

MARCH 2022

DELIVERED MONTHLY TO 5,105 HOUSEHOLDS

BRIDGELANDRIVERSIDE

BRIDGES

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER



 **BRCA**
BRIDGELAND-RIVERSIDE
COMMUNITY ASSOCIATION

We now offer direct billing to all Insurance companies.

Dental care should be as tailored as a fine suit.

We all have our own style and we all have unique health care needs. That's why I believe that no two dental care strategies should be the same, and it's also why I spend the time with you that you deserve.

I want you to look great today, and have a dental plan that will keep you looking great for years to come. Give us a call, or better yet, come on in and see us.



- Dr. Laura Brescia



invisalign®

The Clear Alternative to Braces

Teeth straightening. The future is clear.

Invisalign® takes a modern approach to straightening teeth that allows you to continue to live your life the way you want while you gain the confidence that comes from a better smile. The removable aligners mean you can continue doing all the things you normally would, from eating and brushing, to feeling comfortable in every social occasion.

- Clear aligners are virtually invisible, so most people won't even know you're wearing them.
- Aligners are removable for easy cleaning so you don't have to change how you brush and floss.
- Smooth and comfortable aligners eliminate cheek and gum irritation.
- Special occasion coming up? No problem — just take your aligners out and pop them back in when you're ready.

All services are provided by a general dentist.

#100, 180 9th St. NE

(408).294.1077

alpinedentalcare.ca



ALPINE DENTAL

YOGA FOR EVERY BODY - \$45 - 4 WEEKS UNLIMITED

REGULAR SCHEDULED CLASSES, NEW STUDENTS ONLY



Come find out why we are Calgary's longest running yoga studio.
GET A FOUR WEEK MEMBERSHIP AND MENTION THIS AD FOR A FREE LATTE AT KRISTI, where you can nourish yourself before & after class

YOGA SARANA - 622 EDMONTON TRAIL NE - (403) 228-5808



Edelweiss Preparatory School



Serving families for 34 years

Fees starting at \$161

14 years in the Best Preschool category

Preschool, Jr. Kindergarten & Kindergarten

www.epschool.ca

403-282-4220

THE VETERANS ASSOCIATION THRIFT STORE

50% RED FRIDAYS

Thrift store is open to the public
Every cent spent here goes back into helping our Veterans



Open Mon. to Sat., 10AM - 5PM | Closed Sundays

640 28 ST. NE, Calgary, AB T2A 6R3

www.veteransassociationfoodbank.ca/thrift-store



A model of choice!



ENHANCE THE LIFE YOU LIVE

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 innovated community offers a model of choice in active adult living.

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

I always try to start these messages on a positive note. Unfortunately, that is not the case this month. In February, a commercial property on 1st Avenue owned by a long-time Bridgeland business was the target of a graffiti attack that can only be described as racist, violent, and hateful. The nearby Calgary Buddhist Temple was also tagged with offensive graffiti. The perpetrators of these cowardly criminal acts (now being investigated by the hate crimes unit of the Calgary Police Service) no doubt intended to inspire others who share their hateful views.

I am pleased to report that their actions have had the opposite effect. Within hours of the incident being discovered, the offensive messages were painted over, and residents began placing paper hearts and messages of support on the wall of the building. Later that day, the BRCA connected with the Beltline Urban Murals Project (BUMP) to see if it would be interested in commissioning an artist to design and paint a mural that would send a message of love, acceptance, and kindness, values that embody what Bridgeland-Riverside stands for. For those not familiar with BUMP, it is a community-driven initiative that has been transforming Calgary's inner city into an expansive open-air urban art gallery since 2017. BRCA collaborated with BUMP in 2021 to turn the concrete pillars supporting the 4th Avenue flyover near our award-winning Flyover Park into colourful murals.

Upon learning of the graffiti attack, BUMP was pleased to get involved and so we have set about fundraising to make this mural happen this year. At the time of writing this message (mid-February), the fundraising campaign had attracted over 80 donors in its first two weeks and has received contributions totalling approximately 20% of the money needed to fund the project. If you would like to support this project, donations may be made on our website at brcacalgary.org.

