

JUNE 2024

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HAPPENING  
AT THE MLCA?**

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Share your thoughts from  
May 28 - June 24, 2024:

## Get Involved! West Elbow Communities Local Area Planning

The West Elbow Communities Local Area Plan will set the vision for how your communities will evolve over the next 30 years.

We need your input as we create a local area plan that will provide direction on where and how future growth, redevelopment, community improvements and investments could happen in the **West Elbow Communities of:** Altadore, Bankview, Cliff Bungalow, Elbow Park, Erlton, Garrison Woods, Lower Mount Royal, Mission, North Glenmore Park (north of Glenmore Trail SW), Richmond (east of Crowchild Trail SW), Rideau Park, Roxboro, Scarboro (east of Crowchild Trail SW), South Calgary, Sunalta, and Upper Mount Royal.

### We want to hear from you

Phase 2 of the West Elbow Communities Local Area Planning project kicks off **May 28, 2024**.

In this phase of engagement, you can provide feedback on topics including:

- The **Draft Vision and Core Values** - the big ideas, hopes and priorities for the area's evolution.
- **Potential Focus Areas for Moderate-to Large-Scale Growth** - where homes and businesses that are 4+ storeys might fit best.

#### Online

Tell us what you think via **online** engagement at [calgary.ca/WestElbowPlan](http://calgary.ca/WestElbowPlan).

#### Engagement Booklet

Check your **mailbox** for an **engagement booklet** or pick one up at an **Engagement Station** (see map online) starting May 28. Each engagement booklet includes a **feedback form** that can be mailed in with prepaid postage included.

#### In-person

Join an **engagement session** – check out the schedule at [calgary.ca/WestElbowPlan](http://calgary.ca/WestElbowPlan).



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# WHAT'S NEW IN OUR NEIGHBORHOOD



**Eau Claire Athletic Club**, Calgary's new private athletic  
facility, slated to open in early 2025, in the former YMCA building



SCAN FOR INFO

**ECAthleticClub.ca**



# MLCA SOURCE ROLES AND CONTACT LIST

## Executives

President	Tony Norman president@mardaloop.com
Vice President	Hugo Batteke vp@mardaloop.com
Past President	Vacant pastpresident@mardaloop.com
Treasurer	Anna Biasutto-Mowbray treasurer@mardaloop.com
Secretary	Lauren Peebles secretary@mardaloop.com

## Directors

Events	Vacant events@mardaloop.com
Indulge	Vacant indulge@mardaloop.com
Marketing	Christina Kim marketing@mardaloop.com
Membership	Sarah Firman membership@mardaloop.com
Mobility	Rita Shewchuk mobility@mardaloop.com
Planning and Development	Kim Kemper development@mardaloop.com
Preschool	Kelsey Boudraa preschooldirector@mardaloop.com
Seniors	Heather Bhatti seniors@mardaloop.com
Sponsorship	Frank Fabiano sponsorship@mardaloop.com
Sports and Recreation	Rob Baillargeon sportsrec@mardaloop.com
Sustainability	Tami Cormack sustainability@mardaloop.com
Volunteers	Rebecca Naidoo volunteer@mardaloop.com
Director at Large 1	Darren Grelowski atlarge1@mardaloop.com
Director at Large 2	Vacant atlarge2@mardaloop.com

## Other Important People

The Source (Newsletter Editor)	Kevin Forbes gm@mardaloop.com
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## Staff

General Manager	Kevin Forbes gm@mardaloop.com
Accountant	Karen Murphy accounting@mardaloop.com
Hall Services and Rentals	Alyssa Preston hallrentals@mardaloop.com

## Monthly MLCA Board Meeting

If you would like to address the Board, or simply attend one of these meetings, please contact [president@mardaloop.com](mailto:president@mardaloop.com).



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**GARRISON WOODS**



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## Seniors Hold a Mini Sale/Swap Among Their Members

The May gathering of Seniors in the Loop took a different approach. Members were invited to bring along items they no longer wanted so that they could be given a second life. Who wouldn't love the feeling of getting rid of unwanted stuff? Swapping makes it even better if you can re-clutter right after decluttering but at least you find something useful and different!

Take a look at the pictures to see what we were able to pick up thanks to the talents and unusual hobbies of some of our members. For instance, have you ever seen a display of hundreds of miniature accessories and unique handcrafted items all in one-twelfth scale?

