DECEMBER 2026 DELIVERED MONTHLY TO 4,250 HOUSEHOLDS

WALDEN LIFE

THE OFFICIAL WALDEN COMMUNITY NEWSLETTER





WALDEN ORTHODONTICS

FREE Orthodontic Consult

invisalign PROVIDER

587-393-6020

BOOK NOW!

105-19612 Walden Blvd SE

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

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



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.



WALDEN COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	26	21	11	$535,000	$520,000
September	26	32	15	$520,000	$500,000
August	26	28	16	$561,500	$552,500
July	26	18	14	$544,950	$540,000
June	26	25	28	$495,000	$483,750
May	26	35	19	$679,900	$669,000
April	26	38	17	$539,900	$531,000
March	26	18	21	$549,900	$540,000
February	26	25	13	$570,000	$558,000
January	26	12	10	$612,450	$597,250
December	25	9	11	$549,990	$542,900
November	25	15	18	$544,950	$539,525

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

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.

CONTENTS

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

9 RECIPE OF THE MONTH: PEPPERMINT COOKIES

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

12 HERITAGE CALGARY: THE HISTORY OF CALGARY'S FIRST PUBLIC CHRISTMAS TREE

15 BUSINESS CLASSIFIEDS









SCAN HERE TO VIEW ADDITIONAL WALDEN CONTENT

News, Events, & More

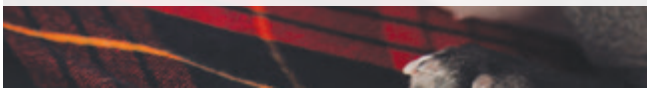
Crime Statistics

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.



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.



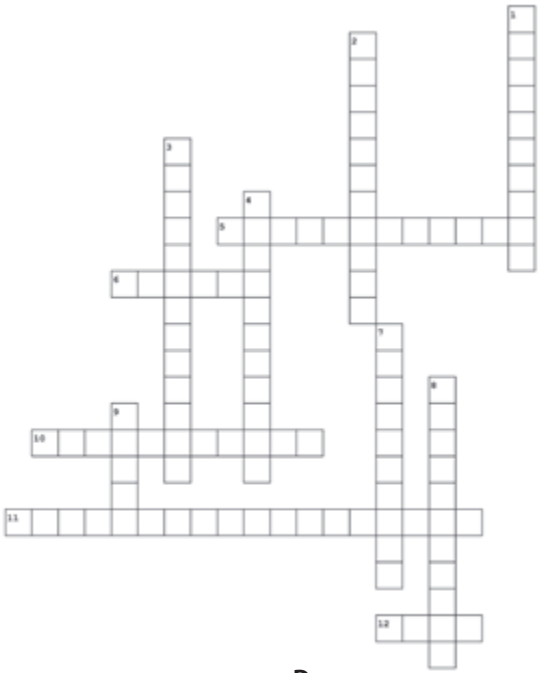


BRAIN GAMES SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION

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.

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

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.

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

The Signs Your Child Is Being Bullied (And What You Can Actually Do)

by Katan Tailor, Calgary educator with 27 years of experience working with children and families.



Most parents picture bullying as a shove in the schoolyard. In my 27 years as an educator, I have learned it rarely looks like that. It looks like a stomach ache every Monday morning. A child who loved school and now drags their feet. Belongings that go missing or come home depleted. A kid who cannot sleep, or bursts into tears over small things.

Children rarely wake up and say they are being bullied. They feel embarrassed and worry you will overreact or that telling will make it worse. So, the signs show up sideways, and parents are often the last to connect the dots, not because they are not paying attention, but because the signs are easy to explain away.

- Physical signs: Unexplained bruises, torn clothing, missing lunch money or supplies.
- Emotional signs: Sudden mood swings, withdrawal from family, lost interest in old favourites, restless sleep.
- School signs: Slipping grades, reluctance to go to school, avoiding certain hallways.
- Social signs: Friends never mentioned anymore, parties they are no longer invited to, a phone they guard anxiously or avoid entirely.

One sign on its own may mean nothing. Children have bad weeks. But a pattern, several signs lasting more than a couple of weeks, deserves your attention.

If you suspect something, start by listening. Choose a calm, private moment, not right after school but later, over a snack or in the car. Ask open questions: "How are things with your friends lately?" works better than "Is someone bullying you?" If they open up, stay steady. Your reaction teaches them whether telling you was the right call. Thank them for trusting you and resist the urge to confront the other child's parents. That almost always backfires.

