good-food-boxes-community-kitchen).

## Seniors' Cards and Coffee!

### Next date: September 8, 2023

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

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

## Fall Fair - Vendor Applications

We will be accepting vendor applications starting September 1, 2023, until October 1, 2023, for our annual fall fair which will take place on November 4, 2023.

Please see our website for more details.

## Community Beautification Updates

### Garbage Can Wraps



We were successful in securing a Community Standards Grant from the City of Calgary in support of community beautification. Thanks to this funding, 28 garbage cans around our community are undergoing extreme makeover. Have you been able to spot any of the beautiful designs?

## Community Hub Gathering Space

We received approval for funding from the City of Calgary Inspiring Neighbourhoods Grant. Ten colourful low maintenance picnic tables were added around the rink area. With lots of all-season amenities in this area, we are positive that this will further encourage residents to gather, socialize, connect, and be neighbourly. The new picnic tables will be a great addition for outdoor events such as YYC Food Truck Fridays, birthday parties, picnics, family gatherings, etc.

Finally, to complete our all-season rink makeover project, basketball and pickleball court lines were added to the rink.



## Facility Upgrades

### New Accessible Front Door



Thanks to our successful application with Employment and Social Development Canada - Enabling Accessibility Fund, we replaced the front doors to the community centre and added wave activated accessibility buttons. We are happy

that the community centre is now more accessible for everyone, including those with mobility limitations as well as families with little children.

## Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

### Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

### Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

### Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

## RCA MEMBERSHIP FORM

*Memberships are valid for one year from the date of purchase.*

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Email: \_\_\_\_\_

Spouse/ Partner Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Number of Children: \_\_\_\_\_



Ages of Children: \_\_\_\_\_

Please let us know what communications you would like to receive from Riverbend Community Association!

- Volunteer Opportunities
- Special Events & Community Surveys (as occurring)
- General Riverbend Community Communications (monthly)

Membership cost:

- \$25 +GST (\$26.25) - Individual/ Family or Associate
- \$15 +GST (\$15.75) - Seniors Household



*Please mail completed form with appropriate payment to Riverbend Community Centre, 19 Rivervalley Dr SE, Calgary AB T2C 3S1, or drop it off at the Riverbend Community Association's office.*

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**WWW.RIVERBENDCOMMUNITY.CA**

# RIVERBEND FYI



The RCA is a volunteer-based, non-profit organization.

Our mission is to create a vibrant, active community, and to encourage participation and a spirit of belonging.

## Values - Riverbend **CONNECTS!**

**Community Oriented:** We put our community needs first and provide opportunities to bring the community together.

**Integrity:** We are open, honest, and responsible in our dealings with our community stakeholders and amongst ourselves.

**Nature:** We value the proximity of green spaces, pathways, and the river in our community.

**Engagement:** We are committed to keeping our community informed about all things Riverbend, ensuring participation in programs, events, and volunteer opportunities.

**Connection:** We want to foster positive, supportive connections for our community members.

**Teamwork:** We work together to support our community stakeholders, and to address community concerns.

**Sustainability:** We take care of our resources responsibly to ensure they can benefit future generations.

Stay connected to all things Riverbend at [www.riverbendcommunity.ca](http://www.riverbendcommunity.ca), and Facebook, Twitter, and Instagram @riverbendyyc.

To purchase Riverbend swag, visit our Spirit Gear online store at [www.riverbendcommunity.entripyshops.com](http://www.riverbendcommunity.entripyshops.com). Order countless items and customize the design in an unlimited number of ways. Let's all show how we love Riverbend!

## What Does an RCA Membership Get You?

- The opportunity to participate in community gatherings and build in-person relationships.
- Supporting many programs and events that the RCA offers.
- Enjoyment of recreational programs and activities right in your neighbourhood.
- Entitlement to vote at the RCA Annual General Meeting to choose the people you'd like to see on the Board of Directors.
- The ability to join the RCA Board of Directors and make a lasting impact on the community.

## Discount offers:

- 15% off of Riverbend Community Centre rentals.
- Discounts on community programs and events.
- Priority registration for free community programs and events.
- 10% discount for paddle board rentals and paddle board classes from SUP&Flow.
- 25% off burglary, smoke, panic, and medical alarm monitoring fees with Stealth Alarms.
- 25% off paint and 15% off paint supplies at Cloverdale Paint.
- 10% off at Original Joe's restaurant in Quarry Park. (Some conditions apply)
- One free materials drop off once a month at Ecco Recycling landfill.
- Free week trial and rate discount at F45 Quarry Park Riverbend.
- \*New January 2023: 10% discount on all services at Willow Park Scholars.
- \*New January 2023: 10% discount on all products using code RIVERBEND10. Backyard Meats.
- \*New February 2023: 10% discount on any order made online using code RIVERBEND, or via Instagram or Facebook messenger at Joy in Colours.

