

APRIL 2022

DELIVERED MONTHLY TO 5,105 HOUSEHOLDS

BRIDGELAND RIVERSIDE

BRIDGES

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER





SAVE A BUNCH OF CASH

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

Bridgeland Daycare & After School Program

Drop-in available!

www.bridgelanddaycare.com

Accredited Non Profit Daycare Offering
Nurturing, Caring Staff • Hot Lunches
Ages 19 months - 2 years



SPACES AVAILABLE NOW

Receive 20% off the first month's fee when you mention this ad.

Call Laurie 403-261-7650

736 McDougall Court N.E.

Summer Camps

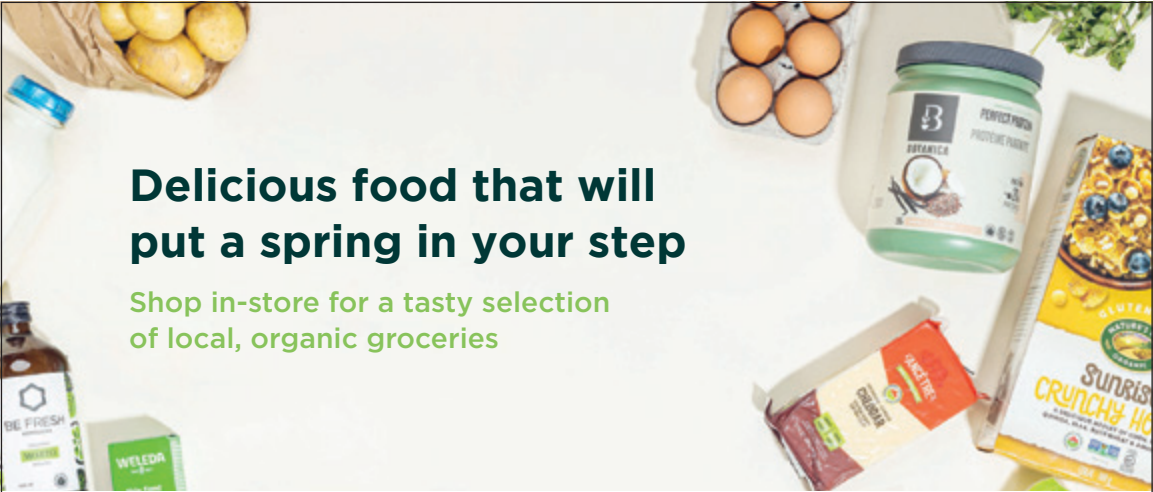
July - August 2022

Exciting new theme each week!

Monday - Friday
9:00 am - 4:30 pm
Pre and post-care available
Ages: Preschool - Grade 6

GROWWITHTRELLIS.CA/CAMPS





Delicious food that will put a spring in your step

Shop in-store for a tasty selection of local, organic groceries

\$5 OFF!



When you spend \$50 or more at Blush Lane Organic Market
VALID AT ANY BLUSH LANE ORGANIC MARKET. YOU MUST PRESENT COUPON AT TIME OF PAYMENT. MINIMUM \$50 PURCHASE REQUIRED. NO CASH VALUE. ONE COUPON PER PURCHASE. CANNOT BE COMBINED WITH ANY OTHER OFFER. VALID UNTIL APRIL 30, 2022.

Blush Lane
ORGANIC MARKET
SUSTAINABLE / LOCAL / SEASONAL
VISIT US AT
617 MEREDITH RD NE

Spring Cleaning? We're coming to your community!

Your donations can make a house into a home.

We are in need of support to continue the fantastic work being done by our Free Goods Program. Please consider donating:

- Couches
- Chairs
- Kitchen tables
- Dressers
- Household items
- Clothing
- Electronics
- Computers



SCAN HERE to see when we'll be in your community and how to get involved!
calgarydropin.ca/communitycleanup

In 2021, we supported over **19,700** Calgarians in need with the generous donations and support of people, like you.

 **Free Goods Program**
by the Calgary Drop-In Centre



by Alex MacWilliam

The famous Austro-Bohemian composer Gustav Mahler reportedly said, "Spring won't let me stay in this house any longer! I must get out and breathe the air deeply again." I am sure we all share his sentiments as we emerge from a second pandemic winter.

