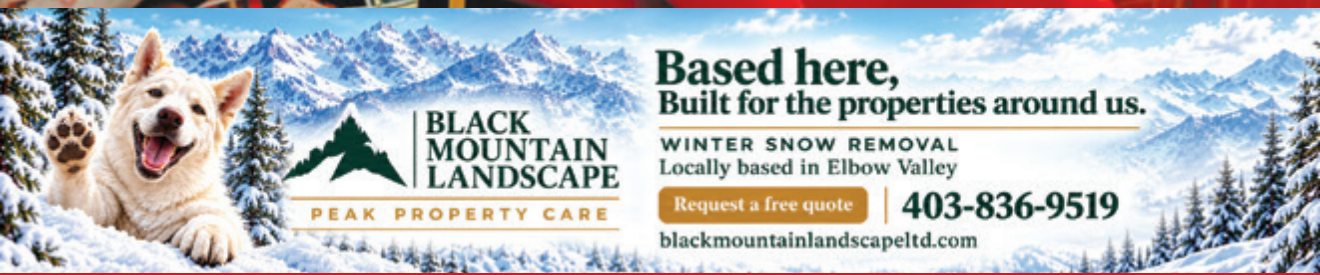
DECEMBER 2026 DELIVERED MONTHLY TO 1,750 HOUSEHOLDS

your ELBOW VALLEY VIEW





EAT WELL. SPEND LESS. SUPPORT OUR COMMUNITY.

GOOD FOOD BOX PROGRAM

COMMUNITY KITCHEN



SAVE ON FRESH PRODUCE EVERY MONTH

The Good Food Box Program makes healthy eating more affordable.

- Fresh fruits and vegetables
- Quality produce at a fraction of grocery store prices
- Convienient pick up locations

INCREDIBLE SAVINGS!

BOX OPTIONS

SMALL	$35.00
MEDIUM	$40.00
LARGE	$45.00

FOR MORE INFORMATION

To learn more about the Good Food Box Program and how to place an order, please visit our website.

LEARN MORE & TO ORDER VISIT

ckpcalgary.ca

QUESTIONS? WE'RE HERE TO HELP!

Filipe Carballo
403-538-3779
Filipe.carballo@ckpyyc.ca

Lorrie Herrick
403-538-7386
Lorrie.herrick@ckpyyc.ca

TOGETHER, WE BREAK THE CYCLE OF HUNGER.



LTW

LEN T WONG + ASSOCIATES

RE/MAX COMPLETE REALTY

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program*

Trade Up Program*

Blanket Home Warranty Program*

Accepting Crypto Currency

Call us to help you navigate through the changing real estate world

Call or Text 403-606-8888

Email len@lentwong.com

*Terms and Conditions Apply.



ELBOW VALLEY COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	26	0	1	$3,760,000	$3,528,800
September	26	3	1	$1,449,000	$1,500,000
August	26	3	6	$1,839,000	$1,806,250
July	26	4	3	$2,250,000	$2,000,000
June	26	3	2	$2,472,500	$2,527,500
May	26	4	5	$1,629,900	$1,609,000
April	26	6	4	$2,022,450	$1,895,000
March	26	3	1	$2,300,000	$2,100,000
February	26	1	1	$2,198,000	$2,200,000
January	26	1	0	$0	$0
December	25	0	2	$1,334,500	$1,239,000
November	25	2	1	$1,948,000	$1,883,000

To view more detailed information that comprise the above MLS averages please visit **elbv.mycalgary.com**

DUNCAN LAW

Impeccable Legal Advice.