## How To Purchase and Renew RCA Membership?

**Online:** Best option is to purchase your membership via our website: [www.riverbendcommunity.ca/membership](http://www.riverbendcommunity.ca/membership).

**Via mail:** Cut out and complete the Membership form from Riverbend Connects. Mail to Riverbend Community Association: 19 Rivervalley Drive SE, Calgary AB, T2C 3S1.

**In person:** At the Riverbend Community Centre for those without computer access. Exact cash amount or cheque only.

## Want to Offer a Member Benefit/Discount?

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

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

## About Riverbend Community Association and the services and benefits it offers:

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

### Please note:

Overhead costs of processing membership applications not submitted online are high, therefore we strongly encourage everyone to utilize our online portal.

Registrations that are mailed in take longer to process; you may not receive your membership confirmation right away.



**RIVERBEND**

JOIN OUR FUN COMMUNITY

# VOLLEYBALL LEAGUE

WEDNESDAY NIGHTS, SEPTEMBER 13 2023 TO APRIL 2024 7-8:30 PM

[WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS](http://WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS)

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## Fall Programs

### September to December 2023

Register online at [www.riverbendcommunity.ca/programs](http://www.riverbendcommunity.ca/programs).

## Programs

### Volleyball 2023-24

Join our fun community volleyball league! It is an easy-going league that includes various skill levels. All ages are welcome! Must be 18 years of age to join.

Holy Angels School: Wednesdays from 7:00 to 8:30 pm. Starts September 13, 2023, and continues through to April 2024.

Cost is \$170 for members; must purchase a membership to register.

### Music for Littles

Music for Littles is a music program for small children with play-based learning to improve cognitive, physical, and social-emotional growth. Our accredited educator offers age-appropriate classes for ages newborn to 3 that are designed to nurture cognitive, social-emotional, and physical development, while helping grow kind, lifelong learners.

#### • Ages 0 to 1

Mondays from 12:00 to 12:45 pm (in the Elbow Room)  
10 weeks, starting in September.

Cost is \$150 for members, \$180 for non-members, or \$20 for drop-in.

#### • Age 1 to 3

Wednesdays from 10:00 to 10:45 am (in the Elbow Room)  
10 weeks, starting in September.

Cost is \$150 for members, \$180 for non-members, or \$20 for drop-in.

### Yoga for Beginners

Start at the very beginning and build skills, strength, and mobility over the course of this session. For all ages and fitness levels. Please bring your own mat and dress in comfortable clothing that you can easily move in.

Tuesdays from 9:45 to 10:45 am (in the Bow Room)  
For 13 weeks starting September 12, 2023, to December 12, 2023

No class November 14, 2023

Cost is \$175 for members, \$195 for non-members, or \$20 for drop-in

### Gentle Yoga

Great for anyone with a mobility issue, 50+, or just getting back into a movement practice. Please bring your own mat and dress in comfortable clothing that you can easily move in.

Tuesdays from 11:00 am to noon (in the Bow Room)

For 13 weeks starting September 12, 2023, to December 12, 2023

No class November 14, 2023

Cost is \$175 for members, \$195 for non-members, or \$20 for drop-in

### Pilates with Yoga

Each class will include a flowing series to warm the body, hold postures to build strength, and balance postures to increase stability. Classes will end with gentle stretches and relaxation. If you are new to physical activity, please check with your physician prior to starting a new exercise routine.

Tuesdays from 7:00 to 8:00 pm (in the Bow room)

For 13 weeks starting September 19, 2023, to December 19, 2023

No class October 31, 2023

Cost is \$165 for RCA members or \$185 for non-members

### Dance Fitness

Dance Fitness is an easy-to-follow cardio dance class with a mix of popular and international rhythms guaranteed to make you sweat! A portion of the class is dedicated to toning choreography with the use of light hand weights.

Mondays from 8:15 to 9:15 pm (in the Bow Room)

For 13 weeks starting September 11, 2023, to December 11, 2023

No class October 9, 2023

Cost is \$165 for RCA members, \$185 for non-members, or \$20 for drop-in

### Tai Chi

In this beginner program, you will begin to learn the Cheng man-Ching style of Tai Chi. It is a shorter version of Yang family style. Also, Chi Gong and meditation are part of each class. The main focus of this program is health and relaxation.

Thursdays from 10:30 to 11:30 am (in the Bow Room)

12 weeks, starting in September.