In addition to the opportunity to emerge from our hibernation, spring brings with it a host of activities right here in our beautiful neighbourhood. The kids' soccer program is back after a two-year hiatus due to COVID. I am very much looking forward to seeing Murdoch Park filled with eager, energetic children enjoying "the beautiful game". Our terrific group of Farmers' Market volunteers and vendors will be bringing us a weekly cornucopia (word of the month) of products starting in June. Another group of dedicated volunteers will be coordinating the growing season at the Rooftop Garden at the Community Hall. Details of these and other BRCA activities are in this issue of Bridges.

This month's cover photo is proof that we live in a lovely part of the city, but it takes a lot of effort to maintain the great public spaces and parks we are blessed with in our neighbourhood. Many Bridgeland-Riverside residents volunteer their time to keep this community looking its best. A number of activities, including the annual Community Clean Up, are taking place this month and we are looking for volunteers to join our local crews. It's a great way to meet your neighbours and contribute to the community. Further information can be found in this issue.

The BRCA Annual General Meeting will take place at the Community Hall on Thursday, May 26. This will be the first in-person AGM since 2019, so we are hoping to see lots of community members in attendance.

That's enough from me this month. I'm heading outside for some fresh air and a walk around the neighbourhood.

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.

BRCA Spring Soccer

Spring Soccer is scheduled to start the week of April 25!

We are very excited to have the Youth Soccer Program back this year. Our program is dependent on parent volunteers, and we need more coaches to help make our soccer season a success. Also, if you are interested in being a referee, please contact us at soccer@brcocalgary.ca.

For more information check out our website!

BRCA 2022 Soccer



It's FREE to explore, discover
and shop local. Scan to download and
access discounts, offers and promotions
from amazing local businesses!



GET in the LOOP



www.getintheloopyyc.ca

DIRECTORS

President and Chair	Alex MacWilliam President@brcacalgary.org
Vice Chair	Coral Lukaniuk ViceChair@brcacalgary.org
Treasurer	Jason Knight Treasurer@brcacalgary.org
Secretary	Linda Poetz Secretary@brcacalgary.org
Membership	Sarah MacDonald Membership@brcacalgary.org
Development and Transportation	Bonnie Kemp Planning@brcacalgary.org
Communications	Ana Hoepfner Communications@ brcacalgary.org
Heritage	Deb Lee Heritage@brcacalgary.org
Beautification	Susan Mulholland Beautification@brca.calgary.org
Safety	Alex MacWilliam Safety@brca.calgary.org
Programs	Sarah MacDonald Programs@brca.calgary.org
Events	VACANT Events@brca.calgary.org
Directors at Large	Salima Bouyelli Andrew Fisher Lourdes Juan
Newsletter	Alex MacWilliam newsletter@brca.calgary.org

MEMBERSHIP FORM

New and returning members, please apply online at brcacalgary.org/ membership or use this form and mail or drop off along with cheque made out to:

Bridgeland-Riverside Community Association
917 Centre Ave. NE
Calgary AB T2E 0G6



Membership type: (please check one)

Individual

Family

Senior

For 2022 we will not be charging membership fees but invite members, if they wish, to pay what they can.

Member information: (please print clearly, attach additional family member names)

Last name: _____

First name: _____

Address: _____

Postal code: _____

Email: _____

Phone number: _____

Or, please feel free to communicate with us about community events at events@BRCAcalgary.org

Bridges contains editorial content and information provided by Bridgeland-Riverside Community Association and is distributed free to community residents and businesses 12 times per year. Circulation is approximately 5,100.

Disclaimer: Bridgeland-Riverside Community Association is not affiliated with any advertiser or third party whose content or information appears in Bridges. Opinions expressed in Bridges are those of the author or advertiser only and may not reflect those of the BRCA or the publisher of Bridges.

Bridgeland Riverside Farmers' Market **Call for Vendors!**



We are very excited to be planning our 2022 outdoor season (launching June 23rd) and are looking for local vendors to join our stellar line-up.

Do you make, bake or grow an amazing product, or know someone who does?
email: farmersmarket@brccalgary.org
or visit: www.brccalgary.org

THE SIMPSONS

Although a very well-known, stand alone show now, The Simpsons actually started as a series of short sketches on The Tracey Ullman Show in 1987. Who would have known the family would become so popular and remain relevant even 35 years later!



JOIN THE BRCA BOARD OF DIRECTORS



Email membership@brcacalgary.org
for more information



SPRING IS IN THE AIR!!

VOLUNTEER OPPORTUNITIES COMING UP!