- Personal Injury
- Real Estate
- Wills & Estates
- Family Law



Conveniently located in Aspen Landing

Phone: 403.300.0870 | DuncanLawYYC.ca

OFFICIAL PLUMBING & HEATING

Furnace and A/C Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

$75 Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca

Jackson & Jackson Landscaping

CUSTOMER SATISFACTION GUARANTEED

WE SPECIALIZE IN ALL FORMS OF CONSTRUCTION & LANDSCAPE

INCLUDING SMALLER IN-HOME PROJECTS



Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo Property Management

Snow and Ice Removal

Contact Us

Address
20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now
(403) 256-9282

Email us
info@jacksonjackson.ca
contact@jacksonjackson.ca

www.jacksonjackson.ca

CONTENTS

6 MENTAL HEALTH MOMENT: WHY DO THE HOLIDAYS BRING UP SO MUCH EMOTION?

9 CALGARY WILDLIFE: CHRISTMAS DECORATIONS AND WILDLIFE

11 SAFE AND SOUND: COLD WEATHER SAFETY

13 RESIDENT PERSPECTIVES: DIVORCE: WHAT HAPPENS TO MY PENSION?

15 BUSINESS CLASSIFIEDS









SCAN HERE TO VIEW ADDITIONAL ELBOW VALLEY CONTENT

News, Events, & More

Real Estate Statistics



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.

Why Do the Holidays Bring Up So Much Emotion?

by Nancy Bergeron, R.Psych | info@nancybergeron.ca



Understanding family dynamics, grief, expectations, loneliness and the pressure to be happy.

The holiday season can bring joy and connection, but it can also stir up anxiety, grief, family conflict, and loneliness. Understanding why Christmas can feel emotionally challenging, and learning how to manage expectations, establish healthy boundaries, and cope with difficult family dynamics—can help us approach the season with greater compassion for ourselves and others.

Common Questions About Holiday Stress:
Why do I feel sad or anxious during the holidays? How can I manage difficult family relationships at Christmas? How do I cope with grief during the holiday season? How can I set healthy boundaries with family without feeling guilty? What can I do when Christmas no longer feels the same?

These are common experiences, and understanding them is an important first step toward navigating the holidays in a healthier way.

Why Can the Holidays be Emotionally Challenging?
Christmas often carries expectations about how we should feel and how our families should behave. We may feel pressure to create meaningful memories, maintain traditions, buy the perfect gifts, or ensure everyone is happy. When reality doesn't match these expectations, disappointment and stress can follow.

Family gatherings can also bring old patterns to the surface. Spending time with parents, siblings or other relatives may reactivate familiar feelings of being criticized, misunderstood, or overlooked. Even as adults, we can find ourselves slipping into childhood roles or reacting to family members in ways that surprise us. Recognizing these patterns can help us respond more intentionally rather than automatically repeating them.

For others, the holidays highlight what has changed. The death of a loved one, divorce, family estrangement, illness, or children leaving home can make familiar traditions feel painfully different. Grief doesn't follow a calendar, and the expectation to be cheerful can make it even harder to acknowledge what we are missing.

Financial pressures, social comparison and loneliness can add to the burden. Seeing images of seemingly perfect celebrations can leave us questioning why our own lives look different. However, what we see of others is rarely the whole story.

How Can we Make the Holidays More Manageable?
Start by giving ourselves permission to experience the

holidays as they are, rather than how we believe they should be. Consider these practical steps:

Adjust Our Expectations
We don't have to recreate the perfect Christmas or make everyone happy. Choose what matters most to us and let some things go.

Set Healthy Boundaries
We can limit the time spent at difficult gatherings, decline invitations or take breaks when needed. Saying no respectfully is not the same as rejecting someone.

Make Room for Grief
If we are missing someone, we can consider a meaningful way to honour their memory. We can appreciate moments of happiness while still acknowledging our sadness.

Protect our Relationships
When disagreements arise, we can aim for respectful communication rather than winning an argument. Sometimes, stepping away and returning to a conversation when emotions settle is the healthiest choice.

Seek Genuine Connection
A quiet visit, a meaningful conversation or time with someone who makes us feel understood may be more nourishing than a crowded celebration.

We are Allowed to Have a Different Christmas This Year.
Life changes, and our traditions and expectations may need to change with it. A meaningful holiday doesn't have to be elaborate, expensive or filled with constant happiness.

Perhaps the healthiest Christmas is not the one that looks perfect from the outside, but the one that feels authentic, connected and manageable on the inside.

If holiday-related distress feels persistent or difficult to manage, speaking with a mental health professional can help us understand our emotions and develop healthier ways to cope.

We don't have to make this Christmas perfect. We can simply make room for what is real, honour what matters and treat ourselves and others with compassion.