While my message this month started on a very negative note, I am hoping that the response to this hateful crime will demonstrate that we are a kind, welcoming, and anti-racist community. It is important to keep in mind that racism cannot simply be painted over. It is up to all of us to stand together in support of everyone in our diverse community. As stated on our website, "love wins".

Alex MacWilliam

Volunteer Opportunities



Upcoming BRCA Volunteer Opportunities

- Arctic Adventure Event Planning
- Skating Rink -maintenance
- Bridgeland Sport Court Fundraising
 - Tree Subcommittee
- Farmers' Market –market box day/committee

If you are interested, please email
membership@brcacalgary.org

www.brcacalgary.org for more information



**BRCA is HIRING a
SOCCER COORDINATOR
for the 2022 season**

**See full job description online at
www.brcacalgary.org**

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.

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 0C6



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.

JOIN THE BRCA BOARD OF DIRECTORS



Email membership@brcacalgary.org
for more information



BRCA SOCCER REGISTRATION CLOSES

MARCH 15, 2022 - U4 - U13

We are so excited to be bringing back the BRCA youth soccer program for 2022!

Go to <https://brcacalgary.org/programs/soccer/> for details and to register online.

email soccer@brcacalgary.org



Thank you to our amazing skating rink volunteers!



Carmon

Dan

Shaun

Rick

Liam

Michelle

Ron

Thomas



SAVE THE DATE

BRIDGELAND RIVERSIDE COMMUNITY CLEAN-UP

APRIL 30, 2022

LET'S BEAUTIFY OUR COMMUNITY TOGETHER

Sign up to volunteer at

brca.beautification@gmail.com or 403.263.5755





To reserve the Courtyard Fire Pit
scan the QR code
or visit www.brcacalgary.org/facility-rentals

WHAT TO BRING

Bring enough wood to burn for your booking.

Bring enough water to fully extinguish the fire.

Bring your own equipment:
Lighters, pokers, roasting sticks,
snacks and chairs.

First Aid kit.

Alcohol & cannabis are not permitted.

SAFETY

Only burn dry wood that you have brought with you. Do not burn any branches, leaves, grass, garbage, chemicals etc.

Have water available to put the fire out quickly if needed.

Do not leave the fire unattended.

Do not allow hot items to touch the tables and plastic chairs.

You must fully extinguish the fire before leaving.

Use of the fire pit is subject to all fire bans.

COURTESY

The fire pit must be reserved before use. If you can no longer attend please cancel your booking.

Clean up all garbage. Do not leave garbage on the ground or overflow the bins. Take home what does not fit inside the bin.

Reserving the fire pit does not include access to the community hall or washrooms.

Hours of use: 12pm – 9pm

ENJOY

We hope you enjoy using this community space.

Use of the fire pit is at your own risk. The Bridgeland-Riverside Community Association is not liable for any injury or damage to personal property.

Anyone not being safe, creating out of control flames, causing damage to the property, or causing a disturbance to the community will be asked to leave.

Park Naming Project Update

Thank you for your interest and participation in the BRCA Park Naming Project. We enjoyed the many conversations we had with people in each of the Parks and with residents of nearby homes. We appreciate all those who took the time to complete surveys on one or more parks. We learned not only about your preferences for the names of the parks but also your perceptions of safety, what you enjoy about each park, and your suggestions for making the parks more appealing. All this information has been collated and will guide us as we move forward with our Park Naming Project.

The Committee has made its decisions as to park names and will be bringing our recommendations to the BRCA Board meeting for its endorsement in the near future. The next step is to submit our recommendations and letters of support to the City of Calgary for its consideration and approval. This will take some time.

In the meantime, stay tuned for opportunities to get involved in activities in the parks, litter clean-up, the City's Adopt a Park program, etc. Enjoy our parks!

Those who completed the Park Naming Project surveys had the opportunity to enter a draw. Winners of \$20 gift certificates to a local business are:

Trevor Keating, Colin Hartloper, Sam Schneider, Barbara Wyrsh, and Christie Phelan.