- **Community Clean Up** – April 30th - lead and assist position (recycling station, registration center)
- **Community Clean Up** – April 30th - Event day litter clean up (go to brcacalgary.org to register soon)
- **Picnic Table Maintenance** – (mid April depending on weather) - sanding and staining
- **La Piazza Clean Up and Opening** – (mid April depending on weather) - move chairs and tables, sweep gravel, etc
- **Farmers' Market** event day set up/tear down volunteers – Thursdays starting June 23
- **Murdoch Park** – Shrub weeding and pruning (May-Sept)
- **Murdoch Park** – Rain Garden rose pruning (Apr-May)
- **Riverside Park** – Rain Garden rose pruning (Apr-May)
- **St. Matthews Square** – Rose pruning (Apr-May)
- **La Piazza** – Shrub weeding (May-Sept)



If you are interested in any of these volunteer opportunities, please email membership@brcacalgary.org



Plant Together – Grow Together: BRCA Rooftop Garden

The BRCA Rooftop Garden is gearing up for another season of growing together with some exciting new activities focussing on creating community connections!

The garden, located on the roof of the BRCA Community Hall, has 20 individual small and large plots.

Applications for the 2022 growing season are open from March 15 to April 15, 2022. You must be a resident of Bridgeland-Riverside and a member of the Bridgeland-Riverside Community Association to be eligible to apply for a garden plot.



Preference is given to persons living in apartments and condos. Individual gardeners are responsible to weed, water, care for, and harvest throughout the season on their specific plot and must participate in the spring and fall clean-ups. Applications are processed in the order in which they are received.

Large plots: \$40

Small plots: \$30

To offer barrier free gardening, we have a limited number of plots which we can offer at a reduced rate. Please contact rooftopgarden@brcacalgary.org for more information.

Once the application period is open, the Gardener Application Form will be found at <https://brcacalgary.org/programs/rooftop-garden/>.

Help Out with the Rooftop Garden

If you're interested in volunteering with the rooftop garden, please email rooftopgarden@brcacalgary.org.

NEW SENIORS PROGRAMMING COMING SOON!

- Walking Groups
- Yoga
- Guest Speakers
- Coffee
- Luncheons

For more information check our website
www.brcacalgary.org/programs
 or email programs@brcacalgary.org

To Open

The month of April is full of new blooms, flowers, and fresh plants opening up into the world. It is interesting to note how aptly we have named the month, as the word 'April' actually has roots in the Latin word meaning 'to open'.

BRIDGELAND RIVERSIDE COMMUNITY CLEAN-UP

APRIL 30, 2022
9:00 AM - 1:30 PM

LITTER PICK UP VOLUNTEERING REGISTER ONLINE

brcacalgary.org/connect/events-activities/

- We are looking for volunteers like you to help tidy up our beautiful parks and neighbourhood streets.
- We also need volunteers to help plan and organize the event. If you're interested please email membership@brcacalgary.org

MEET AT THE HALL

On April 30, from 9 AM to 11 AM meet at the BRCA Hall to sign in, get supplies, and be assigned an area.

Please come prepared for the weather with gloves, appropriate clothing, and closed-toe shoes.

Refreshments and snacks will be provided.

QUESTIONS?

hall@brcacalgary.org 403-263-5755

OVERSIZED GARBAGE

REHABILITATION SOCIETY PARKING LOT
7 11 Street NE

NO COMPOST THIS YEAR

WHAT CAN I DISPOSE OF?

NO

tires | household chemicals | microwaves
propane tanks | glass | appliances | liquids
car batteries | metals | paint | compost

DISPOSAL PICK-UP

If you are unable to transport your oversized items, please email us at hall@brcacalgary.org

RECYCLING

REHABILITATION SOCIETY PARKING LOT
7 11 Street NE

These vendors will happily accept your unwanted items:

ELECTRONICS

TVs | computers | laptops | printers | fax
wires | cables | home entertainment systems
cell phones

METAL

all metals | NO fridges or freezers

USED HOUSEHOLD ITEMS

Drop-In Centre Free Goods Program accepts all clean and usable household items, furniture, cookware, clothing, and hygiene items for low- and no-income Calgarians exiting homelessness

COVID-19

Please note that participants will be required to follow all active provincial and local public health measures during Community Clean-up events.

For more information visit alberta.ca/covid-19-public-health-actions.aspx and calgary.ca/covid19



LET'S BEAUTIFY
OUR COMMUNITY
TOGETHER



City Of
Calgary

DID YOU KNOW THAT YOU CAN RECYCLE
OR DISPOSE OF ALMOST ANYTHING?

