

JULY 2024

DELIVERED MONTHLY TO 1,750 HOUSEHOLDS

your **ELBOW VALLEY** VIEW



GET A QUOTE NOW

SECURE THIS PRIME LOCATION

PLACE YOUR AD HERE AND PROMOTE YOUR BUSINESS

403-720-0762 | grow@greatnewsmedia.ca



**READY TO
INCREASE YOUR
CURB APPEAL?**

KILBCO
CONCRETE CURBING

Need a border between your grass and existing garden? Thinking of creating a new garden? Kilbco can help.

With a variety of colors, stamps and profiles, our steel cable enforced landscape curbing is a cost effective and a practical solution for residential and commercial properties.

Curbing will beautify your landscape and add value to your property

Free Estimates
www.kilbco.com | 403-870-0737



Your Patio Furniture Superstore!

YETI **Wicker Land Patio** **weber**

TRAERGER **BBQ LAND** RATANA **Modern Patio**

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.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

BARKER'S

· FINE DRY CLEANING ·

**PICK UP & DELIVERY
SERVICES**



403-282-2226



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@lentwong.com

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

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	24	6	3	\$1,495,000	\$1,515,000
April	24	2	5	\$1,495,000	\$1,490,000
March	24	8	6	\$1,747,500	\$1,730,000
February	24	7	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
October	23	2	2	\$1,286,500	\$1,276,500
September	23	8	2	\$1,444,950	\$1,430,500
August	23	3	1	\$2,270,000	\$2,150,000
July	23	3	7	\$1,649,000	\$1,600,000
June	23	9	4	\$1,835,000	\$1,800,000

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

Ask RECA

I found out after I bought my condo that the parking stall wasn't included on the title! What can I do?

Navigating a condominium purchase involves some different considerations compared to the purchase of a single-family home. Among other things, you need to consider your condominium fees and what they include, details regarding who runs the condominium board, and any specific condominium bylaws that may not allow for certain activities, such as pets or a BBQ. There are many things you should review prior to signing a purchase agreement, and sometimes the property listing doesn't contain all the details.

Unfortunately, if a deal has already closed and the property has changed hands, there is little recourse for these issues outside of the courts. Consumers and licensees should be aware of possible problems and do their due diligence before making an offer.

One of the most overlooked details in condominium purchases involves the verification and documentation of parking spaces. Is the parking stall a deeded parking stall that is included in the purchase price for the condominium unit? Is it being sold separately from the condo unit or is it an assigned stall that is part of the common property?

The sellers are responsible for providing parking stall information to their licensee, and this should be detailed in the property listing. Yet it's important to understand that listing details might not always be included or accurate. There is always the possibility that an error occurred when the seller's licensee entered details on the listing database; a parking stall could be accidentally listed as a deed parking space, when is really is an assigned stall. The seller may have also given incorrect information to their licensee, who took them at their word.

This is where communication and due diligence are crucial. Oversights in information can lead to buyers receiving what they thought was a titled parking spot or discovering that their parking space is not as conveniently located as they were led to believe.

It's imperative for the buyer licensee to proactively verify and document any aspects of a property purchase, including parking stall information, with the seller or their licensee and through their own due diligence, prior to making an offer.

Buyer licensees should view the property and the parking stall in-person preferably with the client, to ensure that it meets the client's needs (is it large enough? is it close enough? is it handicap accessible?). The buyer licensee should also speak with the seller's licensee to confirm any parking stall locations and any additional costs or fees that may be associated with them. These details should also be explicitly included in the condominium documents and/or title.

Seller licensees should also do their due diligence and verify the information given to them by their seller clients. It pays to catch misunderstandings early, before any money changes hands or contracts are signed.

When purchasing a condominium, you should always discuss your individual circumstances with your licensee so they may guide you as to what questions to ask, and any particulars that may need to be included in writing.

In the end, if something is missed through negligence or lack of due care on the part of a licensee, consumers can submit a complaint with RECA. The licensee(s) involved in the transaction could face sanctions for failure to provide competent service.



ABC TREE SERVICE

Certified arborist proudly serving Springbank since 2009.
Call us for all of your tree needs. Pruning, shaping, and removal, planting, insect and disease assessment.

Contact us today for a free estimate!