ADVERTISE IN THIS MAGAZINE

Your neighbours read this. Put your business here.

86% of readers would call a business that advertises in their community magazine.

880,000 monthly readers

83% trust the businesses that advertise

We make your phone ring.
We bring you more customers.
We grow your sales. Guaranteed.

403-720-0762

greatnewsmedia.ca
sales@greatnewsmedia.ca

Scan to see all the survey results

Great News Media 2026 Readership Survey, 11,104 respondents

ANITA MORTGAGE

Mortgage Renewal Coming Up?

Before you sign your renewal offer, see how refinancing could help you:

- ✓ Lower payments
- ✓ Consolidate debt
- ✓ Improve cash flow
- ✓ Save thousands over time

Your lender gave you an offer — not necessarily the best one.

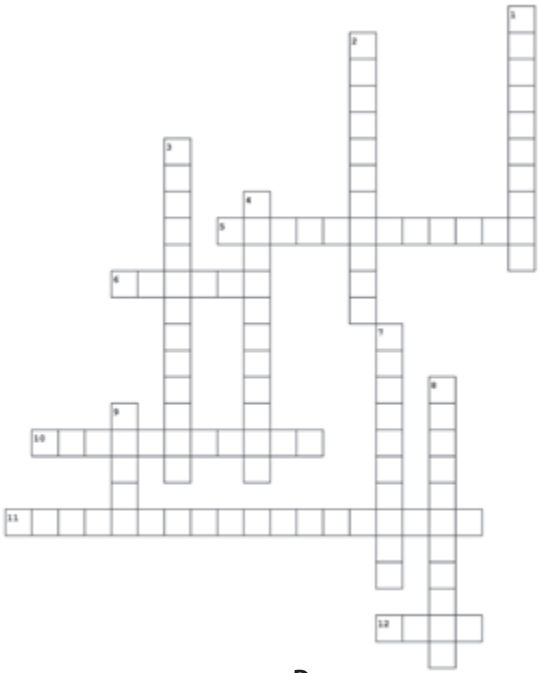


ANITA RUSSELL

403-771-8771
anita@anitamortgage.ca

THE MORTGAGE GROUP

December Crossword



Across

5. Warm, delicious, and served with whipped cream or marshmallows. This tasty treat is perfect after a long day in the cold.
6. In Spain, it is customary to eat this many grapes at midnight on New Year's Eve.
10. Popular during the winter, this spiced dessert is decorated with royal icing.
11. Founded in 1925, this dance company has put on the *Christmas Spectacular,* since 1933.
12. "Last Christmas I gave you my heart" are the lyrics to a Christmastime favourite, sung by this pop duo.

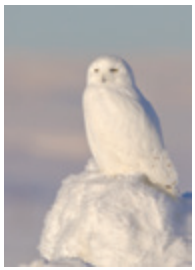
Down

1. Six-sided and infinitely complex, these ice crystals are the result of freezing rain.
2. This 2019 film directed by Greta Gerwig was released December 25, and had a star studded cast, including Saoirse Ronan, Florence Pugh, Emma Watson, and Timothee Chalamet.
3. Unlike hockey players, these athletes use their blades to perform jumps, spins, and lifts.
4. On December 10, every year, these awards are given for outstanding achievements in physics, chemistry, physiology or medicine, literature, and peace.
7. Born December 16, 1775, this author is known for her six famous novels, including 1813s *Pride and Prejudice*.
8. Seen in your local grocery store during the holiday season, these bright red plants are indigenous to Mexico.
9. Made from carved blocks of compacted snow; these shelters rely on the insulating properties of snow to keep dwellers warm.

Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Christmas Decorations and Wildlife

by Calgary Wildlife



As homes across Calgary light up for the holiday season, festive decorations become a welcome sight in neighbourhoods. Twinkling lights, wreaths, garlands, ribbons, and seasonal displays help celebrate the season, but some decorations can unintentionally create hazards for local wildlife.