Park Naming Project Team

Why Do Trees Matter?

by the BRCA Beautification Committee Tree Team

The BRCA has a Tree Team working to increase the number of trees in our community and maintain their health. Why would we want to do this? Trees provide so many benefits so we thought we would share some here that you might not already be aware of.

Trees:

- Cool the environment in the hot summer – remember the difference walking down a shady street in last summer's heat dome compared to a sunny street? The shade provided by trees can also decrease the need for air conditioning in homes.
- Shelter homes and pedestrians from cold winds in winter. Evergreens around your home can lower your heating bill. Trees can also block blowing snow.
- Increase property values.
- Absorb carbon dioxide and release oxygen - great for slowing global warming. They also absorb many air pollutants – providing cleaner air for us to breathe.
- Absorb water in their roots – minimizing storm water run-off, soil erosion, and flooding.
- Release water vapor into the air – great in our semi-arid environment.
- Provide homes and food for birds and small animals and insects, especially pollinators.
- Provide food for us, birds, and animals – apples, crab apples, cherries – even pears grow here!
- Are beautiful to look at – green spaces have been shown to improve mental and physical health.

In future newsletters, we will share more information with you about the benefits of trees, what we are doing to plant more trees in the community, and where to get information if you want to plant trees on your property that will thrive.



mybabysitterlist

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.



The Bridgeland-Riverside Farmers' Market is back!



This spring we plan on returning to a weekly outdoor market with vendors. Starting June 23rd, join us every Thursday 3:30-7:30pm at the BRCA!

Interested in becoming a vendor?
email: farmersmarket@brcacalgary.org
or visit: www.brcacalgary.org

Oreo's 110th Birthday

Did you know that the Oreo cookie is turning 110 this year? The world's best-selling cookie has 90 ridges, 12 flowers, 12 dashes, and 12 dots on each side. Celebrate the world's (and milk's) favourite cookie on National Oreo Day this year on March 6th!

Bakery in the 'Hood

by Deb Lee, Heritage Committee

I recently heard a rumour that a new bakery is opening in Bridgeland, and it made me think of a much-loved bakery from our past.

City Bakery, a popular business located at 906 1st Avenue was recently a popular topic of conversation on the Historical Bridgeland Riverside Facebook page and many people spoke lovingly about their favourite bakery treats. Cakes such as black forest, mandarin, and coffee mocha vied for top marks but the donuts, vanilla slices, cream horns, napoleons, and long johns were fondly remembered as well. Many a Bridgeland bride (and beyond) had her wedding cake made at this local business. Is your mouth watering as you think about the delicious treats enjoyed by previous residents? Kids stopped at the bakery for a sweet as they walked home from school. No doubt staff and visitors from the General Hospital that was across the street stopped in for their favourite treat. People from all over Calgary came to City bakery to buy their European-influenced creations. Local residents found work at the bakery. One Mom, Apolonia Portincasa, worked there for 30 years – it was an overnight job that had her arriving back home just as her kids were heading off to school. This Facebook post about City Bakery has drawn the most attention of any post on the page, with 97 likes or loves and 43 comments.

I also found an article, written by long time resident Sharon McKendrick for the Bridges newsletter a number of years ago so thought I would share some of that info. Sharon recounted that the original building was constructed in 1908, the year after Bridgeland was annexed to become part of Calgary. This makes it one of the earliest buildings along 1st Avenue. For the first few years it was a grocery store operated by Sauer and Son, and in 1923 the building became a Canadian Pacific Railway laboratory. In 1927, the first bakery opened on this site. It was owned by the Rosenthal family and was called City Bakery. It changed owners and names a few more times until 1948, when Harry and Rachel Gorscht took it over before it was sold to Pierre Macullo in 1954.

Fritz Painsi and Hans Wanner took over the business in 1971, initially focusing on breads and buns. These gentlemen had apprenticed in Switzerland and were employees at the bakery before they purchased it. Because of their extensive training, they began to make the pastries that people still fondly recall. The reputation of the bakery grew, and they began to supply some of Calgary's finer restaurants. Along the way, the building expanded until it extended over several lots north along 8th Street.