Visit calgary.ca/whatgoeswhere to learn more

WE ACKNOWLEDGE THE CITY OF CALGARY COMMUNITY STANDARDS AND WASTE & RECYCLING

Neighbourhood Grants: A Tool We Can All Use



A small corner of Bridgeland's garden

Have you ever had an idea for a community project to make your community better, meet your neighbours, tackle issues in your community? Then you might consider applying for a Neighbourhood Grant offered in your community like Kari Priolo did in the community of Bridgeland.

Kari Priolo's family immigrated from Italy after World War II when gardens had been a necessity. That's where Kari found her passion for gardening. Each spring she looks forward to the pleasure that comes from watching something grow as a result of one's efforts. In Kari's case, this describes both the garden and sense of community that has been created through the community garden project.

Kari Priolo lives in the Calgary community of Bridgeland. Bridgeland is immediately adjacent to East Village on the north side of the Bow River. Their community garden began eight years ago. With an initial \$1,000 from the Neighbourhood Grant program, a group of residents came together in Bridgeland Place to build four plots and purchase a few basic gardening tools and seeds. They have received two additional grants of \$1,000 which has allowed their group to extend their garden to include 25 families. Bridgeland's garden combines ground level planters with raised planters for seniors and those with disabilities to make the garden inclusive to all. The group also extended the garden to the local daycare which has quickly become one of the children's favorite activities.

"Every member of the garden group plays a role," says Kari, from building garden beds, getting the beds ready, watering, and sharing their gardening expertise. "The garden has not only beautified our community but also increased the

pride we have, the relationships between neighbours and increased our skills in growing our own food."

Even though spring won't arrive for a few weeks, the group is giving a great deal of thought to this year's garden and are anxious to get outside and begin the new garden season.

Bridgeland Place Community Garden is an example that a great idea and with a small sum of money can produce remarkable results. Any resident from Bridgeland who has an idea for a project that increases social inclusion, builds skills of residents, or enhances Truth and Reconciliation in the community would benefit their community by applying for a Neighbourhood Grant.

For additional information on Neighbourhood Grants, including how to apply, go to the City of Calgary's website, <https://www.calgary.ca/csps/cns/strong-neighbourhoods/strong-neighbourhoods/granting-programs.html>.

TIME ZONES

There is a large cloud of mystery surrounding the concept of time across the globe. We know different places have different time zones, but did you know that due to their scattered national territories, France actually has different 12 time zones!!? Now that's a lot of time to keep track of!





ENHANCE
THE LIFE
YOU LIVE

A model of choice!

Gorgeous view and modern elegance

Willow Park on the Bow continues to offer lovely, large apartments at **11% below market** rental rate. Income qualification applies.

Now also offering **renovated, well-priced** apartments without income qualification. State-of-the-art appliances complete with washer and dryer in-suite, hospitality services and dining.

This innovative community offers a model of choice. New show suites open for viewing - book your tour today!

Suites are limited. Ask about our Spring Special.



Call Amanda to learn more | 403.369.7507 | apoitras@silvera.ca
Willow Park on the Bow | 30 11 Street NE, Calgary | silvera.ca

Winner in the Senior's Residences Category



Voted best senior's residence in Calgary

Don't forget to RENEW your BRCA Membership for 2022

Cost: Pay What You Can for 2022!
See details online.

Individual, Family, Senior
(Current memberships expire: Dec 31, 2021)

The Bridgeland-Riverside Community Association (BRCA) bridges people through engagement across the past, present, and future.

Renew at www.brcacalgary.org

BRCA
BRIDGELAND RIVERSIDE
COMMUNITY ASSOCIATION

Park Naming Update – Annie Gale Park

By the time you read this report, the BRCA Park Naming Committee will have submitted our report to the City of Calgary and formally requested approval for the names of 8 parks in Bridgeland–Riverside. It will take some time for our recommended names to be reviewed and presented to City Council for approval. Thank you Bridgelanders for your support and suggestions on the project over the past months. While we wait for approvals, let's take a peek at one of the new parks that is not well known to many of us.