Write down what you learn: dates, what happened, who was involved, messages or screenshots. Schools take documented patterns far more seriously than vague worries, and those notes will matter if the situation escalates.

Then approach the school as a partner, not an adversary. Start with your child's teacher: share calmly what you have observed and ask what they have seen. Ask what the school's process is and what the next steps look like and follow up in writing. If the response feels slow, bring your concerns to the principal. You are not being difficult. You are your child's advocate.

At home, protect what bullying tries to take: your child's sense of worth. This is the part parents underestimate most. Spend one-on-one time doing something your child is good at. Notice their strengths out loud and be specific. Not just "good job," but "you were really patient with your sister today." Help them build at least one friendship outside that environment, through sports, art, or a club. One solid friendship makes a child far more resilient.

Take care of yourself, too. Feeling angry, guilty, or helpless is normal when your child is hurting. Work through those feelings away from your child, with a partner, a friend, or a counsellor. Your child needs you calm and steady.

Finally, know when it is more than a rough patch. If your child talks about harming themselves, stops eating or sleeping for days, or changes dramatically, seek professional help. Your family doctor is a good first call. There is no shame in it, and early support makes an enormous difference.

Bullying thrives in silence. The most powerful thing you can do is keep the conversation open, so your child never has to carry it alone.

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.



"First public Christmas tree in Central Park, Calgary, Alberta.", 1914-12-24, (CU1122821) by unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

The History of Calgary's First Public Christmas Tree

In 1914, during the hardships of the First World War, several Calgary citizens led by Mr. E.J. Riley began a movement to organize a local branch of the Canadian Christmas Tree League. Their goal was to bring the community together through a public celebration and spread happiness during a difficult time.

The Calgary branch of the league was successfully launched on December 12, 1914. Soon afterward, plans were made to raise a public Christmas tree approximately 40 feet tall in Central Park, which is now known as Central Memorial Park.

According to *The Calgary Albertan* on December 21, 1914, the tree "will be prettily lighted and surmounted with a large cross or star." The newspaper also described how "that traditional old guest, Santa Claus, will arrive on the scene in a sled drawn by the best team of reindeer Calgary can produce." The tree was planned to be illuminated every night during Christmas week.

The celebration aimed to do more than mark the holiday. The league's members wanted to plan an open-air celebration that would bring joy to people of all ages. They hoped the event would "gladden hundreds of children and parents, and help them to forget, during the Christmas season at least, the sorrow spread over the land by the war." At a time when many families were worried about loved ones and the effects of the war, the celebration offered a welcome opportunity to experience joy, hope, and togetherness.

The modern Christmas tree originated in 16th-century Germany, blending ancient winter solstice evergreen customs with medieval religious symbolism. Introduced into England in the 19th century, the Christmas tree was popularized by German-born Prince Albert, husband of Queen Victoria. Brought to North America by German settlers as early as the 17th century, Christmas trees were the height of fashion by the 19th century.

The first Christmas Tree League in Canada had been organized in St. Lambert, Quebec in 1913. Similar public Christmas tree celebrations were also held annually in larger American cities. Calgary followed this growing tradition by electing officers and appointing a programme committee to help organize the event.

Although Calgary's public Christmas tree tradition was interrupted later during the war, it returned to Central Park in 1922. Annual Christmas light-ups became a familiar part of the city's holiday season. After Olympic Plaza opened for the 1988 Winter Olympics, it became another home for Calgary's public Christmas tree until the plaza closed for renovations in early 2025. What began as a wartime effort to spread happiness grew into a lasting Calgary tradition.

Learn more about Central Memorial Park on the Inventory of Evaluated Historic Resources: https://www.heritagecalgary.ca/explore-inventory.

Recycle More This Holiday Season

by City of Calgary Waste and Recycling Services



Due to new upgrades at our recycling facilities, you can now recycle even more holiday waste this year. As you clean up after holiday gatherings, remember to put these items in your blue cart:

- Paper and plastic gift wrap
- Foam packaging
- Flexible plastic bags, wrappers, and food pouches
- Cardboard and shipping boxes
- Food and body aerosols, like cooking oil spray, whipped cream cans, and hairspray
- Metal food cans, glass jars, and plastic containers

Place all items empty, clean, and loose in your blue cart. Do not bag or bundle them.