During its heyday, City Bakery operated 24 hours a day. As its pastry business doubled in volume, 42 people were employed. After streamlining operations in 1982, staff was reduced to 30 people working 5 days a week - still a very busy place. The bakery was also a training ground for many pastry assistants from Calgary and other countries. Can you imagine all the activity happening on that corner and the delectable scents emanating from this popular bakery on our Main Street? How we miss it!

City Bakery was sold to Weston's in 2001 and closed after 2010. After sitting vacant for a few years, the building was purchased and renovated by Molson Coors to become its Western Canada office. The 1st Ave storefront housed a printing business for a few years and now Leela Eco Spa provides its services from the street level part of this historic Bridgeland building.



Bridgeland Bit

When you walk along many streets north of 1st Avenue have you noticed street numbers north of 1st Avenue jump from 2nd Ave NE to 4th Ave NE? Did the street numbering people forget about 3? Or was 3 left out because it is “unlucky”? Well... there is only one corner in Bridgeland proudly displaying the 3 Ave NE sign. Do you know where it is? 3 Ave NE is only 117 meters long; its the shortest street in Bridgeland. Do you know which is the second shortest street in Bridgeland? What's the longest street in the neighbourhood? Do you have a favourite street?



Youth Can Connect with Employers at April 7 Hiring Event

The City of Calgary Youth Employment Centre (YEC) is hosting an in-person hiring event on Thursday, April 7 from 1:30 to 6:00 pm at the Big Four Building, Stampede Park (Restrictions Exemption Program applies to Calgary Stampede events).

Meet with local employers from a variety of industries who are recruiting for part-time, full-time, permanent, and seasonal positions. Don't wait, connect with the YEC to prepare for the event. Youth ages 15 to 24 can access free career and employment services by booking a session online. Speak to an employment expert to get support with your resume, job search, interviews, and more.

Learn more about the event at www.calgary.ca/YECHiring or call 403-268-2490.

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

Excavation: Unearthing the Stories and History of a Space

During the month of February, Sparrow Community Artspace (36 4th St NE) hosted an artist residency of four photographers, who created and collaborated on the following theme:

Using photography as an archaeological tool, Excavation explored the history of Sparrow Artspace, the De Waal building in which it is housed, as well as the surrounding neighbourhood and the land on which it was built. To unearth some of Sparrow's story, photographers Lucy Altrows, Ramsey Kunkel, Colleen Rauscher, and Jenny Tzanakos dug for visual clues, historical records, and anecdotes. As pieces of Sparrow's history were exhumed, a photography exhibition emerged, offering visitors a glimpse into the past and an opportunity to contribute to the space's evolving story. For the month of February, Sparrow transformed into a photographic dig site, housing the following:

A workspace where the artists conducted research, collected artifacts, and studied historical evidence; an interactive area where visitors could share knowledge of the building and neighbourhood, as well as view what others shared; and a photography-based installation that was created during the residency.

Interested in contributing?

Even though the residency in that space has finished, our research is ongoing - we are looking for community contributions and welcome everyone to participate! Any stories, photographs, letters, or items about the De Waal building or Bridgeland/Lower Crescent Heights area would be gratefully accepted. There are many ways to connect with us. You can:

Email us: excavationphotodig@gmail.com

Message us on Instagram: [@excavation_photodig_yyc](https://www.instagram.com/excavation_photodig_yyc)

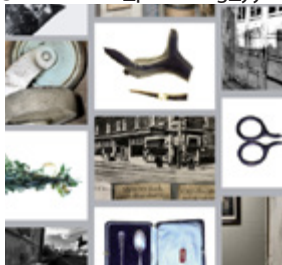
Or by Mail:

c/oExcavation

Sparrow Artspace

36 4th St NE, Calgary, AB,
T2E 3R7

This exhibition was part of the Exposure Photography Festival.



Update on Bridgeland Riverside Continuing Care Centre Project

by Cindy Lund, Project Manager, Health Facilities Branch, Capital Projects Delivery Division, Alberta Infrastructure

The artwork collected from local schools and the project team has been installed on the construction fence.

