

DECEMBER 2024

DELIVERED MONTHLY TO 1,175 HOUSEHOLDS



PARKLAND^{news}

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER



#1 REALTOR IN PARKLAND 2023*

Parkland resident for over 40 years – I KNOW OUR COMMUNITY!



GAVIN CONWAY

403.651.5141

GAVINCONWAY.CA
*Individual REALTOR®

ACADEMY

www.academydenture.com

DENTURE CLINIC

Modern Solutions for Missing Teeth

STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary initial consultations

NEW! Suction-Enhanced BPS® Dentures

Accepting CDCP.
Coverage starting
May 1st, 2024.
Ask about our
digital scans and
printed dentures.



Southcentre Mall
Suite 126A, 100 Anderson Rd SE

Book an Appointment
(403) 269-8308

Tues, Wed, Thur: 8:30 am - 4:30 pm
Monday by appointment only.

BMAX BROKERS

MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

Services

- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

✉ info@bmaxbrokers.com | ☎ 403-249-2269

The Simpsons



The Simpsons made their grand debut on Fox with the holiday episode "Simpsons Roasting on an Open Fire" on December 17, 1989. That means Homer, Marge, Bart, Lisa, and Maggie have been making us laugh for 35 years – and counting!

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca



More than just a real estate agent. As your neighbour, I'm here to navigate you through every step of your real estate journey.

lindacrealestate@gmail.com

403-714-5595



Sammy's
World's Greatest Pizza
Pasta • Pizza
Donairs

**FRESH INGREDIENTS.
SERVING YOUR NEIGHBOURHOOD.**

OPEN OUR MENU

sammyscalgary.ca
(403) 254 2999

PIZZA

PASTA

WINGS

DONAIRS

SALADS

PARKLAND HALL WEEKLY CALENDAR

MAIN ROOM :

MONDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	11:30 am to 12:30 pm	My Tai Chi	403-271-9658
	8:00 to 9:30 pm	Karate (private booking)	
TUESDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	1:15 to 2:45 pm	Bliss Yoga	rosemary@blissyogacalgary.ca
	5:30 to 7:45 pm	Available for booking	403-278-5330
WEDNESDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	11:30 am to 12:30 pm	My Tai Chi	403-271-9658
	1:00 to 5:00 pm	Available for booking	403-278-5330
	6:30 to 8:00 pm	Harvest International Baptist Church	403-616-7597
THURSDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	2:00 to 5:00 pm	Available for booking	403-278-5330
	5:15 to 7:45 pm	Vanshaw Dance Academy	vanshawacademy@gmail.com
FRIDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	11:30 am to 12:30 pm	My Tai Chi	403-271-9658
	1:00 to 7:00 pm	Available for booking	403-278-5330
	6:00 to 9:00 pm	Baha'i Community of Calgary	403-278-7307
SATURDAYS	8:45 to 9:45 am	Pilates	engagemobilepilates@gmail.com
	10:00 am to 1:00 pm	Shakthi Shethralaya Indian Classical Dance	403-667-7689
	12:00 to 5:00 pm	Light of Jesus - The Feast (Third Saturday of each month)	604-349-9573
SUNDAYS	8:30 am to 3:00 pm	Harvest International Baptist Church	403-616-7597
	3:30 to 6:30 pm	Keys of Kingdom Church	403-370-5604

MEETING ROOM:

MONDAYS	9:00 am to 6:30 pm	Available for booking	403-278-5330
	7:00 to 8:00 pm	Al Anon	403-266-5850
TUESDAYS	9:00 am to 5:30 pm	Available for booking	403-278-5330
	5:30 to 7:45 pm	Guides of Canada	403-283-8349
	8:00 to 9:00 pm	POSA	403-278-5330
WEDNESDAYS	9:00 am to 6:00 pm	Available for booking	403-278-5330
	6:30 to 8:00 pm	Harvest International Baptist Church	403-616-7597
THURSDAYS	11:00 am to 1:00 pm	Art journaling/scrapbooking (One Thursday a month)	403-803-5336
	6:00 to 8:00 pm	Art journaling/scrapbooking (One Thursday a month)	403-803-5336
	7:00 to 9:00 pm	Parkland Board Meeting (Last Thursday of each month)	403-278-5330
	7:00 to 9:30 pm	Bow View Ringette (One Thursday a month)	www.bowviewringette.com
FRIDAYS	9:00 am to 12:30 pm	Available for booking	403-278-5330
	1:00 to 3:00 pm	Parkland Book Club (Third Friday of each month)	403-278-5462
	6:00 to 9:00 pm	Baha'i Community of Calgary	403-278-7307
SATURDAYS	10:00 am to 12:00 pm	Knitting classes	403-278-5330

Please contact Erika at parklandca@telus.net or 403-278-5330 for hall rental information or to view.
Remember: Parkland Community Association members receive a discounted rental rate.