While shopping around, we ate and socialized and had a lot of fun. We went home feeling quite proud of our newly acquired possessions.

### Seniors Gatherings

Our next get together will be on June 3 between 9:00 am and 12:30 pm in the Marda Loop Communities Association Upper Hall and will be an early Stampede celebration. Get togethers will take place again starting in September every first Monday of the month. Every session will start with light fitness exercises followed by a presentation/entertainment. Coffee and snacks are served courtesy of The Edward. Senior Members will receive details by email. For more information, or with suggestions/comments, email [seniors@mardaloop.com](mailto:seniors@mardaloop.com).





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# MLCA MEMBERSHIP

## INFORMATION FOR NEW AND RENEWING MEMBERS

There are several ways to sign up or renew your membership



Visit [www.mardaloop.com/membership](http://www.mardaloop.com/membership)

Call 403-244-5411, extension 2

Drop by the office at 3130 16 ST SW

### ANNUAL MEMBERSHIP FEES

Family	\$30
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Senior (65+)	\$10
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## MLCA Preschool – 2024/2025 – Registration Now Open – Spaces Still Available

Looking for an exceptional play-based preschool in the heart of your community? Join us at the MLCA preschool! Registration for the 2024/2025 year is now open. What do we have to offer? Our three-year-old class runs AM or PM on Tuesdays and Thursdays and our four-year-olds AM or PM on Mondays, Wednesdays, and Fridays. As well as a Junior Kindergarten program Monday to Friday in the afternoon. Extended preschool hours are also available for each program at an additional cost to allow flexibility on pickup/drop-off for our families.

For more information on any of our programs please contact [preschoolregistrar@mardaloop.com](mailto:preschoolregistrar@mardaloop.com). To register please visit [www.mardaloop.com/preschool/registration](http://www.mardaloop.com/preschool/registration).

Want to get more involved? We have a few spots open on our parent run committee this Fall. We would love to have you! Email [preschooldirector@mardaloop.com](mailto:preschooldirector@mardaloop.com)

### About the MLCA Preschool

We are a community-based preschool offering a cooperative and caring environment where children three- to four-years-old come together to learn and explore through age-appropriate play, activities, and materials. We are a parent-run cooperative and ask for parents to get involved by volunteering in class and through small administrative or operational roles.

Set in the heart of Marda Loop, our bright and cheerful preschool is positioned a short distance from the community centre, playground, ice-rink, library, fire hall, and a community garden.

Find us on Instagram @mardalooppreschool.

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## MLCA PROGRAMS

### Summer Camps Registration - Still time to register!



#### MLCA Superstars

**Dates: July 8 to 12, July 15 to 19, July 29 to August 2, and August 5 to 9**

**Time: 9:00 am to 4:00 pm (8:30 to 9:00 am drop-off time and 4:00 to 4:30 pm pick-up time)**

**Ages: 5 to 12**

**Cost: \$250 per registrant (includes a \$50 non-refundable admin fee)**

Time to get active this summer!

Consider this the potpourri of camps.

Children will love playing a variety of sports (and other activities) throughout the day in our MLCA Superstars, Multi-Activity camp.

Sports include soccer, tennis, netball, beach volleyball, and pickleball. We've also included special activities such as yoga in the past. We're hoping to include some swimming at the newly renovated pool this season as well!

Your child will have the opportunity to play games, make crafts and sing some great songs! Children must be the required age prior to the first day of camp.

#### MLCA Little Chefs

**Dates: July 1 to 5 and July 22 to 26**

**Time: 9:00 am to 4:00 pm (8:30 to 9:00 am drop-off time and 4:00 to 4:30 pm pick-up time)**

**Ages: 8 to 13**

**Cost: \$325 per registrant (includes a \$50 non-refundable admin fee)**

One of the most popular camps is back!

Treat your Little Chef to the experience of a cooking camp this summer at the Marda Loop Communities Association. Children will learn the basics of food preparation, kitchen safety, cooking techniques, and healthy eating. They will experience different cultures through food and get to discover themselves.

Children will also learn about growing healthy food and will have the opportunity to learn about gardening at the South Calgary Garden adjacent to the Community Hall. Participants will cook their own lunches so no need to bring a lunch!

