

FEBRUARY 2024

DELIVERED MONTHLY TO 4,220 HOUSEHOLDS

RIVERBEND



CONNECTS

THE OFFICIAL RIVERBEND COMMUNITY NEWSLETTER



Carburn Park by Tricia Litt

FILL THIS SPOT WITH YOUR AD

Promote your business and get noticed!
Contact us at 403-720-0762 or grow@greatnewsmedia.ca



GET A QUOTE NOW



www.riverbendcommunity.ca

LIVING AND SELLING RIVERBEND



35 RIVERSTONE CRESCENT
\$639,900



131 RIVERSIDE WAY

THINKING OF SELLING?

Call us for your free home evaluation.



TARRYN HAMILTON
REAL ESTATE TEAM

403.478.5262

*Not intended to solicit property currently listed for sale.



RE/MAX REALTY PROFESSIONALS

TARRYNHAMILTON.COM



Exterior Solutions.ca

10% OFF on insurance claims

Siding • Soffit/Fascia • Eavestrough • Roofing



BEFORE AFTER

Please call or text Kevin at 403-804-5366.

BARKER'S
FINE DRY CLEANING

PICK UP & DELIVERY SERVICES



403-282-2226



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 destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT
403-726-9301
calgaryfreshjock.com

Key Things to Know About in February

Stay connected to all things Riverbend at www.riverbendcommunity.ca, and Facebook, X (Twitter), and Instagram @riverbendyyc

All-Season Rink Updates

To ensure a positive skating experience, we will be updating our website with the latest ice conditions on our all-season rink as they occur. www.RiverbendCommunity.ca.

Upcoming Events

Family Day Skate

February 19 from 12:00 to 3:00 pm

Join us for a fun-filled Family Day Skate. We will be having food trucks, and the KidSport Skate Shack will be on site for skate rentals. Visit our website for more information: www.riverbendcommunity.ca/events/family-day-skate-2024.

March Dinner and a Movie

Facebook Poll: Voting Starts February 1 at 12:00 pm

Vote for our next film!

We will be conducting a Facebook poll where you can vote for our next movie. The poll opens on February 1 at 12:00 pm and ends February 19 at 12:00 pm.

Nominations are *Strange World*, *Elemental*, and *Wish*.

More information is available on our website at www.riverbendcommunity.ca.

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 Deadlines

Pick-up Deadlines (between 5:00 and 7:00 pm at the community centre)

February 5

February 15

March 4

March 14

Order online: www.riverbendcommunity.ca/programs/community-programs/good-food-boxes-community-kitchen.

55+ Cards and Coffee

February 9, February 23

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

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

Please note that this event will be cancelled in extreme weather conditions. If this happens, cancellation will be announced on our website and social media.

Updates From Your RCA

We Love Riverbend

Show off your love of Riverbend by purchasing our community association branded Spirit Gear merchandise! Visit our official online shop to grab some great quality clothing and winter gear made by brand-name manufacturers.

We've got everything from quality hoodies, joggers, t-shirts, jackets, sweatshirts, and even toques, for the whole family. Best of all, you can fully customize many of our items with your name, colour, or lucky number. No minimum order quantities required. Free shipping on orders over \$75! Support the Riverbend Community Association today.

Visit <https://riverbendcommunity.entripyshops.com/>.

Host Your Next Event with Us!

Looking for a spot to host your next event? Look no further than your own community!

The perfect spot for a wedding, family celebration, birthday party or business meeting.

- Main level with two rooms to serve your needs. 175 or 64 banquet seating capacity
- Bluetooth, Wi-Fi, and AV capabilities
- Fully accessible kitchen with commercial fridge, commercial dishwasher, and warming ovens

Book your event today! www.riverbendcommunity.ca/facility-rentals.

Rink Board Advertising

Riverbend Community Association (RCA) offers an opportunity to advertise on the RCA Rink Boards.

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.

Details:

- The size of the sign is 3ft x 7ft
- RCA will coordinate printing and installation of the sign
- The cost is \$1,200 + GST for a two-year period

*Businesses that offer benefits to RCA Members will receive an additional 10% discount for rink board advertising.