UPCOMING EVENTS AND NEWS

Knitting at the Hall December 7

Knitting lessons on Saturday mornings from 10:00 am to noon.

The cost is \$50 and community membership is required. You don't need to live in Parkland to purchase a membership! If you do not have a membership, one can be readily purchased from the office. The cost is \$25.

Drop-in is now available - the charge is \$15 per drop-in.

You don't have to sign up for all classes, doing drop-in as needed is fine!

To register, email the hall at parklandca@telus.net.

If you have any questions regarding suitable projects, or any questions at all, feel free to email the hall at parklandca@telus.net or phone 403-278-5330.

Parkland Hall Has a Meeting Room That Can Hold Meetings, Training Sessions, and Tutoring Sessions!

Parkland hall's meeting room has audio visual equipment included as part of the rental cost. Our meeting room holds up to 20 people and there are tables that can be folded and moved aside if need be. We have daytime spots available and some later evenings, as well as Saturday afternoons.

Give the hall a call at 403-278-5330 if interested, or email parklandca@telus.net.



Parkland's Community Cleanup

Judging by the amount collected, the cleanup was a whopping success! Following is an account of what was gathered:

- Four full garbage trucks of material which included lots of decks and fences, mattresses, and ancient furniture
- One full metal bin
- 2,900 kilograms of electronics
- One truck of donations

There were non-stop cars from 8:30 am to 1:45 pm! Thanks to the volunteers, Josh and Rich on 'Metal', Our awesome Greeter Steve, and the muscles helping remove items from your vehicles and trailers, Mario, Mike, John, Dawson, and Stacey. Nick from The Gardener also used their truck to help neighbours move large and bulky items!

To the community, a big thank you as we raised over \$400 from the collection of beverage containers and cash donations for Parkland Cares Christmas initiatives. Our tummies were full thanks to MLA Myles McDougall and No Frills, who donated gift cards used for food, water, and power snacks for our team. We greatly appreciate your support. Performance Waste, Technotrash, and Cerebral Palsy Association in Alberta also helped make the day a success. Next year, watch for notices to volunteer and join our team!

Halloween Party

Thank you to everyone who attended the Parkland Community Association Halloween Dance. Judging by the number of cars parked at the hall and on the streets around the hall, it was a well-attended event! There were so many fabulous costumes and decorated cakes, it was hard to choose the winners! A special thanks to our sponsors and those who donated; our MLA Myles McDougall who donated candy and jellybeans for our 'guess the jellybeans in the jar contest' and to the City of Calgary for providing signage leading up to our event.

Baseline DJ and Photo Booth did a great job helping us dance the night away in their costumes. Attendees were able to enjoy food from the Blues Delight Food Truck, and last, most importantly, thank you to the organizers Lana Bedard, Mary Simon-Johnston of Jamie Newton and Associates, and our volunteers whose assistance was invaluable: Corey, Claire and Noah Simon-Johnston, Lisa, Jason, Jacelyn and Gia Gallant, Willow Anderson, Connor Haight, Jennifer Rocker, Pat Teed, and Blake Robinson.



Parkland Cares

Parkland Cares is a community-based organization of families and neighbours committed to helping others.



Season's Greetings and Merry Christmas to all our Parkland friends and community members. Let's spread some joy! At this time of year, it can be very fulfilling to lend a helping hand and heart to others in need. We have several opportunities to contribute this season!

This Is Our Ninth Year Helping the Senior Secret Service! Early in November we received the profiles for six seniors. Teams then shop/buy, wrap, label, and deliver the gifts to a designated Calgary Police Station. It's a great way to spread some holiday cheer.