There will also be time for several other outdoor activities! Important: although nuts will not be used in cooking, the MLCA cannot guarantee a nut-free environment. Children must be the required age prior to the first day of camp.

#### Peanuts Soccer

You can still sign up for the last month!

Peanuts Soccer is one of our most popular programs as it is fun based soccer for children aged three to six. We provide jerseys, equipment, and have some other fun activities during the season such as our Wrap-Up Party with bouncy castles.

This program is only \$50! All supplies included!

It runs May and June on Saturday mornings.

To register and for more details visit [mardaloop.com/programs/](http://mardaloop.com/programs/).

#### Spring Programs

You can still register for the last month before summer.

Spring programs run from April to June.

[www.mardaloop.com/programs/](http://www.mardaloop.com/programs/)

\*All Programs are pro-rated

Please see below for details on some our offerings.

#### Playgroup

**Time: 9:30 to 11:00 am**

**Ages: 0 to five**

**Cost: \$250 per family for the year – Pro-ration available**

Continue with our popular playgroup this spring and meet some other families.



Playgroup is a Marda Loop Community program which offers a playful environment for children and their caregivers. Enjoy a variety of toys and meet other children from the neighbourhood. For infants and children up to five years old. MLCA membership is required to register in this program.

\*We've decided to simplify things and make it one registration for the entire year, instead of a gap in February! Same price, just once now.

Please Note: Although only one fee applies per family, each child must be registered, and each name must appear on your receipt.

This is a parented session, parents/guardians are required to remain on site for the duration of the program.

Four groups to choose from:

- Playgroup Mondays
- Playgroup Tuesdays
- Playgroup Wednesdays
- Playgroup Thursdays

\* Please visit website for specific dates

### **Adult Yoga at MLCA**

We are excited to welcome back our amazing and experienced yoga teacher Sophie for the spring session. Hatha yoga classes move at a beginner to intermediate pace. It is a structured physical practice that connects breath and movement, body and mind, heart, and spirit. If you can breathe, you can do yoga!

MLCA membership is required to register in this program.

### **Wednesday Yoga with Sophie**

**Date: Wednesdays from April to June**

**Time: 7:00 to 8:00 pm**

**Cost: \$100 + GST for eight sessions (pro-rated)**

### **Friday Yoga with Sophie**

**Date: Fridays from April to June**

**Time: 9:30 to 10:30 am**

**Cost: \$125 + GST for ten sessions (pro-rated)**

### **New – Gentle Yoga**

**Date: Mondays from April to June**

**Time: 7:00 to 8:00 pm**

**Cost: \$75 + GST for six classes (pro-rated)**

There's a new yoga in town!

Sophie decided to offer something a little different on Mondays.

This class is a mix of relaxation and gentle movement to help practitioners unwind and reset. Participants are asked to bring a blanket from home, wear warm comfortable clothing and be prepared to slow down. All levels welcome! MLCA membership is required to register in this program.

### **Seniors Yoga**

**Date: Thursdays from April to June**

**Time: 11:15 am to 12:15 pm**

**Cost: \$125 + GST for ten sessions (pro-rated)**

Age doesn't matter, yoga is for everyone!

Enjoy Yoga at the Senior level with the comfortable instruction from our great teacher Sophie! Move with strength and ease with a regular dose of yoga. This class is designed to encourage mobility at any age. Whether you're new to yoga or whether you've been practicing all your life, you'll enjoy the playful nature of this gentle yoga class.

MLCA membership is required to register in this program.

### **Seniors Fit**

**Date: Tuesdays and/or Thursdays from April to June**

**Time: 1:30 to 2:45 pm**

**Cost: \$85 + GST for eight classes (pro-rated)**

Spring into action with Beth!

Join a community of seniors and older adults for a total-body workout appropriate for any fitness level. Seniors Fit classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. The workout combines aerobic, flexibility and resistance (strength) training with plenty of friendly fun.

MLCA membership is required to register in this program.

### **Babysitters Registry**

This service is available to all MLCA members with active memberships. Both babysitters and the interested families must have valid memberships. Individuals aged eleven to seventeen years will require a parent/guardian's signature on the waiver form (available by emailing gm@mardaloop.com) all sitters' names published are required to have a valid babysitter training certificate (regardless of age).

The MLCA and its Board of Directors do not pre-screen/sanction/verify any credentials for those using this service.