'Annie Gale' is the name we are recommending for Park #7. It is located at the bottom of the escarpment and the 7A Street stairs just north of McDougall Road. The park was created after construction of two apartment buildings by Calgary Housing about 5 years ago. Resident parking was provided as angle parking in front of the buildings on McDougall Road, freeing up this lovely green space to the rear. Most importantly, the new park is along a paved pathway and adjacent to the Vacant Lots Garden Heritage Park. Annie Gale was the first female "alderman" in Calgary and in Canada. She was elected in 1917, very soon after women were awarded the right to vote in Alberta. Concerned about matters of public health, especially food quality and security, Annie formed the Women's Ratepayers Association of Calgary. She worked to improve hospitals, children's playgrounds, streetcar system expansion, and to ensure that the milk supply was safe from tuberculosis. Annie Gale was an early member of the Vacant Lots Garden Club, a movement that encouraged people to plant gardens and grow their

own food on vacant lots around the city. Her advocacy also resulted in a new public market where locally grown produce could be sold. Annie's significant contribution to the health of Calgarians and her commitment to vacant lot gardens in those early days made it quite natural to name this park after her.

To date, this park has not had any development and many people do not know of its existence. How can we best make use of this lovely space in the future? The spruce trees provide much appreciated shade during our hot summer days and the 7A Street stairs are a great place to do fitness runs. We are hopeful that the city's Mobile Fit Park will be placed here for a couple of weeks this spring (watch for details). Would some park benches make this a more appealing destination? Is the space suitable for a game of bocce or croquet? There are lots of possibilities here! Be sure to get out and explore this new park and consider how you might like to use it and see this park evolve in the coming years.

BRCA Park Naming Committee

Volunteer Profile – Richard Mah

How long have you lived in Bridgeland-Riverside?

I've lived in Bridgeland for just over 10 years now and have thoroughly enjoyed my time here so far. The things I enjoy most about Bridgeland are the public spaces, such as the ample green space at Murdoch Park, the gathering spaces and inviting lights at the General Avenue Plaza, and the views of the city that can be seen from Tom Campbell's Hill Park and at the top of the bluffs. I love just walking around Bridgeland and looking at the wide range of architecture, from the hundred-year-old houses to the new skyscrapers.

How did you get involved in volunteering in our community?

I originally joined the BRCA Rooftop Garden as a gardener since I was interested in trying to grow a few vegetables for myself, and, being a condo dweller, a community garden was really the only option for that. The year after I joined, several committee members had to resign from the organizing committee, so I joined and have been part of it ever since.

What kind of volunteer activities have you done?

Within Bridgeland, I primarily have been involved in organizing the Rooftop Garden, however outside of the community I've also volunteered at Beakerhead and as a judge for the Calgary Youth Science Fair.



What ideas do you have for volunteering in the future? What interests or excites you?

The Rooftop Garden committee is excited about expanding community engagement and have discussed a variety of potential ideas for expanded involvement including possible events, collaborations with artists, and organized walks.

What would you tell others in the community about volunteering?

Part of what makes Bridgeland so great is how many people volunteer to help make our public spaces inviting places to be. I'd like to let all volunteers know that their efforts are very appreciated, as sometimes we might take all the work people do for granted!

What do you like most about volunteering for the Bridgeland-Riverside Community Association?

It's nice being able to contribute a little bit to making Bridgeland a beautiful community to live in, and it always makes me happy to hear how much people enjoy the Rooftop Garden, whether they are gardeners or whether they are just visiting.

Beacon Original Art

Beacon Original Art returns to the BRCA Hall on Saturday, April 23 and Sunday, April 24 from 10:00 am to 4:00 pm for its Annual Spring Show and Sale. Chat with local artists and feast your eyes on some beautiful original art: paintings, jewelry, glass, photography, ceramics, sculpture, and textiles. Free admission, draws, and no GST. We hope to see you!

Beacon Original Art
Annual Spring Show & Sale
Saturday April 23
Sunday April 24, 2022
10am - 4pm

Different Artists in Attendance Each Day
Painting - Jewelry - Glass - Photography
Ceramics - Sculpture - Textiles

BRCA Hall 917 Centre Ave NE Calgary
Free Parking & Admission, Draws & No GST

Tree Planting FAQs

Looking to plant a tree this spring but not sure where to start? The BRCA Tree Team has put together a list of FAQs to help make your planting experience as easy and successful as possible. Thanks for your interest in helping increase the tree canopy in our beautiful neighbourhood!

1. Where do I get a tree to plant?

The City of Calgary offers a free program to residents, Branching Out, which allows people to register to pick up a tree in the spring. Be sure to visit www.Calgary.ca/trees to stay tuned for information on program registration in the coming months!

Beyond the City, there are several local garden centers and nurseries that are great options to pick up a tree. Please note that some of these companies require you to pre-order for sales, so visit their websites for more information.