Warm Feet on the Street: From November 1 to 22, we collected toiletries and warm socks for the Calgary Drop-In Centre for "Warm Feet Warm Hearts". There were so many generous donations. Thank you to all who contributed and volunteered. As well as a huge thanks to the Lake Bonavista Community Association for the room to assemble the packs.

Fish Creek United Church Adopt-A-Family: We are hoping to make teams again and help one to two local families fill their Christmas wish lists. Let us know if you would like to help spread Christmas Cheer.

Grocery Gift Card Collection: Can you contribute a grocery gift card or two? We will be collecting grocery cards to help local families in need celebrate the season. Families to receive the cards will be identified through local schools. Runs December 1 to 17. Drop off at Park96 office or mailbox.

Take care and take time for kindness.

Please contact us if you have ideas for ways to encourage strong community connections, or if you would like to help with any of our planned events.

Parkland Cares Calgary

parklandcaresyyc@gmail.com

403-863-9927





Need Mortgage Solutions? We've Got You Covered!

Prime, Alternative, Reverse – We Do It All! Let Us Find Your Perfect Fit Today!

ANITA

403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

SCAN HERE TO VIEW ADDITIONAL PARKLAND CONTENT

News, Events, & More	Crime Statistics	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.



SUPPORT YOUR COMMUNITY

LAST NAME: _____

FIRST NAME: _____

ADDRESS: _____

POSTAL CODE: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

DROP OFF AT THE COMMUNITY HALL OR MAIL TO:

PARKLAND COMMUNITY ASSOCIATION

505 PARKVALLEY ROAD SE, CALGARY, T2J 6M4

DO NOT ENCLOSE CASH

PAYMENT IS BY CHEQUE

OR

E-TRANSFER TO PARKLANDCA@TELUS.NET

☐ ENCLOSED IS A CHEQUE FOR \$25 ☐ PAYMENT WILL BE MADE BY E-TRANSFER

Cats, Canines, & Critters of Calgary



Chip, Woodbine



Echo, Signal Hill



George,
Huntington Hills



George,
McKenzie Towne



Lola, Calgary



Misty, Queensland



Pedro,
Sandstone Valley



Walden

To have your pet featured, email news@mycalgary.com



Word of the Month

Absquatulate: Verb (ab-skwoch-uh-leyt)

To run away or leave abruptly.

The sneaky cat managed to absquatulate any time the door was open.

Five Benefits of Longer-Term Therapy

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



Longer-term therapy offers a more comprehensive, sustainable, and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

1. Addresses Root Causes – Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma, or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.

2. Develops Self-Awareness – One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions, and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns, or self-defeating behaviours. This heightened self-awareness helps us not only resolve our current issues but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.

3. Builds A Therapeutic Relationship – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness, and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings, and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.

4. Prevents Relapse – Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.

5. Personal Growth and Transformation – Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity, and cultivate a greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises, and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.

GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

[Alfred] Nobel Prize

The very first Nobel Prize award ceremony took place on December 10, 1901. These were created due to Alfred Nobel's will and his interest in science, society, and culture, and are described as prizes given for "the greatest benefit to humankind."



Magic Carpet Ride

Family Literacy Program



A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.

FREE! Contact us to learn more:

famlit@canlearnsociety.ca

(403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride



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



MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

403-278-4444

Calgary.FishCreek@assembly.ab.ca

✕ @MylesYYC | @MLAFishCreek

Building a Brighter Alberta: Progress Update for 2024

As we close out 2024, the Government of Alberta is making strong strides to improve affordability, strengthen essential services, enhance community safety, and protect the rights of Albertans. Here's a look at some key achievements from this year.

Affordable Housing and Education Expansion

Alberta is on track for a record year in housing, with nearly 30,000 new homes under construction from January through August—an impressive 44% increase over 2023. In education, the School Construction Accelerator Program (SCAP) is investing \$8.6 billion to create 200,000 new student spaces across the province, preparing for Alberta's growing K to 12 student population.

Healthcare Improvements

To better recruit and retain healthcare professionals, Alberta has introduced a competitive compensation package for resident physicians. As a result, the province had over 12,000 registered doctors by the end of September, a gain of more than 500 compared to last year.

Protecting Alberta's Energy Sector

In defense of Alberta's jobs and energy future, the government has launched a national "Scrap the Cap" campaign to raise awareness of the potential impacts of Ottawa's proposed cap on energy production. This campaign encourages Canadians to speak out against this plan and support Alberta's position.

