

DECEMBER 2024

DELIVERED MONTHLY TO 1,750 HOUSEHOLDS

your ELBOW VALLEY VIEW



MINUTES AWAY!



BIG 4

Chrysler • Dodge • Jeep • RAM

SYNTHETIC OIL CHANGE WITH THIS COUPON

\$129
plus GST

SEE US TODAY!



LEN T WONG + ASSOCIATES



ELBOW VALLEY COMMUNITY REAL ESTATE ACTIVITY

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@lenthong.com

*Guarantee is being offered by Greater Property Group.
Terms and Conditions Apply.

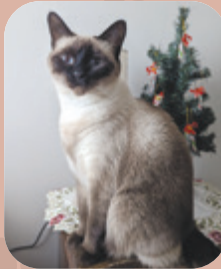
		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	24	5	3	\$2,998,000	\$2,970,000
September	24	6	4	\$1,463,950	\$1,452,500
August	24	5	3	\$1,395,000	\$1,395,000
July	24	6	3	\$2,499,000	\$2,600,000
June	24	8	5	\$2,349,000	\$2,275,000
May	24	6	3	\$1,495,000	\$1,515,000
April	24	2	5	\$1,495,000	\$1,490,000
March	24	7	6	\$1,747,500	\$1,730,000
February	24	6	5	\$1,595,000	\$1,550,000
January	24	10	2	\$1,887,450	\$1,872,500
December	23	1	2	\$949,300	\$914,750
November	23	3	2	\$1,224,000	\$1,190,000

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

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

Thinking about a kitchen update?

REPLACE OR REFACE

BLOOM
kitchens

DESIGN | REFACE | RENOVATE

Call 403.860.9088

visit us



bloomkitchens.ca

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



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



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

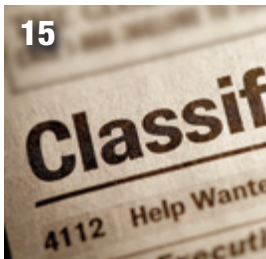
Eye Matey!



It is common for media to portray pirates wearing eye patches, but it is likely not for the reasons you think! Eye patches were used to keep one eye adjusted to low light conditions so when the pirate went below deck, they could immediately see by swapping the eye patch to the other eye. What a bright eye-dea!

CONTENTS

- 7 MENTAL HEALTH MOMENT: FIVE BENEFITS OF LONGER-TERM THERAPY
- 8 DECEMBER CROSSWORD
- 11 TAKE ON WELLNESS: #HEALTHYTECHNOLOGYUSE
- 12 RESIDENT PERSPECTIVES: THE ART OF FINDING WORK - YOU CAN MINIMIZE THE ODDS OF BEING GHOSTED
- 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.



Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- 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;
- Call 9-1-1 or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°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. Call 9-1-1. 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.



ALL I WANT FOR CHRISTMAS IS YOU

On December 21, 2019, Mariah Carey officially 'defrosted' when her song "All I Want for Christmas Is You" finally topped the Billboard Hot 100 chart for the first time since its release in 1994. Talk about a Christmas miracle - 25 years in the making!

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.