If you are interested in this opportunity, visit our website to fill out an application form at <https://www.riverbendcommunity.ca/outdoor-rink>.

Partner with Us to Offer RCA Member Benefits/ Discounts!

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

- Provide a listing on our website under the Memberships page with a hyperlink. Our webpage, www.riverbendcommunity.ca, is visited by about 1,000 visitors every month.
- Provide a listing in the *Riverbend Connects* newsletter on the Memberships page. Our printed newsletter is delivered to over 4,000 households and enjoys over 80% readership.
- Post a new benefit announcement post with your logo 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.
- Provide one additional post on RCA social media platforms per year.

Visit our website to sign up at <https://www.riverbendcommunity.ca/membership>.





RIVERBEND FYI

Riverbend Community Association Contacts

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

Directors

President	Ryan Munday	ryan@riverbendcommunity.ca
Past President	Olga Maciejewski	olga@riverbendcommunity.ca
Vice President, Business Operations	Amit Khare	amit@riverbendcommunity.ca
Board Secretary	Vladimir Ivanov	vladimir@riverbendcommunity.ca
Treasurer	Vacant	
Capital Projects	Ken Schultz	ken@riverbendcommunity.ca
Community Beautification	Patricia Medhurst	pat@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
Director at Large	Alina Cotovanu	alina@riverbendcommunity.ca

Other

Community Manager	Delby Auktor	delby@riverbendcommunity.ca
Communications and Marketing	Anthony Murdoch	communications@riverbendcommunity.ca
Maintenance	Terry Martineau	terry@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
To report an emergency or crime in progress please call 911		
To report a historical crime or if 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.ca		
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
School Board Trustee (Calgary Public School Board) Ward 11 and 13	Nancy Close	neclose@cbe.ab.ca
School Board Trustee (Calgary Catholic School Board) Ward 11 and 12	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



Riverbend Community Centre

LOOKING FOR A SPOT TO BOOK YOUR NEXT EVENT?
LOOK NO FURTHER THAN YOUR OWN COMMUNITY!

- The perfect spot for a wedding, family celebration, birthday party or a business meeting!
- Main level with 2 rooms, 175 plus 64 banquet sitting capacity
- Bluetooth and AV capabilities
- Fully renovated patio
- Minutes away from picturesque Carburn Park
- Listed as one of the best Community Centres in Calgary
- And so much more!!



WWW.RIVERBENDCOMMUNITY.CA/FACILITY-RENTALS



SHOW OFF YOUR RIVERBEND LOVE

Get IN our *Spirit Gear*



Visit: riverbendcommunity.entripyshops.com/

MUSIC ~ ART ~ FITNESS



NEW PROGRAM IDEAS? YES PLEASE!

ARE YOU A TEACHER THAT WOULD
LIKE TO SHARE THEIR EXPERTISE ?

Send us your ideas for a new program to
be offered at the Riverbend Community
Association.



TO SUBMIT IDEAS VISIT
WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS



JOIN US FOR OUR FAMILY DAY SKATE



MONDAY
FEBRUARY 19, 2024 | RCA RINK - 12-3 PM

An afternoon of fun family time on the ice
Food Trucks on site
KidSport Skate Shack on site
www.riverbendcommunity.ca/events

RIVERBEND COMMUNITY CENTRE
19 RIVERVALLEY DR SE, CALGARY, AB T2C 3Z7



GOOD FOOD BOX PROGRAM

MONTHLY BOXES OF ASSORTED PRODUCE
(SMALL, MEDIUM OR LARGE) AVAILABLE TO
PURCHASE FOR APPROXIMATELY 50% OF RETAIL
COST AVAILABILITY

CONTENTS VARY WEEKLY, DUE TO SEASONAL AVAILABILITY



WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS/COMMUNITY-PROGRAMS



RINK RENTAL



**DID YOU KNOW,
THE RINK IS NOW AVAILABLE FOR PRIVATE EVENT RENTALS?**

EVENTS@RIVERBENDCOMMUNITY.CA
+1 403-236-7270

PRICES ARE PER HOUR
DISCOUNT FOR RCA MEMBERS

**CONNECT WITH US.
CHECK IN, LIKE, TAG, SHARE!**

[riverbendyyc](https://www.instagram.com/riverbendyyc)

[@riverbendyyc](https://twitter.com/riverbendyyc)

[@riverbendyyc](https://www.facebook.com/riverbendyyc)

Riverbend Community Calgary



WWW.RIVERBENDCOMMUNITY.CA/OUTDOOR-RINK

Seven Key Things to Make Your Relationship Work

by Nancy Bergeron, R.Psych. | 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 'declaw' 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.