Looking Ahead

The Alberta Government remains committed to building a strong, prosperous future for all residents. By focusing on affordability, essential services, and defending Alberta's energy sector, we're laying the groundwork for a thriving province for generations to come.

As the year wraps up, and we enter into the holiday season, I want to wish you all a Merry Christmas, and a bright New Year filled with joy, health, and happiness! May this spiritual season bring warmth to your heart and peace to your home.

If you have any questions or input, please feel free to reach out to my office anytime at Calgary.FishCreek@assembly.ab.ca.



**MP Calgary Midnapore
Stephanie Kusie**
204 – 279 Midpark Way SE
Calgary, AB T2X 1M2
📞 403-225-3480 📠 403-255-3504
✉️ stephanie.kusie.c1@parl.gc.ca
🌐 stephaniekusiemp.ca

Merry Christmas and Happy Holidays!

As 2024 comes to a close, I'd like to take a moment to reflect on some of the work I've done in Calgary in addition to my Parliamentary duties.

To kick off the new year, my office collected nine boxes of food items (thanks to generous Calgary Midnapore residents) and donated them to the Veterans Food Bank of Alberta. In February, I partnered with Don Bosco School in Deer Ridge to deliver handmade valentines to residents of the Canyon Meadows Retirement Home for my fifth annual Valentines for Seniors campaign.

In the spring I participated in Telus' annual Kits for Kids campaign, which provides school supplies to students in need. My team attended the Willow Ridge Community Association's Civic Affairs Night on my behalf. Also in the spring, nominations opened for the King Charles III Coronation Medal, I look forward to celebrating the twenty deserving constituents who were selected for the medal in early 2025.

As the House of Commons rose for the summer break, I jumped straight into events across the riding from Ukrainian Fest in Acadia to the 50th anniversary of the Queensland Diamond Cove Community Association. I spent Canada Day in Parkland and then began the Stampede season with pancake breakfasts in Lake Chaparral, Deer Run, Lake Sundance, Acadia, Silverado, Lake Bonavista, and more! As the summer wrapped up, I spent some time with Calgary's Korean, Filipino, Venezuelan, Francophone, and Hong Kong communities.

Finally in the fall, I visited with volunteers at Deer Run's Annual Cleanup and paid respects to our fallen soldiers at the Field of Crosses.

This is just some of the work I've done over the past year. If you'd like to learn more about my work both here and in Ottawa, please sign up for my monthly e-newsletter at StephanieKusieMP.ca.



**Councillor, Ward 14
Peter Demong**
📞 403-268-1653
✉️ eaward14@calgary.ca
🌐 www.calgary.ca/ward14

Season's Greetings!

It is that time of year again. The days are short, the snow has flown, and that holiday spirit is in the air. Whether it be around the house or out and about, I hope you get a chance to spend special time with your loved ones. There will be many festivities to take part in. I will do my best to summarize them for you in the online version of my column and highlight some of the need-to-know municipal topics for the season like snow and ice control.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14 for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Merry Christmas and Happy Holidays!