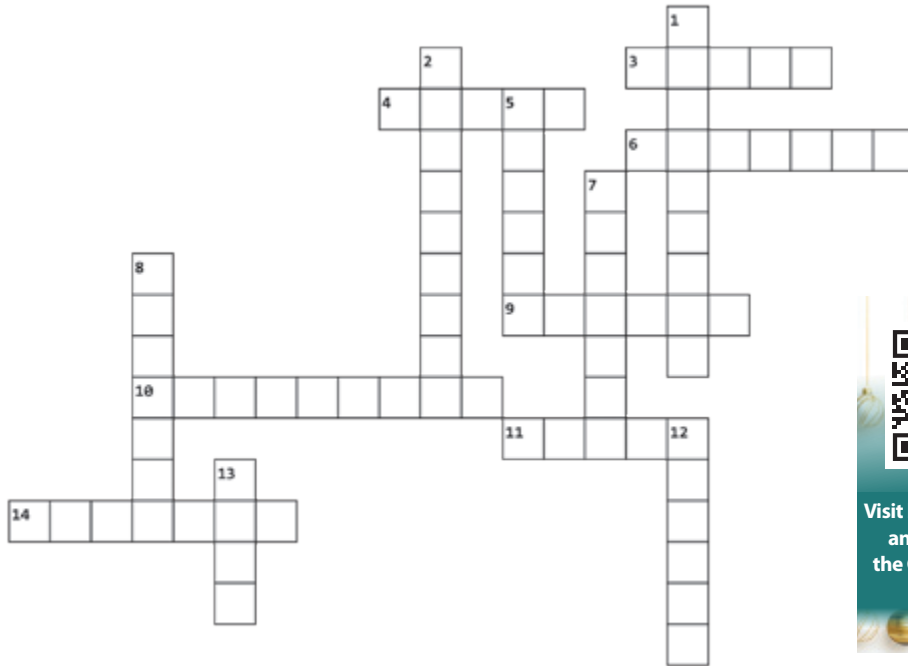
3. Builds A Therapeutic Relationship – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness, and healthy boundaries attachment. Overtime, we may feel more comfortable 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.

December Crossword



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.



Carolyn's Corner: Winter Wonders - Bringing Holiday Magic to Your Planters

by TJ Yurko

As the holiday season approaches, it's time to let your creativity shine with seasonal décor. Capture the magic of winter and invite festive cheer into your home with these beautifully crafted, whimsically inspired holiday planter ideas.

Containers

Start with picking the perfect container. Terracotta pots, ceramic vases, wooden crates, woven baskets, and metal buckets work perfectly for indoor arrangements. For outdoor planters, choose containers made from durable, weather-resistant materials like waterproof plastic, metal, or wood.

Plants

Next, think about plant selection. Seasonal flowers like poinsettias, cyclamen, and amaryllis kindle holiday glamour indoors. Evergreens like pine, spruce, cedar, fir, and juniper evoke a classic holiday feel in any setting, with holly, euonymus, magnolia, and eucalyptus adding unique features. For a cascading effect, use weeping or trailing plants near the container's edges.

Quality substrate is crucial for keeping plants fresh. Use hydrated floral foam or a reusable floral grid with well-drained potting mix to keep your plants thriving all season long.

Ornaments

Add character to your holiday planter with decorations like cones, twigs, branches, ornaments, ribbons, faux birds, and lights. Battery-operated lights provide a warm, comforting glow without the hassle of cords and plug-ins. Arrange these accessories, so they complement your plants rather than overshadow them.

Designs

When designing your holiday planter, use the "thriller, filler, spiller" technique: Begin with a tall, focal plant or decoration ("thriller"), fill in with medium-height

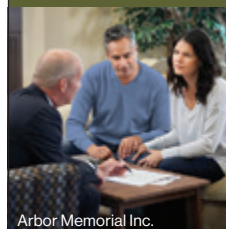
materials ("filler"), then let elements drape over the edge ("spiller"). Experiment with different holiday colours like red, green, gold, blue, silver, and white. Place arrangements in high-traffic areas to showcase your creations.

Remember, the best holiday pots reflect the unique style and design of your home. So, embrace the spirit of the season, have fun with arrangements, and transform your planter into a masterpiece that personifies the true meaning of the holidays.

Need help sprucing up your landscape this holiday season? Don't hesitate – contact a professional today!



The next step in your estate and retirement planning



Include final arrangements in your planning to protect your family.



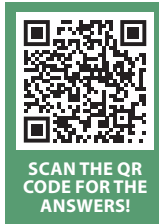
Eden Brook
Funeral Home & Cemetery
by Arbor Memorial

Arbor Memorial Inc.

edenbrookcemetery.ca • 403-217-3700

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.



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.

BRAIN GAMES

SUDOKU

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



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!



#HealthyTechnologyUse

by Community Health Promotion Services



Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor for us that has been shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles, and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content, and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 Ms that you can refer to:

- **Manage:** The information online can be easily accessed but you can manage this by setting limits and clear expectations of use. It is also useful to continually learn about different platforms, especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks, or learning about privacy settings on apps like TikTok to ensure healthy use.