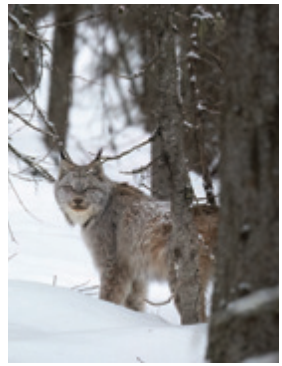
Winter may seem quieter than other times of the year, but many animals remain active throughout Calgary and surrounding communities. Chickadees, woodpeckers, nuthatches, magpies, ravens, owls, squirrels, deer, coyotes, and other animals all continue searching for food and shelter during the colder months. As these animals move through parks, backyards, and neighbourhoods, poorly placed or discarded decorations can present unexpected risks.

One of the most common hazards is entanglement. Decorative netting, tinsel garlands, ribbons, fishing line, and loose string can easily catch on bird's wings or legs and become wrapped around small mammals as they climb trees or fences. Once entangled, wildlife may struggle to escape, leading to injuries, reduced mobility, or increased vulnerability to predators and harsh winter weather.

Lighting is another important consideration. Holiday lights are often left on throughout the night, especially during December. While festive displays are temporary, excessive artificial light can still affect wildlife. Research has shown that artificial light at night can alter natural behaviours, including feeding, navigation, and daily activity patterns for many species. Although most migratory birds have left Calgary by December, resident birds and nocturnal wildlife can still be affected by prolonged nighttime lighting.

Natural decorations can also create unintended problems. Popcorn strings, dried fruit garlands, suet ornaments, and other edible decorations may seem like a festive addition to outdoor displays, but they can attract wildlife into residential areas. Concentrating animals around homes increases the potential for





conflict, exposes wildlife to roads and domestic pets, and may encourage animals to rely on artificial food sources instead of their natural winter diet.

Another overlooked concern is the disposal of seasonal decorations after the holidays. Broken ornaments, plastic ties, wire, wrapping materials, and decorative greenery can remain hidden under snow until spring, when birds and mammals may encounter them. Promptly removing decorations and disposing of damaged materials helps prevent wildlife from becoming injured long after the holiday season has ended.

Fortunately, celebrating the holidays and protecting wildlife can go hand in hand. A few simple precautions can make outdoor decorating safer for everyone:

- Secure lights, garlands, and decorations so they cannot blow loose in winter winds.
- Avoid using decorative netting, loose tinsel, ribbon, or fishing line outdoors.
- Turn off decorative lights before going to bed when possible, to reduce unnecessary nighttime illumination.
- Avoid hanging edible ornaments or food-based decorations outside where they may attract wildlife.
- Remove decorations promptly after the holidays, and dispose of broken materials securely.
- Check trees, shrubs, and fences after taking down decorations to ensure no strings, wires, or plastic have been left behind.

The holiday season is a time for celebrating with family, friends, and neighbours. By choosing wildlife-friendly decorations and cleaning them carefully, our city can remain safe places for the animals that share these communities throughout the winter.

COLOURING PAGE



Cold Weather Safety

by Alberta Health Services



Emergency Health Services Alberta responds to cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior—cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water until fully re-warmed.
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than about 35°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

The Art of Winter

by Kristina Quapp

The season of winter has inspired artists for centuries, perhaps more so than any other time of year. While its snowy landscapes and frozen scenery have remained a constant source of inspiration, interpretations of the season have varied dramatically across time, cultures, and artistic styles. From peaceful, snow-covered villages to bleak and desolate landscapes, artists have found countless ways to capture winter on canvas.



Vincent van Gogh, Landscape with Snow, 1888. Oil on canvas.

Painted in February 1888, shortly after Vincent Van Gogh arrived in France, his piece depicts a rural landscape caught between winter and spring. Patches of melting snow interrupt the earthy browns and greens of the fields, but despite the contrasting colour usage, the piece exudes a sense of living stillness. The vivid colour usage and expressive Post-Impressionist brush strokes give the scene a sense of movement and texture—emphasizing the uneven terrain and changing season. Rather than idealizing winter through its traditional cool colour palette, Van Gogh embraces the season's fleeting beauty, reminding us that change can be just as beautiful as stillness.



Edvard Munch, Winter Night, c. 1900. Oil on canvas.