Cost is \$108 for RCA members, \$120 for non-members, or \$12 for drop-in.



## Cigarette Litter

from the City of Calgary



Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter range from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.

### Seniors' Cards and Coffee

Join us every second Friday of the month for coffee, cards, and treats. \$2 donation appreciated. No registration necessary.

## Kids and Youth

### Girl Guides of Canada

Girl Guides of Canada is the largest organization for girls and women in Canada. Meetings are every Wednesday at 6:30 pm from September to June.

Sparks (Ages 5 to 6): Elbow River Room  
 Brownies (Ages 7 to 8): Bow River Room  
 Guides (Ages 9 to 11): Carburn Park Room  
 Pathfinders (Ages 12 to 14): Heritage Room

Contact [ggcinfo@calgarygirlguides.com](mailto:ggcinfo@calgarygirlguides.com) or visit [www.girlguides.ca](http://www.girlguides.ca) for more information.

### Calgary Young People's Theater

CYPT provides professional caliber mentorship, training, and performance opportunities to youth aged 4 to 18. Our extensive year-round programming includes productions, camps, classes, workshops, and new play development. Register online at [www.cypt.ca/classes/](http://www.cypt.ca/classes/). For more information, please email [ad@cypt.ca](mailto:ad@cypt.ca).

### Little Steps Before and After School Care

For children aged 5 to 12 attending Riverbend Elementary School and Holy Angels. Open Monday to Friday from 7:00 am to 6:00 pm from September to June. Closed all statutory holidays. Open all PD days.

Contact us at [littlestepspreschool@telus.net](mailto:littlestepspreschool@telus.net) or 403-554-3605. Visit us online at [www.littlestepschildcare.ca/riverbend-preschool/](http://www.littlestepschildcare.ca/riverbend-preschool/) or [www.littlestepsbac.ca](http://www.littlestepsbac.ca) for more information.

SCAN HERE TO VIEW ADDITIONAL RIVERBEND CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics





# RIVERBEND FYI

## Riverbend Community Association Contacts

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

### Directors

President	Olga Maciejewski	olga@riverbendcommunity.ca
Vice President, Business Operations	Amit Khare	amit@riverbendcommunity.ca
Board Secretary	Vladimir Ivanov	vladimir@riverbendcommunity.ca
Treasurer	Alina Cotovanu	alina@riverbendcommunity.ca
Capital Projects	Ken Schultz	ken@riverbendcommunity.ca
Community Beautification	Patricia Medhurst	pat@riverbendcommunity.ca
Information Technology	Ryan Munday	ryan@riverbendcommunity.ca
Memberships and Partnerships	Samantha Moulds	samantha@riverbendcommunity.ca
Traffic, Safety, and Crime Prevention	Brenda Pereira	brenda@riverbendcommunity.ca
Communications	Nichole Wyatt	nichole@riverbendcommunity.ca
Volunteer Resources	Natalia Gonzalez	natalia@riverbendcommunity.ca
Director at Large	Melodie Tang	melodie@riverbendcommunity.ca
Director at Large	Stuart Russell-Gibson	stuart@riverbendcommunity.ca

### Other

Community Manager	Delby Auktor	delby@riverbendcommunity.ca
Communications and Marketing	Christina Njongwe	communications@riverbendcommunity.ca
School Liaison	Holy Angels	Vacant
School Liaison – Riverbend	Olga Maciejewski	olga@riverbendcommunity.ca
Softball League	Cody Halleran	cody.halleran@shaw.ca
Volleyball League	Clayton Bischoff	claytonbbischoff@shaw.ca

### District Representatives

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

To report a historical crime and there is not an immediate need for police, please call the Calgary Police non-emergency line at 403-266-1234

For online reporting please visit - calgarypolice.cav

Councillor Ward 11	Kourtney Penner	Ward11@calgary.ca
MLA Calgary Peigan	Tanya Fir (UCP)	Calgary.Peigan@assembly.ab.ca
MP Calgary Shepard	Tom Kmiec (PC)	Tom.Kmiec@parl.gc.ca
Ward 11 and 13 School Board Trustee (Calgary Public School Board)	Nancy Close	neclose@cbe.ab.ca
Ward 11 and 12 School Board Trustee (Calgary Catholic School Board)	Cathie Williams	cathie.williams@cssd.ab.ca
Girl Guides Riverbend	Holly Sweeney	hollysweeney6@outlook.com
Scouts 77th East Glenmore Scout Group	Rose Martin	rose_m@shaw.ca

# Deerfoot Trail Improvements



The Deerfoot Trail Improvements Project launched in early 2023. The project scope currently includes redesign of Glenmore Trail interchange, Southland Drive interchange, Anderson Road interchange, and Ivor Strong Bridge upgrades.