- **Meaningful:** To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers or are the people you love feeling FOMO “fear of missing out” on an event that may be posted by their peers.

- **Model:** If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on your phone during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they see, for example, how this makes you feel, or do you know what filters are?

- **Monitor:** The monitoring of use will help you to see if there are any warning signs of problematic use. When they are not using technology, are they bored or angry, have low self-esteem, are they exhibiting worsening symptoms of mental health issues such as anxiety, or does it interfere with school, social interactions, or sleep?

There are pros and cons when using technology. We encourage the use of the 4 Ms as a tool to ensure the positives of technology are weigh the negatives.

The Art of Finding Work - You Can Minimize the Odds of Being Ghosted

by Nick Kossovan



When job seekers complain about being ghosted—a form of silent rejection where candidates hear nothing after submitting an application or having been interviewed—I wonder if they're unaware of the changes in social norms and mannerisms. Do they not know that social norms and the workplace are intertwined? Since the advent of social media, manners, courtesy, and empathy have significantly diminished.

If there's one thing job seekers can be certain about, it is that they'll be ghosted multiple times throughout their job search. It wouldn't be a stretch to say ghosting candidates has become a norm. It's worth pointing out that companies don't ghost candidates, the company's employees ghost candidates. When the recruiter or hiring manager is of a generation that finds ghosting an acceptable way to terminate a relationship, romantic or otherwise, it shouldn't come as a surprise when they ghost candidates.

Bad News: You can't change or control other people's behaviour.

Good News: You can take proactive steps to minimize—as with all human interactions, there are no guarantees—the chances of being ghosted.

Build a Strong Relationship. Focus on Being Likeable.

Understandably, hiring managers—recruiters less so since they won't be working with the candidate—look to hire candidates they can envision getting along with; hence, most job seekers would significantly boost their chance of job search success by focusing more on being likeable.

By likeable, I mean being pleasant, respectful, and expressing genuine interest in the company and the role. I've yet to meet a hiring manager who hires candidates they don't like. As I've mentioned in previous columns, likeability supersedes your skills and experience. Most job seekers don't focus enough on being likeable.

The stronger the relationship you establish with the recruiter or hiring manager, the more likely they won't ghost you. From your first interaction, focus on creating a rapport beyond just transactional communication.

Personalizing your correspondence can make a significant difference. Use the hiring manager's name instead of a generic 'To Whom It May Concern.' Find commonalities such as place of birth, hobbies, schools attended, associations you belong to, favourite restaurants, and people you know.

Avoid Appearing Confrontational

Anyone reading this can relate to the number one reason why people ghost: to avoid confrontation. Today, many people feel entitled, resulting in job seekers being frustrated and angry. You only need to scroll through LinkedIn posts and comments to see that bashing employers has become an unproductive trend. Hence, it's likely that a candidate will become confrontational if told they don't get the job.

Smile throughout your interview! Avoid appearing desperate! My best interviews have been those in which I was nonchalant; I was indifferent to whether or not I got the job. In addition to being a turn-off, showing signs of desperation will raise questions about how you'll react if told you aren't hired.

Lastly, tell your interviewer how much you enjoyed talking with them and that you look forward to hearing back.

"I really enjoyed our conversation, Khloe. Thank you for taking the time to meet with me. I look forward to hearing your hiring decision."

"Either way, please call or email me to let me know about my application status."

You're more likely to receive a response by asking explicitly for communication.

Earn Your Interviewer's Respect

People tend not to ghost someone they respect.

Respect must be earned, starting with one of life's golden rules: Treat others how you want to be treated. In other words, give respect to get respect.

Throughout your job search, be professional and courteous. Respond promptly to emails and calls and thank people for their time. Approaching recruiters and hiring managers politely and professionally improves your chances of being treated similarly.

Ask For Advice, Not Feedback

Asking for advice encourages communication. As your interviewer is wrapping up the interview, mention that you'd welcome their advice. "Given your extensive background in project management, any advice you may have for me wanting to advance my career would be greatly appreciated."