**support your
community**

BECOME A MEMBER NOW!

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

FEEES 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



ANITA MORTGAGE

AVENUE | Financial
Real Estate Solutions



**Hate Your
Renewal
Rate?
Call Me!**

Expert advice
Excellent rates
Many options
Better mortgages



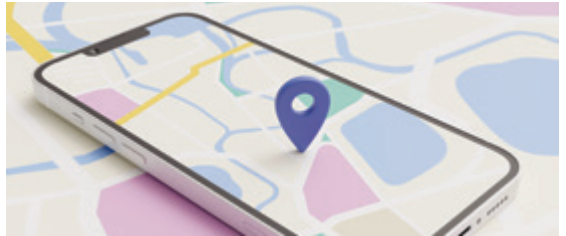
ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

Explore Businesses in Calgary with the Business Map

by the City of Calgary

Wondering what businesses are open around your neighbourhood? You can use the Business Map to locate active businesses and view their license information near your current or other specified locations. You can also search for businesses by license type. Explore the Business Map now at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.



DEERFOOT TRAIL IMPROVEMENT PROJECT

VOLUNTEER COMMITTEE

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

Volunteer for the Deerfoot Trail Improvements committee and have your SAY!



Contact Brenda@riverbendcommunity.ca to get involved

RIVERBEND
community association

55+ CARDS AND COFFEE



MEETS THE SECOND AND FOURTH FRIDAYS OF THE MONTH

2:00-4:00PM


Meet your neighbours for a cup of coffee and a card game every second and fourth Friday of the month.
No Pre-registration required
\$2 donation appreciated

www.riverbendcommunity.ca

BRAIN GAMES **SUDOKU**

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

SCAN THE QR CODE FOR THE SOLUTION



Calgary City Building

by the City of Calgary

The City of Calgary is updating plans that will shape the future of Calgary and make sure our city keeps on being a great place to live. As our city's population approaches two million, we must prepare to support this growth. The City Building program will align and strengthen our plans and tools to create a place where every Calgarian can thrive.

The Calgary Plan will merge the Municipal Development Plan with the Calgary Transportation Plan to guide the way we move and use land across the city.

The new Zoning Bylaw (currently the Land Use Bylaw) will simplify the rules that govern the use of land and the form of buildings in the city.

The new Street Manual (currently the Complete Streets Policy and Guide) will provide updated direction for the design of Calgary's streets to support safe travel options for all Calgarians.

All three of these documents will be created based on public feedback, existing policies, Council priorities, partnering with the Indigenous community, and extensive consultation with subject matter experts and interested parties. This effort will impact every Calgarian for the next 30 years.

The second phase of engagement will focus on the initial proposed direction of the Calgary Plan, Zoning Bylaw, and Street Manual. We invite all Calgarians to share their input, either in person or online, from January 29 to March 3. Learn more and participate at calgary.ca/citybuilding.



Help Us Shape Calgary's Future Floodplain Policies and Regulations

by the City of Calgary

Calgary's river valleys are essential to our city—they're at the core of our city's identity and its appeal as a place to live, work, and play.

As Calgary is vulnerable to flooding, making careful decisions about how we plan, develop, and build in the floodplain is fundamental to protecting and enhancing the value of our river valleys while strengthening our overall resilience to the impacts of flooding.

With the province's recent release of draft updated Flood Hazard Area maps reflecting the latest understanding of flood risk across Alberta and a new approach to flood hazard area zones, it's now up to municipalities to decide how to develop and regulate in these areas.

The City is planning for the future of our river valleys, including our flood hazard areas, through the Calgary River Valleys Project, which will shape how we plan, develop, and build in our river valleys.