Norwegian artist Edvard Munch transforms winter into an atmospheric and emotional experience. Best known for his iconic painting *The Scream*, Munch was a pioneer of Expressionism, an artistic movement that emphasized emotion and subjective experience over realistic representation. *Winter Night* displays simplified forms and a cool colour palette to create a quiet and perhaps unsettled atmosphere. It invites viewers to reflect on winter's quieter, more introspective qualities, evoking a sense of solitude that can feel either peaceful or lonely.



Frederik Marinus Kruseman, *Winter Landscape with Skaters Near a Castle*, 1866. Oil on canvas.

In contrast to the more solitary works of Van Gogh and Munch, Dutch painter Frederik Marinus Kruseman presents winter as a picturesque setting filled with warmth and activity. Known for his romanticized winter landscapes, Kruseman utilizes a warm golden sky in contrast to the cool blues and whites of the snow, creating an inviting atmosphere. His attention to detail reflects the traditions of nineteenth-century Romantic landscape painting which often emphasized the idealized beauty and emotional appeal of nature. Despite the chilly setting, the scene evokes a sense of warmth and nostalgia, inviting viewers to imagine themselves among the skaters.

Although these artists depict the same season, their interpretations vary greatly. Van Gogh captures the change of winter's transition, Munch explores its emotional atmosphere, and Kruseman celebrates its more picturesque and romanticized beauty. Each artist's choices in colour, composition, and brushwork influence how we experience their work. Yet our own memories, emotions, and experiences also shape what we see. Perhaps your vision of winter aligns more closely with one painting than another, or maybe you can understand all three. Winter, much like art, is a matter of perspective. As we enter another winter season, consider what this time of year means to you. Do you find beauty in its quiet stillness, comfort in its familiar traditions, or hope in the changes yet to come?

Divorce: What Happens to my Pension?

by Christopher Bungay, Divorce Lawyer



During a marriage, most spouses do not think about the following: what happens to your pension if you get a divorce? Many people (incorrectly) assume that a future pension is theirs to keep even if their marriage ends. Unfortunately, these same people are often in for a rude awakening during the divorce process.

While technically a pension is something you receive when you reach a certain age, it is important to remember that future pensions have a current day value. In other words, the law assigns a 'today's date' value to an amount of money you are scheduled to get later after you retire. This principle applies to publicly funded pensions (such as CPP). It also applies to pensions which are privately funded by an employee (and/or employer) through a private workplace pension plan.

How does this work in practice? When you are getting a divorce, the legal system will examine the value of your pension by looking at the "accruals" within your pension. The term "accruals" means the amounts of money value that have accumulated within your pension which will normally be paid out later when you retire.

Let's use an example to understand how this works in the real world: You are working for an energy company in Alberta that has a private pension plan. According to this plan, you need to work 30 years with your employer to obtain a full pension. Each year of your job you (and maybe also your employer) would contribute a certain amount of money to your future pension. As the years go on at work, your pension value would continue to accrue (build up to the payout value later). In year 15 of your 30-year job, your marriage breaks down. As part of the divorce process, your ex-spouse would ask for a statement from the pension plan showing the value of your pension as of year 15. In turn, your pension plan would provide you with a statement showing the current value of your future pension. The current day value of the pension is an asset that you and your spouse would negotiate how to split up between you both as part of the divorce process.

How much of the pension is your spouse entitled to? This amount depends upon when you started paying into the pension. If you started contributing to the pension before you were married (or living common law), the pre-relationship value of the pension may be yours to keep alone. Generally, the value of any assets (like pensions) you had before your relationship are frozen in time and can belong to you exclusively after a divorce. In these circumstances your spouse may only be entitled to share in any increase in value of the pension that was created by your after-marriage pension contributions.

If did not start contributing to the pension until after you were married, there is a significant chance that your spouse would be entitled to 50% of the pension value after your marriage ends. This is because pensions are often considered to be "family property". In Alberta, there is legal presumption that family property accumulated after a marriage starts is to be shared equally between a couple after their relationship ends.