*continued on next page*



## MLCA PROGRAMS

The employer takes full responsibility for interviewing and hiring the babysitters. The parents of the babysitters are responsible for screening the prospective employer of their child.

The list of babysitter's names will not be published in our community journal or on our website. It will be provided to interested families upon request once active membership status is confirmed. Please email gm@mardalooop.com if you have any questions and to receive the registry.

### DRAGON BOAT FESTIVAL DAY

Also known as Duanwu Jie, this Chinese festival occurs on the fifth day of the fifth lunar month, which is June 10 this year. The best way to celebrate this day is by eating sticky rice dumplings and either watching or participating in a dragon boat race; these impressive boats hold up to 90 people, including a drummer who sets the pace and keeps morale up!



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9th Annual MLCA

# COMMUNITY RECYCLING DAY

**Sunday, June 30th 9AM - 1:30PM**  
 Marda Loop Communities Association 3130 16 St SW

The Marda Loop Communities Association and the City of Calgary Waste & Recycling Services and Community Standards have joined forces again this year to help MLCA residents dispose of unwanted household items and property waste.

**ACCEPTING**

- ✓ Household waste (City of Calgary)
- ✓ Home electronics (Quantum Lifecycle Partners LP)
- ✓ Metals (ALCOP Resource Recycling Inc.)
- ✓ Clothing, Household items, furniture (WINs - Women in Need Society)
- ✓ Kids Car Seats (Re-Matt)

**NOT ACCEPTING**

- ✗ Glass
- ✗ Household Chemicals Liquids (Oils)
- ✗ Alkaline Batteries
- ✗ Refrigerated Appliances
- ✗ Propane Tanks
- ✗ Railway Ties
- ✗ Tires
- ✗ Paint

Any questions or suggestions for other recycling services please email: [sustainability@mardaloop.com](mailto:sustainability@mardaloop.com)




**MLCA Neighbour Day 2024 – The Bike Park Grand Opening!**

**June 15th – 12pm**

**Hot Dogs \* Bouncy Castle \* Music \* Sponsor and Donor Recognition**

**Come Celebrate this Great Achievement!**

**More info at [Mardaloop.com](http://Mardaloop.com)**

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Some program features include:

- Play-based curriculum
- 2 Outdoor play spaces
- Snacks

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### MLCA Member Discount Program

The purpose of the MLCA Member Discount Program is to increase MLCA memberships and to provide greater value to our existing members by partnering with our local business community, who will offer our members a special discount or benefit when they shop at the local business establishment.

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 360 Brain Body                      | La Duperie Marda Loop              |
| 8 Cakes                             | Master Chocolat                    |
| Altadore Dental                     | Marda Loop Barber Shop             |
| Bankview Barber Shop                | Marda Loop Brewing Company         |
| The Brewers Apprentice              | The Military Museum                |
| Cellular Cellar                     | Modern Rentals                     |
| Chica Beauti Bar                    | Original Joe's                     |
| Chinook School of Music             | PHI Medical Aesthetics             |
| Coco's Esthetics                    | Phil & Sebastian                   |
| Code Ninjas Marda Loop              | S2 Fitness Studio                  |
| Cookie Occasion                     | Siena Flooring                     |
| Counterpoint Dance Academy          | Skintelligence Esthetics           |
| CurryQueens LTD                     | Southwest Auto Service             |
| DYP Refillery                       | Studio Jewellers                   |
| Eye Gallery                         | Swish Salon                        |
| EverFlex Calgary                    | Taylor Made Pilates                |
| Fishman's Wet Cleaners              | Vive Artistic Nails & Spa          |
| Fresh Kids                          | Wisp Boutique Salon and Aesthetics |
| Inhale Exhale Massage Therapy       | Gelous Spa                         |
| Yoga & Meditation Centre of Calgary |                                    |

\*For Details of all available Membership Benefits and for more information visit: <https://mardaloop.com/community/mlca-member-discount-program/>

## Mobility Update in Marda Loop: Watch out for Children in Marda Loop

Please slowdown is the refrain from the Calgary police!

Marda Loop Communities is home to many schools in the public and private systems. Parents drive their vehicles and there is some bussing as well. That's a lot of traffic for pedestrians to deal with daily. One of the busier areas for school traffic and families is around Garrison Boulevard and Flanders Avenue SW. Many families walk and bike to schools and across to Lincoln Park and Currie Barracks as well.