Sincerely,

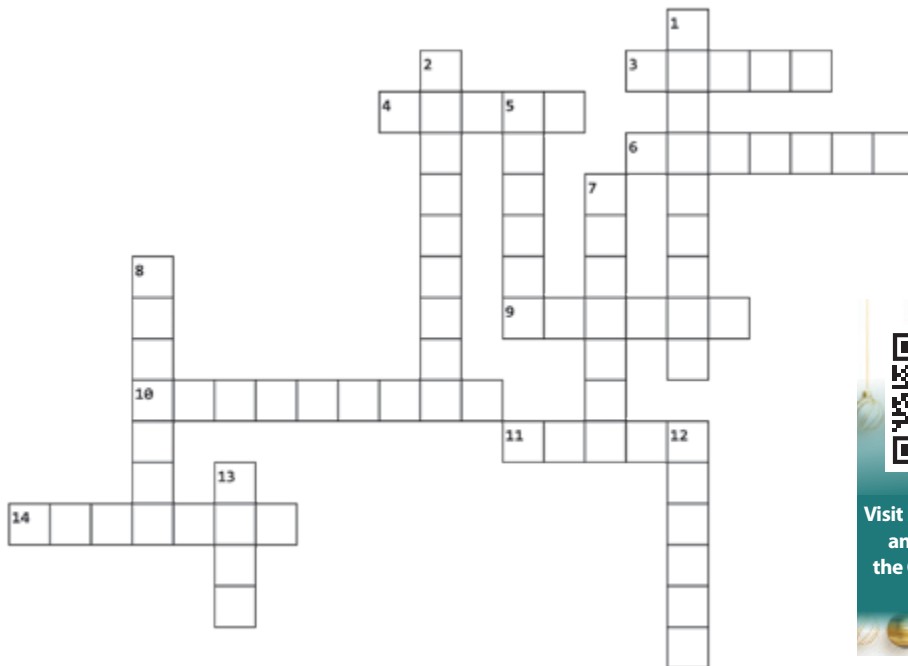
Councillor Peter Demong



Royal Flush

Alfred Hitchcock's movie *Psycho* is thought to be the first Hollywood movie to show (and really focus on) a toilet flushing on-screen. You can hear it as well! This was very unusual in 1960 when this movie was released. I guess you could say the movie was a Royal Flush!

December Crossword



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

Across

3. On December 5, 1991, Jostein Gaarder's novel, *Sophie's _____*, was published and tells the story of a Norwegian teenager on a journey of discovery about the history of philosophy.
4. *Driving Miss _____*, starring Morgan Freeman as a chauffeur to an elderly widow played by Jessica Tandy, was released on December 13, 1989.
6. Canadian singer, Nelly _____, was born on December 2, 1978, in Victoria, British Columbia.
9. This Christmas tree decoration, originally made from real silver that was shredded, was first invented in Germany in 1610.
10. December's official birthstone has the same name as the colour that it is.
11. Dr. Martin Luther King Jr. was awarded the Nobel _____ Prize on December 10, 1964.
14. James Cameron's _____ was first released on December 19, 1997, and is one of the highest-grossing films ever.

Down

1. International _____ Day was mandated by the UN General Assembly in 1985 and takes place every year on December 5.
2. December's birth flowers are the _____ (also known as paperwhites) and the holly.
5. On December 24, 1818, a choir in Austria first performed the popular Christmas carol "_____ Night".
7. This annual holiday celebrating African American culture is observed from December 26 to January 1.
8. On December 29, 1989, the Associated Press named hockey player Wayne Gretsky and tennis player _____ Navratilova Best Athletes of the Decade.
12. Canadian actor and comedian, _____ Levy, was born on December 17, 1946, in Hamilton, Ontario.
13. On December 1, 2003, the final film of *the Lord of the Rings* trilogy, *The Return of the _____*, premiered in New Zealand.

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 Parkland. 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.

PARKLAND MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors 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 \$110 to \$155 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.

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.

PARKLAND CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Parkland. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. www.lefroyconstruction.com.

PAINTER SERVICING PARKLAND: 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.

YOUR HANDYMAN: All kinds of work around your house, including interior and exterior. Any type of job: small job, good job, big job, awesome job. 23 years' experience in North America and Europe. For free estimates, call Marc in at 403-870-6636 or email marcinj09@gmail.com.

ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Parkland? Our unified team of expert practitioners have one common goal – to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

AFFORDABLE DENTAL CARE MINUTES FROM PARKLAND! Dental care that's affordable, accessible, and essential. Minutes from Parkland. Accept and follow all dental Insurances. Tax Receipts on your cash portion. Direct Billing OAC. Non-corporate independent established 1989. No fluff, no frills! Canada Dental Care Plan welcome! Call today at 403-287-6453 or 403-272-7272. Visit www.calgarydentalcenters.com.

AWARD-WINNING HAIRDRESSER: Enjoy your personalized service in a private studio in Parkland. Master of cutting all types of hair. Specializing in all colour services from balayage, to corrective colour. @Francois Prieur. Phone or text Francois at 403-606-4782.

continued on next page

BUSINESS CLASSIFIEDS

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

CROWN RENOVATIONS: Book your kitchen reno and have it installed for spring. Beautiful kitchen, bathroom and complete basement renovations at affordable prices. Over 40 years' experience in quality renovations. Full service custom cabinetry manufactured in Calgary. Local, licensed, bonded, and insured. Free in-house estimates. Full house renovations. www.crownrenovations.com. Contact Susan at 403-801-1140 or crownreno@shaw.ca.