2. What kind of tree should I plant?

The City of Calgary is a great resource for this question! On their website you can find a list of species that are able to thrive in Calgary's unpredictable weather. They have listed several categories of trees and species that fall within each category.

3. How do I start planting a tree? Where do I plant it?

'Right Tree, Right Location' is an online module prepared by the City to help answer these questions. It gives you a list of considerations before you start planting, steps on how to plant, and caring for your tree once it has been planted. Please note, that completion of this module is required to participate in the Branching Out Program.

Questions about bylaws relating to your new plant or older tree? You can find information regarding shrubs, trees, requirements for newly construction, and protecting trees during construction on the City's website.

Reminder to contact 311 before digging to locate any utilities on your property for your safety.

4. How do I make sure my newly planted tree is getting enough TLC?

From pruning to watering, the City has provided all the information you need on these topics. They have provided the resources to inform you on pests, when to call an arborist, and how much water your tree needs, depending on its age.

5. Tell me more about the City's Branching Out Program!

- The Program is 100% free.
- Residents will need to complete the "Right Tree, Right Location eLearning Module" on the Branching Out webpage as the registration form to fill out for a tree is

at the conclusion of the module.

- Upon registration, please ensure that you are picking the correct tree for your yard and that you are able to pick up your tree. Trees will not be exchanged for other species, and any trees not picked up on the pickup date will not be available for pick up on another day.
- By registering for a tree, you are agreeing to submit your address and tree location as well as a photo so that the geolocation of the tree can be tracked on the tree inventory map that Urban Forestry looks after to be able to include it in the canopy percentage goals.
- There is a limited number of trees available, so keep an eye open for the registration date.
- The species available this year are:

- Siberian Larch
- Ussurian Pear
- Trembling Aspen
- Paper Birch
- Courageous Crab
- Ponderosa Pine

Happy planting!

Tylar and the BRCA Tree Team

YOUR CITY OF CALGARY

Navigating Calgary's Ring Road

As a growing city and one that moves, Calgary's Ring Road makes our road network better and provides more options to get around Calgary. It shortens travel time between communities and popular destinations in and around our city. This map shows the sections of the Ring Road that are completed and the proposed West Calgary Ring Road section. View the Calgary Ring Road Map on the Map Gallery before heading out on it.



The Calgary Ring Road Map can be found at:

<https://maps.calgary.ca/calgaryringroad>.

To view more City of Calgary maps, please visit the Map Gallery at maps.calgary.ca.

BUSINESS CLASSIFIEDS

For business classified ad rates call 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.

BRIDGELAND MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a local mortgage professional, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert advice, excellent rates, many options, and better mortgages, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

LANDSCAPING, WINDOW CLEANING, AND YARD CARE: Weekly yard care starting at \$36. Mulch, rock, sod, and synthetic grass installation. Window/gutter cleaning starting at \$99; interior/exterior/screens. Garden beds, stone patios, walkways, raised beds, rock walls, deck and fence builds, small concrete jobs, pressure washing, and fence & deck staining. A+ BBB member, 4.1 Google stars. Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

CERTIFIED MASTER ELECTRICIAN: Terry Raabis, RME/CME, CQT – Big Sky Ventures. Call: 587-228-9371 or e-mail: bigskyventures@shaw.ca. Home renos, re-wiring, troubleshooting, hot tub connections, smoke and carbon monoxide detectors, breaker panel upgrades, and much more! Fully licensed and insured. Customer satisfaction guaranteed.

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.

THE GUTTER DOCTOR! Eavestrough cleaning, repairs, and installation. Fascia, soffit, cladding, roofs, siding, heat cables. For over 19 years and 50,000 projects we have done the job right - and it's always guaranteed! Fully Insured, Licensed, WCB coverage. A+ rated BBB member. Top award winner. www.gutterdoctor.ca, 403-714-0711.

Elegance
MEDISPA

combining
BEAUTY, ART,
SCIENCE & EXPERTISE

Specializing in: _____
BOTOX
DERMAL FILLERS
LASER / SKIN TREATMENTS
HYDRAFACIAL
PLATELET RICH PLASMA
(hair and skin restoration)
COOLSCULPTING
(body contouring)
LASHES

Scan to _____
elegancecalgary.com



ELEGANCE MEDISPA
EXPERTISE
BEAUTY ART SCIENCE

403-452-9959
info@elegancecalgary.com

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

social media advertising | management
geofenced digital | video advertising
community magazine advertising
app | web | seo | ad words

info@greatnewsmedia.ca