Call 403-519-1425 or email bharle@value-find.com
www.abctreeservice.ca

Cats, Canines, & Critters of Calgary



Leo and Toby, *Coach Hill Patterson Heights*



Oreo and G, *Thorncliffe*



Riley and Ozzy, *Coach Hill*



Sir Gawain and Sir Tristan, *Woodbine*

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



Hate Your Renewal Rate? Call Me!

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

GOOEY GOODNESS

Have you ever wondered why it is called a marshmallow? The gooey treat we love today was originally enjoyed by Ancient Egyptians and made from the mallow plant (*Athaea officinalis*), which grows wild in marshes!



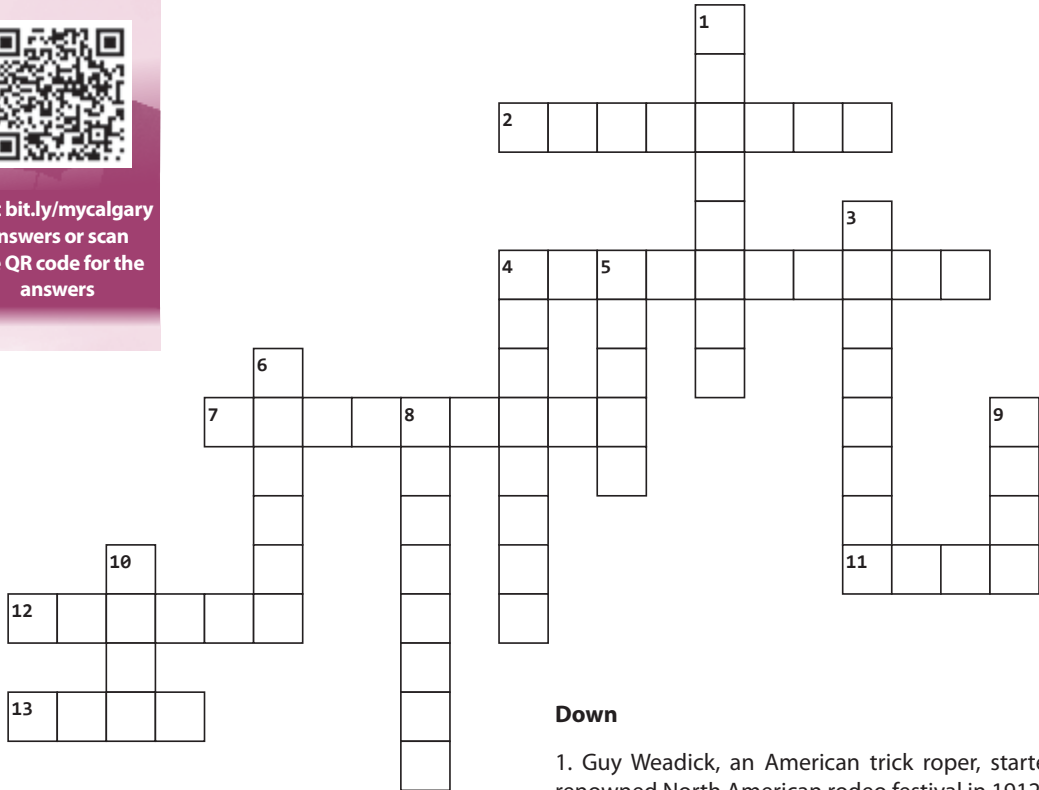
Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate 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.

July Crossword



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



Across

2. Pamela Anderson, famous for her role in _____, was born in Ladysmith, BC on July 1, 1967.
4. This popular magical, family-friendly theme park opened on July 17, 1955, in the United States.
7. AT&T launched the Telstar, a communications _____, on July 10 of 1962, which paved the way for communications on cell phones and Wi-Fi technology.
11. This July birthstone is also known as "Ratnaraj" which is Sanskrit for "King of Gems."
12. July is named after the Roman General, Julius _____.
13. The Calgary _____ Music Festival has been a music highlight in Calgary's artistic scene since 1980 and takes place from July 25 to 28 this year.