Thank you for sorting right and helping keep more holiday waste out of the landfill!

Learn more at calgary.ca/holidaywaste.

Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options for composting.

Green Cart Pickup:

Remove all decorations (lights, tinsel, ornaments) and cut the tree into small pieces so it fits inside your green cart with the lid closed. Place any extra branches in a paper yard waste bag, rolled shut, and set it at least two feet away from your cart.

Drop-Off Site:

From December 26 to January 31, you can take your whole tree to a designated drop-off site. You can find the location closest to you at calgary.ca/christmastree. Please ensure all decorations have been removed and do not wrap or bag your tree when dropping off.

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
THEMORTGAGEGROUP

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



Councillor, Ward 14
Landon Johnston
ward14@calgary.ca
403-268-2430 ward14yyc.ca
@LandonForWard14
@Ward14LandonJohnston

As we come to the end of another busy year, I want to take a moment to thank everyone who helps make Ward 14 such a great place to call home. From the neighbours who look out for one another, to the volunteers, community associations, local businesses, and organizations that bring people together, your contributions help make our communities stronger.

Whether you're celebrating with a full house, travelling to see family and friends, or enjoying a quieter Christmas at home, I hope you have the opportunity to take a break, enjoy some good company, and make a few great memories along the way.

I'm grateful for the many conversations and connections I've had with residents throughout the year, and I look forward to continuing that work in the year ahead. Your feedback and involvement are important to me, and I encourage you to stay connected with our office. Visit our website for Ward 14 updates, community information, and ways to get in touch with us.

From my family and the entire Ward 14 team, I wish you and your family a very Merry Christmas and a happy, healthy New Year. I look forward to seeing you around Ward 14 in 2027!



MLA Calgary - Shaw
Kyle Campbell
208 – 279 Midpark Way SE
Calgary.Shaw@assembly.ab.ca
403-256-8969
@kylecampbellyyc

The Christmas season is in full swing! I wish you and your family a merry Christmas and a joyful holiday season. My heart is full of gratitude this December for the opportunity to serve as your MLA.

Over the past year, I've had the privilege of meeting folks from every corner of our community. Visiting schools, attending community events, meeting with local organizations, and supporting small businesses consistently provide the community spirit that make Calgary-Shaw such a wonderful place to call home.

Christmas gives us a chance to reflect on what matters most: family, friends, faith, and our community. It's also a time to recognize the many people who make a difference every day. I want to extend my gratitude to the countless individuals whose dedication strengthens our community every day.

As your MLA, I believe effective representation is not only about hearing your concerns but taking action. The riding of Calgary-Shaw is home to my family. I'm determined to work every day to turn conversations into meaningful action. These conversations guide my work both here in the community and at the Alberta Legislature.

My constituency office is here to assist with provincial matters and help residents navigate government programs and services. If you have questions, concerns, or need support, we are always happy to help.

As we look ahead to a new year, I am full of optimism about what Albertans will accomplish together. Calgary-Shaw is a community full of caring, engaged people, and I am honoured to represent you.

On behalf of my family and my constituency office, I wish you a very merry Christmas, a happy holiday season, and joyful New Year.

BUSINESS CLASSIFIEDS

For business classified ad rates contact 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.

WALDEN 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.

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.

WALDEN CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Walden. 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.

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.

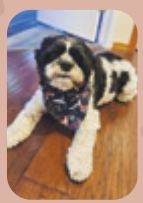
PAINTER SERVICING WALDEN: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.





Cats, Canines, & Critters of Calgary


Jasmine, *Mount Pleasant*


Jasper, *Arbour Lake*


Jewels, *Walden*


Kevin, *Acadia*


Lilly, *Millrise*


Princess Molly, *Acadia*


Sintra, *Midnapore*


Taco, *Woodbine*

To have your pet featured, email content@greatnewsmedia.ca

WALDEN FAMILY DENTAL

Get a FREE $100 Gift Card*



CALGARY OWNED AND OPERATED

*Conditions apply. With a new comprehensive exam, complete x-rays and cleaning.

BOOK YOUR CHECK-UP AND CLEANING TODAY!

403-460-2200

www.WaldenFamilyDental.com

105, 19612 Walden Blvd SE, Calgary T2X 4C3