As we are very excited about the anticipated benefits that the Deerfoot Improvements Project will bring to all drivers utilizing this major freeway, we are also very concerned about the prospect of further increased traffic on 18 Street as drivers will want to by-pass the construction on Deerfoot Trail and the safety of pedestrians and cyclists using this street.

In May 2023, Riverbend Community Association sent a letter to MLA Tanya Fir, Office of the Minister of Transportation and Ward 11 Councilor Kourtney Penner to flag our community's concerns and advocate for preventative measures to be put in place.

We will continue to advocate to engage with the officials and with our community residents to determine long term solutions that will:

- Keep 18 Street safe for pedestrians and cyclist
- Reduce cut-through traffic volumes through our community
- Optimize traffic flow to ensure that our community residents can get in and out of our community safely

Please sign up for a Deerfoot Trail Improvement Project newsletter and see all project related details on [deerfootimprovements.ca](http://deerfootimprovements.ca).

If you are interested in helping the RCA advocate for traffic safety during this project, please contact Brenda Pereira at [Brenda@riverbendcommunity.ca](mailto:Brenda@riverbendcommunity.ca).



**support your community**  
**BECOME A MEMBER NOW!**

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

FEE'S SUPPORT COMMUNITY PROGRAMS, EVENTS AND PROJECTS

In addition members benefit from DISCOUNTS | PRIORITY | EXCLUSIVE ACCESS

- %15 off community centre rentals
- FREE monthly materials drop-off at Ecco Recycling landfill
- Discounts for RCA program and event registrations
- GREAT discount offers with community retailers

[WWW.RIVERBENDCOMMUNITY.CA/MEMBERSHIP](http://WWW.RIVERBENDCOMMUNITY.CA/MEMBERSHIP)



**Riverbend Community Centre**

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- And so much more!!





[WWW.RIVERBENDCOMMUNITY.CA/FACILITY-RENTALS](http://WWW.RIVERBENDCOMMUNITY.CA/FACILITY-RENTALS)

DEERFOOT TRAIL  
IMPROVEMENT PROJECT

• VOLUNTEER COMMITTEE •

Have you heard of the Deerfoot Trail Improvements project?  
<https://www.deerfootimprovements.ca/>

Do you want to be engaged in advocating for our community?

Volunteer for the Deerfoot Trail Improvements committee

Contact [Brenda@riverbendcommunity.ca](mailto:Brenda@riverbendcommunity.ca) to get involved



**RIVERBEND  
FALL FAIR**

SEEKING  
**Vendors**

ONLINE APPLICATION  
CLOSES OCTOBER 4  
[WWW.RIVERBENDCOMMUNITY.CA](http://WWW.RIVERBENDCOMMUNITY.CA)

SATURDAY, NOV 4  
10AM - 4PM  
RIVERBEND COMMUNITY CENTRE

# Cats, Canines, & Critters of Calgary



Baloo and Walter, *Springbank Hill*



JC Cat, *Evanston*



Pepper, *Evergreen*



Tuxedo Joe, *Cranston*

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

# 101 Ways to Reduce Stress

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

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory, write it down
- Practice preventative maintenance
- Make duplicate keys
- Say 'no' more often
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important papers
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly cat or dog
- Remember you don't have to know all the answers
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to yourself
- Visualize yourself winning
- Develop your sense of humour
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- Dance a jig
- Say 'hello' to a stranger
- Ask a friend for a hug
- Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- Watch a ballet
- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others
- Ask someone to be your sounding board
- Do it today
- Work at being optimistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Strive for excellence, not perfection
- Stretch your limits a little each day
- Look at a work of art
- Hum a tune
- Maintain your weight
- Plant a tree
- Feed the birds
- Practice grace under pressure
- Stand up and stretch
- Always have a plan B
- Learn to draw
- Memorize a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Tell someone to have a good day
- Throw a paper airplane
- Exercise everyday
- Learn the words to a new song
- Get to work early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early
- Put an air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a faraway friend
- Go to a sports event and cheer loudly
- Cook a meal and eat by candlelight
- Recognize unconditional love
- Remember that stress is an attitude
- Keep a journal
- Have a support network of people, places, and things
- Quit trying to fix other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people
- Relax, take each day as it comes

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## CONCRETE SEALING

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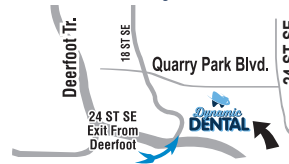
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