Why ask for advice and not feedback? The first problem with asking for feedback is it puts the other person on the spot. The second problem is feedback can lead to disagreement, hurt feelings, or defensiveness, a common reaction resulting in confrontation. On the other hand, asking for advice is asking for guidance and suggestions to achieve a better result. Essentially, you're acknowledging the other person's experience and massaging their ego. Do you know anyone who doesn't like being asked for advice?

Send a Thank You Note

Sending a thank you note expressing appreciation for the interview and the insights you gained reinforces your interest and keeps the lines of communication open. Conclude with a forward-looking statement, encouraging the recipient to respond.

"I look forward to hearing from you regarding the next steps."

"I look forward to staying in touch."

Job searching aside, direct, open, and honest communication—say what you mean, mean what you say—which I highly value, has become rare, which explains the prevalence of ghosting. When you're ghosted, assume the company isn't enthusiastic about hiring you. Silence may be golden in some things, but ghosting is not one of them.



DUNCAN LAW

**Impeccable
Legal Advice.**



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

📍 Conveniently located in Aspen Landing

Phone: 403.300.0870 | DuncanLawYYC.ca

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

Easy Turkey Chili

by Jennifer Puri

Turkey is a large bird which is rich in protein and other nutrients such as iron, zinc, and selenium. It provides many of the same calories as chicken and most people are easily able to digest it.

Ground turkey is an inexpensive way to consume turkey and over the years has grown in popularity as a substitute for ground chicken. Rich in vitamins and minerals it can contribute to a healthy diet as it is low in fat. Dark meat is more flavourful but has more calories than white meat without the skin.

Turkey can be added to soups, salads, sandwiches, burgers, or Chili as shown in this Easy Turkey Chili recipe below.

Prep Time: 15 minutes

Cook Time: 1 hour

Servings: 6

Ingredients:

- 1 lb lean ground turkey
- 2 tbsps. olive or vegetable oil
- 3 garlic cloves finely chopped
- 1 medium yellow onion chopped
- 1 red bell pepper finely chopped
- 1 900 ml carton (low sodium) chicken broth
- 1 28 oz can diced tomatoes
- 1 small can corn niblets drained and rinsed
- 1 540 ml can black beans drained and rinsed
- 1 540 ml can red kidney beans drained and rinsed
- ½ tsp Chili powder
- 2 tsps. ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp ground black pepper

Directions:

- In a large pot add olive or vegetable oil, chopped onion, garlic, and red pepper. Sauté the vegetables for 3 to 4 minutes until onions are softened and then add the ground turkey. Sauté the turkey for 4 to 5 minutes until cooked through.
- Add the Chili powder, ground cumin, oregano, salt and black pepper and continue to cook for a couple of minutes.

- Add the black beans, kidney beans, corn, and diced tomatoes and blend in with the turkey.
- Add the chicken stock and bring to a boil and then reduce heat and allow the Chili to simmer for approximately 45 minutes, stirring occasionally.
- Garnish the Turkey Chili with sour cream, shredded cheddar cheese and chopped coriander leaves or taco chips and sliced avocado if preferred.

Bon Appétit!



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 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.

TIME FOR YOU BY LADY DI: Take some time to pamper yourself! I offer lash extensions, lifting, tinting, brow lamination and tinting, brow waxing and product-only facials. Call Diane at 403-850-6009.

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.

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.

ARROWHEAD LANDSCAPING: Monthly snow removal service. Daily service with flat rate monthly pricing. Local operator in West Calgary. Small residential driveway starting at only \$149 per month. Also servicing Estate and Acreage homesites in Springbank and Elbow Valley. Text/call 403-370-7503 or visit www.arrowheadcalgary.com for complete year-round service lists and pricing. Booking landscaping work for spring 2025.


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.

TOP RANK TILE & STONE: "Miracles We Can Do Right Now, The Impossible May Take A Little Longer". Master Stonemason with 35+ years of experience. Specialist in tile, stone, hardwood, LVP, showers, renovations, and repairs. View previous work @topranktileandstone (Instagram). All work guaranteed ~ call Robert at 403-679-9063 or email rjhrank@gmail.com. Licensed and insured.

• • • • •

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!



• • • • •

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