Your input on how we make decisions on the use, conservation, and development of our river valleys and communities is important. This month, we're talking to Calgarians about the future of our floodplain policies and regulations. Visit calgary.ca/RiverValleys to join in the conversation.



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

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

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Riverbend. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

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.

RIVERBEND 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.

HERITAGE WEST PLUMBING AND HEATING: Boiler and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

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.



Mobile Massage Therapy
Mandy Edwards, RMT

Merge
 ☎ Text (403) 880-4960
 ✉ mandy@mergemassage.com
 🌐 www.mergemassage.com
 📍 PO Box 51173 Calgary, AB T3K 3V9

\$20 OFF YOUR FIRST MASSAGE

SCAN HERE TO VIEW ADDITIONAL RIVERBEND CONTENT

<p>News, Events, & More</p> 	<p>Crime Statistics</p> 	<p>Real Estate Statistics</p> 
--	--	--

BUSINESS CLASSIFIEDS

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks, GST, Payroll, WCB, Filing, and T4 Filings.

RIVERBEND CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Riverbend. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. www.lefroyconstruction.com.

CLEANING SERVICES: Excellent references. Insured and WCB coverage. Weekly, bi-weekly at reasonable prices. For free estimates call Maria at 403-606-6977.

AFFORDABLE DENTAL CARE MINUTES FROM RIVERBEND! Dental doesn't need to break the bank! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

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.

CODERAD ELECTRICAL LTD: Over 18 years of experience. Quality service and installation for a fair price. Certified Master Electrician. Fully insured and WCB compliant. Call Cody for your free estimate today, 403-333-6344 or email at info@coderadelectrical.com. Is your Electrical up to code? www.coderadelectrical.com.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

EXTERIOR SOLUTIONS: Siding, Soffit/Fascia, Eavestrough, and Roofing. Whether you are remodeling, upgrading, or recovering from weather-related damages, we are here to help. With 30+ years' experience, we can make your renovation something you will enjoy for years to come. Please call or text Kevin at 403-804-5366.

PLUMBING PARAMEDICS: Your community plumbing and furnace experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and furnace repairs. BBB accredited. Call today to experience our world class service! 587-205-6657.

CHARTERED PROFESSIONAL ACCOUNTANT: Taking care of your small business needs: accounting, bookkeeping, personal and corporate taxes, GST filing, and payroll. Wendy CPA, CGA, 403-607-4617.

HOME DECOR CONSIGNMENT STORE: Looking for consigners! If you are moving or downsizing and want to make some extra cash, become a consignor with a locally owned business, over 15 years of experience, we specialize in reselling home décor/kitchenware. Call 403-398-7544, text 403-966-0467, or email zoesstoreyyc@gmail.com. Zoe's Store: Located at 1403 14th Street SW. <https://zoesstore.com/>.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



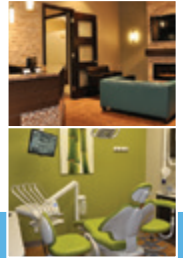
**We Proudly Follow the Alberta Dental Association Fee Guide
Complimentary Electric Toothbrush with an Adult New Patient Exam and Cleaning**

**some restrictions apply*

ACCEPTING NEW PATIENTS!

- Early AM, Evening, & Saturday Appointments
 - Children & Emergencies Welcome
- Dental Implants, Crowns, Whitening, Dentures, Snoring Appliances, Oral Sedation, Extractions
 - We Direct Bill to Insurance
 - English, French, Croatian, Spanish, and Polish Languages Spoken.

Dr. Vranjes & Associates at Dynamic Dental would like to welcome Dr. Megan Lawless and Dr. Isela Montemayor to the team



#210 - 163 Quarry Park Blvd SE

LOCATED IN THE MARKET AT QUARRY PARK ACROSS FROM THE CO-OP

403.453.5588 www.dynamicdentalcalgary.com

Dentistry is our profession, but people are our focus.

**all services performed by a licensed general dentist*

SUNDAY Brunch



The GLENMORE INN
& Convention Centre



SUNDAYS
10:00AM - 2:00PM

1000 Glenmore Court SE

Call 403.720.5288 to reserve
Seating Times: 10:00 - 10:30am & 12:00 - 12:30pm