CYPRESS ELECTRIC LTD: Are you looking to have some electrical work done? Local Master Electrician. WCB insured. Specializing in home renovations, basement developments, electrical panel replacements, electrical vehicle chargers, aluminum to copper conversion, bathfan and hoodfan replacements, pot lights, ceiling fans, new circuits, and receptacles. Call Grayson at 403-466-8733 or email cypresselectricltd@gmail.com.

CERTIFIED LYMPHATIC THERAPY: Helps with pain relief, reducing swelling, circulation, detox and rejuvenation of our bodies, and more! This treatment is natural, gentle, and relaxing. Save 10% on your first visit. Use up your massage benefits towards a lymphatic treatment before they run out! Contact Denise at 587-700-1246 or deniseengel.lymph.clt@gmail.com. Located in South Calgary.

HERITAGE WEST PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers and gasfitters. Water heaters, furnaces, boilers, drain cleaning, leaks, and renovations! Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

SMITH PROPERTY RENOVATIONS: Experienced general contractor with high attention to detail. From kitchens to bathrooms, and everything in between. Check out my website and homestars page for pictures and reviews. Free estimates, licensed and insured. Website: Sp-renos.ca, phone: 587-333-5568, email: craig@sp-renos.ca.

TAI CHI 4 BEGINNERS: Learn the art of Tai Chi in just a few short months. Experienced trainers. Fee: \$30 monthly. Thursdays 1:00 to 2:00 pm. Starting January 2025. Parkland Hall. Discount with hall membership card. Call or email Valerie at 403-278-5330 or msval@shaw.ca.

PARKLAND HOUSE AND CAT SITTING/SECURITY HOME CHECK: Going out of town? Need someone to check your house so you have peace of mind in case of an insurance claim? We will check your house while you're gone for water leaks, take care of your plants and we will cuddle and feed your cats! Long time Parkland residents; call 403-852-1668 or email erikadiaz@shaw.ca. References supplied.



PLUMBER



PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490



**When You Step Out,
WE Step In**

**Vacation and Vacant
Home Watch Service for
Insurance Requirements**

Lynda Binder | Launa Germiquet | Pam Taylor

☎ 1-844-3-ATTEND ☑ info@greatattenders.com

1				4	3		6	5
9		6	1		2			
		3			6	1		
5								
6				8	1		5	
	8		6				7	1
3	2						1	
	6			1	7			
				6			9	

SCAN THE QR CODE
FOR THE SOLUTION



Guess the Holiday!

1. This holiday seems like it could be named after a sport, but it has nothing to do with one.
2. This incredibly bright festival celebrates good winning over evil and the arrival of a new season.
3. This holiday typically revolves around one shape.
4. Eggnog, trees, and bells are classic elements of this holiday.
5. Costumes are a huge part of the fun of this holiday.
6. This holiday happens on the first Sunday after the full moon that occurs on or after the spring equinox.



SCAN THE QR
CODE FOR THE
ANSWERS!

SHERWIN BRIERTON

sherwinbrierton@royalpage.ca

403.813.1535

"A Sure Win"

I can help if you need:

- To buy or sell
- A free home evaluation
- Free market information

#205, 264 Midpark Way SE, Calgary, AB T2X 1J6

Independently Owned and Operated

This is not intended to solicit properties already for sale.

www.sherwinbrierton.com

ROYAL LEPAGE

The Community of Parkland



One of the greatest pleasures of the holiday season is to exchange greetings with those whose friendship we value so highly. In this spirit, it is a pleasure to say Thank You Parkland Residents and extend our sincere appreciation for the pleasant experiences we have enjoyed with you.

We wish you all a very Merry Christmas and an amazing new year filled with happiness and good health.

Yoki & Jeff Nichol

FROM ONE GENERATION TO THE NEXT
"Both of us working for you"

Over 60 Years Combined Experience

CHAIRMAN'S CLUB LIFETIME MEMBER NATIONAL TOP 1%

ROYAL LEPAGE Solutions



"To give real service you must add something which cannot be bought or measured with money-sincerity and integrity"

403-852-1992 | 403-870-1892

Not intended to solicit properties already listed for sale



Relocation
Specialist



Relocation
Specialist