



# 4<sup>th</sup> Street News

October 2010

## The 4<sup>th</sup> Street Business Revitalization Zone

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## Business Of The Month



905 - 2424 4th St. SW

403.228.4774

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

Wellspring Therapy Group is a center dedicated to service excellence and supporting the well-being of our community. They offer an opportunity to assist goal-oriented individuals achieve optimal health by processing and transforming physical ailments through a variety of advanced manual health care disciplines.

The Wellspring Therapy Group offers a variety of assessment skills, protocols and therapies to meet your needs including: Acupressure, Jin Shin Jyutsu/Jin Shin Do, Cranio-Sacral, Dance Therapy, Energy Balancing, Integrative Manual Therapy, Massage Therapy, Myofascial Release, Reflexology, Thai Massage and Trigger Point Therapy. Join Wellspring Therapy Group for one of their informative lectures about body systems and optimal health maintenance. Topics are designed based on client interest and include simplified study of body structures and functions, body chemistry, nutrition and basic health principles.

## Albertans Love Small Business

By Mario Toneguzzi, Calgary Herald October 19, 2010

Albertans are the most supportive of small companies in the country, according to a survey released today. The TD Canada Trust Small Business Survey said 93 per cent of respondents in the province say they actively support small businesses in their community versus 89 per cent nationally.

Albertans are also the most likely to say they would be willing to pay up to 10 per cent more than the cost at big-box stores to support local small businesses in their community - 41 per cent compared with 31 per cent nationally.

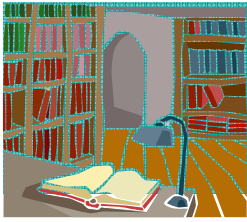
Survey respondents were asked to imagine that they needed to make a purchase of a household item priced at \$100 at a local, independent store and \$100 at a local big-box store in the same area. And 68 per cent of Albertans said they would choose the independent store versus 65 per cent nationally.

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### 4th Street BRZ Annual General Meeting

Wednesday October 20th, 2011 6:30 PM

Rose & Crown Pub – 1503 4<sup>th</sup> St. SW - 3rd Level



# Memorial Park Library

1221 2nd St. SW

403.260.2600

## November 2010

### **Writer in Residence Manuscript Submission & Consultation September – November**

As Writer in Residence, Gail Bowen will be a mentor to writers in the community, reviewing manuscripts and providing constructive criticism and advice during individual consultations. She offers encouragement and a critical eye to beginning writers who are seeking to find their own literary voice, as well as to those more established writers who desire a professional appraisal of their work. Consultations are available by appointment only. You must have a current Calgary Public Library membership in order to participate in this program. For details on how to submit a manuscript for review, please see the Manuscript Submission Guidelines posted on the Writer in Residence blog at [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com) or call Memorial Park Library at 403-221-2006.

### **Literary Vaudeville: Loud in the Library**

Five rising local literary stars present prose, poetry, and creative non-fiction. Readings by Rita Bozi, Angela Dillon, Ian Doig, Roberta McDonald, and Heather Setka.  
Thurs. Nov. 18 7:00-8:30pm

### **City of Destiny: A Revisionist History of Early Calgary**

Local historian and maverick John Gilpin presents a startling view of Calgary's early development, uncovered in his research on Calgary Parks.  
Ages 50 and up Sat. Nov. 20 2:00-3:30pm Registration required

### **One Book One Calgary - Coming together by reading the same book!**

Read the inaugural selection for One Book, One Calgary, Aritha Van Herk's "Mavericks: An Incurable History of Alberta." Join the Calgary Public Library and community partners for an exciting series of special and unexpected events inspired by this book. Join the conversation!

### **Drop-In French Storytime with Alliance Francaise**

Join facilitators from Alliance Francaise for stories, songs, and activities in French. Histoires, comptines, et activites en francais. Sat. Nov. 27 10:30-11:00am Ages 2-5 with a parent/caregiver 11:15-11:45am Ages 6 and up

## **Lilac Festival – Sunday May 29, 2011**

The 4th Street Business Registration Packages have been sent in the mail. If you have not yet received one please contact our office.

Vendor booth prices have increased by \$25.00 for 2011, this is due to increased costs of hosting an event of this magnitude. There has not been an adjustment since 2000 and we appreciate your support in making this festival a continuing success.

Any 4th Street business requiring special event space, including patio extensions must submit requests to the BRZ office by March 1, 2011. Please complete the following steps:

1. Make drawings of the proposed extension with measurements, seating, etc.
2. Submit drawings & letter of intent to the BRZ office for approval. Letter of intent should include type of fencing, security being used and hours of operation.
3. Once approval from the BRZ is obtained you must take the drawings, intent letter and BRZ approval letter to the AGLC to obtain your permit. **You must have this patio extension permit for AGLC in order to expand your patio.**