"The current enforcement around the school and in the Garrison Woods community by traffic and ourselves has shown that most of our offenders are in fact mostly residents who use Garrison Boulevard and some who use the school. It is a playground and school zone, and the speed limit is 30 km per hour," says Rich Wall, Constable, District 2, Calgary Police Services.

He goes on to remind residents that, "offences such as illegal U-turns on pedestrian crossings, speeding and illegal parking across driveways have been seen by police and action has been taken with violation tickets issued to offenders. Motorists are encouraged to slow down, observe the speed limits and the traffic signs, and obey the law."

The City of Calgary has recently installed in-street crosswalk signs to remind drivers to slow down and watch out for pedestrians. We all want our children to be kept safe.






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**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 and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**MARDA LOOP PAINTER:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. [www.fivestarpainting.com](http://www.fivestarpainting.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.

**BELLE MAISON DESIGN + STAGING:** Offering occupied home staging consultations with a qualified interior designer. Proposing furniture arrangement and styling techniques using existing pieces to ensure the home is ready for a quick and successful sale. Whether you're a realtor or a homeowner, contact Joelle at your [bellemaison@gmail.com](mailto:bellemaison@gmail.com) or text 403-807-7007 for details.

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

**PROFESSIONAL ACCOUNTANTS IN MARDA LOOP:** Personal and corporate income tax preparation and e-filing, accounting services such as bookkeeping, financial statements, GST, payroll, T4/T5 slips. CPAs with 20 years' experience, personable, reasonable rates, convenient location. Call Padgett Business Services at 403-220-1570 for your half-hour free consultation. 1511 - 10 Street SW, Calgary, AB T2R 1E8, or go to [www.padgettcalgary.com](http://www.padgettcalgary.com) for more information.

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

**LOCAL HANDYMAN IN MARDA LOOP – RELIABLE HOME SOLUTIONS:** Repairs/replacements and odd jobs. Plumbing (e.g. fix/replace leaky/running faucet or toilet, install new garburator), electrical (e.g. repair/replace wall switch or light fixture not working, exhaust fan), install new window hardware and/or coverings, fix sticky door, drywall repairs, painting, etc. Call/text Tom 403-970-4466, or email tomh5566@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.

**LOTUS LANDSCAPING:** Is an independently owned and operated landscape and handyman company. At Lotus, we provide competitively low rates for high quality services specializing in snow removal, junk removal, irrigation, lawn maintenance, masonry, fence and decks and all other home and yard needs. 403-483-2162, lotus-landscaping@outlook.com.

**BOOKKEEPING, TAX PREPARATION, PAYROLL, GST:** I can help you with all your tax needs – Business and Personal, Contractors and Retail. Current and late filers are welcome. I have 20 years of experience and my rates are reasonable. References are available upon request. Please call Jill: 403-510-1665 or email: mybookkeeper65@yahoo.ca.

**THAI MASSAGE IMMERSIVE COURSE:** 60 hours (8 days) in Rideau, Southwest Calgary. September 6 to 9, 13 to 16. Certified course, 15 NHPC credits. Instructor brings 26 years of experience. No prior massage experience required. Small class. 5 star rating. Cost \$2,111. Contact francine@samadhithaimassage.com. Visit www.samadhithaimassage.com. IG: SamadhiThai. FB: SamadhiThaiMassage.

**RELIABLE CAR/AUTO DETAILING SERVICES:** Summer season is here: get your car cleaned and ready to go. Your car will be given tender loving care at very low, affordable prices. Trash removal, vacuuming, plus mud mats, etc. will be properly cleaned. We come to you! Services start at \$80. Satisfaction guaranteed. Call/text 587-664-9766.

**TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM?** Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332, mchasse@shaw.ca.

**TLC CLEANING:** Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email tlc.cleaning@shaw.ca.

**TOP RANK TILE & STONE:** "Miracles We Can Do Right Now, The Impossible May Take A Little Longer". Master Stonemason with 35+ years of experience. Specialist in tile, stone, hardwood, LVP, showers, renovations, and repairs. View previous work @topranktileandstone (Instagram). All work guaranteed ~ call Robert at 403-679-9063 or email rjhrank@gmail.com. Licensed and insured.

**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/.



**the Gutter Doctor** 403-714-0711  
gutterdoctor.ca

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!

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