Peppermint Cookies

by S. Law



This was a staple in my household growing up. Every year my mom and I would bake a huge batch of these cookies, and we'd pass them out as little gifts to my class before everyone went away on winter break. Needless to say, while I'm no longer in school, we've kept the tradition going, so if you're looking for a light, buttery snack to go with your hot chocolate this year; these cookies never fail.

Ingredients

- 1/2 cup butter
- 1 1/2 cups powdered sugar
- 2 cups flour
- 1 tbsp peppermint extract
- 1 tsp salt
- A few drops of different food colours. (We always use pink and green)

Directions

1. In a large bowl combine your flour, powdered sugar, peppermint extract, and salt.
2. Add the butter in chunks and then begin kneading everything together. The kneading is important as it allows everything to be mixed into a smooth dough that still holds its shape.
3. At this stage if the dough either looks too dry, or too sticky, add more butter or flour respectively.
4. Separate your dough into three or more even piles and dye each one a different colour. Typically, I leave one the original white because I like the way it looks. You only need a few drops of food colouring to get a soft pastel shade.
5. Once you have your desired colours, roll each section into a log, and then form a bigger log with your three sections. Roll them slightly so everything sticks together and the colours blend gently, then wrap in saran wrap and set in the fridge for a few hours.
6. Once everything is cooled slice your log into 1-inch-thick pieces and place on a sheet pan.
7. Bake in a 350°F oven for 8 to 12 minutes, or until they begin browning on the bottom.
8. Let them cool and enjoy with family and friends!

25¢
FLYERS
(INCLUDING DELIVERY)



✓ FULL COLOUR PRINTING
✓ DOUBLE-SIDED DESIGN
✓ PREMIUM 70 LB GLOSS STOCK
✓ FULL BLEED FOR EDGE-TO-EDGE IMPACT

Let's get your business into the hands of thousands of local customers.

CONTACT US
403-720-0762
sales@greatnewsmedia.ca
greatnewsmedia.ca

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING

BUSINESS CLASSIFIEDS

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 Elbow Valley. 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.

ELBOW VALLEY MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbours 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.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at $160 per month. Christmas light installation starting at $150. Early season discounts! Window and gutter cleaning starting at $99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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.

PEST CONTROL: Treating seasonal pest problems: voles, mice, cockroaches, bed bugs, ants, wasps, squirrels, skunks and more. Support a locally owned and operated small business. Competitive rates and prompt service by licensed technicians. Annual residential protection packages also available. Call Tom at 403-815-8930.

PROFESSIONAL ELECTRICAL SERVICES: Need a reliable electrician? We provide quality residential and commercial electrical services, including repairs, renovations, lighting installations, panel upgrades, troubleshooting, and new wiring. No job too big or small! Professional workmanship, competitive rates, and friendly service you can trust. Call 403-256-9282 today for a free estimate!

ELBOW VALLEY SNOW REMOVAL: Black Mountain Landscape Ltd. provides residential snow removal with unlimited visits and 24hr guaranteed service window. Serving Elbow Valley and southwest Calgary. Licensed and insured. Based here. Built for properties around us! Request a quote: 403-836-9519 or blackmountainlandscapeltd.com.

CADILLAC LAWN CARE: Reliable, Professional, Year Round Service , Weekly Lawn Maintenance, Softscape Landscaping (mulch, rock, sod, garden refresh), and Snow Removal Call/Text: 403 796-9377, Email: sheldonporter@live.com.Proudly Serving Elbow Valley.

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.

PAINTER SERVICING ELBOW VALLEY: 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.

INTEGRATED ELECTRICAL SERVICES INC. QUALITY ELECTRICAL WORK, EXCEPTIONAL SERVICE: Serving Calgary since 2013. Specializing in home renovations, electrical repairs, custom lighting, smart homes and panel upgrades. From small repairs to complete renovations, we deliver quality workmanship. 50+ FIVE-STAR GOOGLE REVIEWS! Master Electrician | Licensed & Insured. Adam: 403-477-7374 | adam@iescalgary.ca.

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



Support the local businesses that make our neighbourhood thrive, and make this publication possible.

403-720-0762
grow@greatnewsmedia.ca

SCAN ME