Construction of concrete columns, stairwells, and suspended slabs will be completed by late spring of this year. Two mobile cranes have been brought to site in addition to the existing tower crane. Building enclosure and framing of the West tower is complete, remainder of the building is in progress. Interior fit out of West tower in progress.

Utility work and widening of Centre Ave will begin in the spring.

The project team continues to be committed to the community of Bridgeland-Riverside and are available to address any concerns the community may have. Please use the email address INFRAS.BRCCC@gov.ab.ca to forward your comments or concerns and a response will be issued. For additional information, please visit the AHS website at <https://www.albertahealthservices.ca/about/Page13606.aspx>.

Thank you for your patience as construction continues to build a facility the community of Bridgeland Riverside can be pleased with.

The Wacky Wombat

Did you know that wombat poop is cube-shaped? The Australian marsupial uses their droppings to mark their territory and communicate with other wombats. Luckily, the little cubes make it easy to stack... the squarer the poop, the healthier the wombat!



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



SAVE A BUNCH OF CASH

Expert advice
Excellent rates
Many options
Better mortgages

AVENUE | Financial
Real Estate Solutions



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



Disease prevention by immunization has been a fantastic medical tool to prevent infections in humans since 1796 when Jenner found how cowpox in milk maidens, caught from their dairy cows, gave them immunity to smallpox, and Pasteur discovered bacterial fermentation in the 1860s.

These are the diseases presently prevented by vaccination and inoculation. Their use has predated antibiotics by two centuries, saved millions of lives, and is cheap and effective. It will now save lives from COVID-19 and its variants!

- | | | |
|------------------------------|--------------------------------|---|
| 1. Anthrax | 13. Japanese Encephalitis | 25. Tetanus |
| 2. Cholera | 14. Meningococcal Meningitis | 26. Tic-Borne Encephalitis |
| 3. COVID | 15. Mumps | 27. Tuberculosis |
| 4. Dengue | 16. Pertussis (Whooping Cough) | 28. Typhoid Fever |
| 5. Diphtheria | 17. Pneumococcal Pneumonia | 29. Variola (Smallpox) |
| 6. Equine Encephalitis | 18. Poliomyelitis | 30. Varicella (Chicken Pox) |
| 7. Haemophilus (Influenza) A | 19. Rabies | 31. Yellow Fever |
| 8. Haemophilus (Influenza) B | 20. Rotovirus | |
| 9. Haemophilus (Influenza) C | 21. Rubella (German Measles) | <i>There is some progress reported from Africa on the prevention of malaria by immunization, which in turn would save millions of lives. It too may soon be added to this list!</i> |
| 10. Haemophilus Meningitis | 22. Rubeola (Red Measles) | |
| 11. Hepatitis A | 23. Herpes Zoster (Shingles) | |
| 12. Hepatitis B | 24. Streptococcal Pneumonia | |



RESTOCK

your pantry!

Shop the Be Fresh label in-store

\$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 MAR 31, 2022.

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

Welcome to your neighbourhood Dental Clinic!

Caring for Bridgeland and area for over 15 years

Insurance plans accepted • Evenings and Saturdays
Emergencies accommodated promptly • Open early mornings

Dr. Aaron McKee

403.262.1581
939 General Ave. N.E. Calgary, AB
bridgelanddentalcare.com

Bridgeland Daycare & After School Program Drop-in available!

www.bridgelanddaycare.com

Accredited Non Profit Daycare Offering:
Hot Lunches • Qualified Caring Staff
Ages 19 months - 12 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.

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.

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.

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



Elegance
MEDISPA

Specializing in: _____

BOTOX

DERMAL FILLERS

LASER / SKIN TREATMENTS

HYDRAFACIAL

PLATELET RICH PLASMA

(hair and skin restoration)

COOLSCULPTING

(body contouring)

LASHES

_____ combining
BEAUTY, ART, SCIENCE & EXPERTISE

403-452-9959

info@elegancecalgary.com



Scan to visit _____
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