Down

1. Guy Weadick, an American trick roper, started this renowned North American rodeo festival in 1912.
3. *The Catcher in the Rye*, written by J.D. _____, was released on July 16, 1951.
4. Canada Day is celebrated on July 1 every year but was originally referred to as _____ Day.
5. What type of animal was Dolly, the first mammal ever cloned in July of 1996?
6. The Rolling Stones, with frontman Mick _____, played their first ever concert on July 12, 1962.
8. One of July's birth flowers, the _____, is also known as a delphinium.
9. This action sci-fi prequel to the *Predator* franchise, filmed in Alberta, was released on July 21, 2022.
10. On July 20, 1969, the Apollo 11 mission landed on the moon with commander _____ Armstrong.

How to Grieve the Loss of a Pet

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



The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are

empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

Allowing ourselves to feel joy, and remembering our pet with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given." Suzanne Clothier

Cannabis and Youth

by Alberta Health Services



Cannabis or other common names including, marijuana, weed, or pot, is a drug that comes from a plant that contains over 100 compounds. The two common compounds are THC and CBD which have completely different effects on the body, but both affect how you think, feel, and act. Cannabis can be smoked, vaped, consumed by eating or drinking, and absorbed through the skin.

Having conversations with a young person may be uncomfortable or difficult to know where or how to begin. Below are some key areas to focus on:

- **Discussions:** When is it the right time to start having these conversations? Well, it is known that discussions about substances should begin as early as 12 years or earlier when appropriate. Educating yourself on how the substance is used and why it may be popular is the first step.
- **Try To Understand Why:** There are many reasons why a young person may decide to use substances, which can include coping, curiosity, or peer pressure. Ask questions and try to understand why they want to use and what they know about the substance.
- **Set Clear Expectations:** It is known that youth succeed with consistency. Be clear with your expectations of “no use of substances” while keeping in mind that you still want to be the support they come to. Role modelling and applying the same expectations for yourself will support maintaining consistency.

References:

- Protecting children and adolescents against the risks of vaping | Canadian Paediatric Society (cps.ca).
- How to Talk with Your Son or Daughter About Vaping - Partnership to End Addiction (drugfree.org).
- Mental Health Literacy. (2024). Cannabis. Retrieved March 21, 2024, from, Cannabis - Mental Health Literacy.

DUNCAN LAW

Impeccable
Legal Advice.

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

Conveniently located in Aspen Landing
Phone: 403.300.0870 | DuncanLawYYC.ca

A professional advertisement for Duncan Law. It features a dark blue background with a gold mountain logo at the top. The text 'DUNCAN LAW' is in large, white, sans-serif font. Below it, 'Impeccable Legal Advice.' is written in a smaller white font. A list of services is provided with gold arrowheads: Personal Injury, Real Estate, Wills & Estates, and Family Law. At the bottom, there is a location note and a phone number with a website URL. A portrait of a smiling man in a grey suit is on the right side.

SCAN HERE TO VIEW ADDITIONAL ELBOW VALLEY CONTENT

News, Events, & More



Real Estate Statistics



403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

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.

CALGARY FRESH JOCK: \$50 for a hockey bag full of gear. We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265- 4769 | YardBustersLandscaping.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.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up /Drop-Off Service Available.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

PERFECTION PRUNING: Have you been noticing that your trees and shrubs are in need of some care and attention? We can help make your yard look beautiful again! Experienced arborist with excellent climbing, pruning and removal skills. Free quotes, licensed and insured - 100% satisfaction guaranteed! Call or text Caleb at 403-660-7475. Website: www.perfectionpruning.com.

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.

Summer Fresh Strawberry and Avocado Salad

by Jennifer Puri

Avocado is a large berry with a single seed and has much more fat than other fruit. Grown mostly in Central America and Mexico avocado trees can live up to 400 years.

Avocados have yellow or green flesh, a nutty flavour and are very popular in vegetarian cuisine. They are considered “heart-friendly” as their fat is monounsaturated plus they are gluten and cholesterol free and contain vitamins B, E, K, omega three fats, and potassium.

Loaded with fibre, avocados can be added to smoothies, used as a substitute for meat in salads and sandwiches, and as a spread on tortillas or sushi.

The flesh of avocados can be prevented from browning by adding lime or lemon juice. Avocado slices can be added to hamburgers, soups or served with fresh strawberries and spinach leaves as shown in this recipe for Summer Fresh Strawberry and Avocado Salad.

Prep Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 150 gm fresh spinach leaves
- 500 gm fresh strawberries cut in halves
- 2 avocados



- ½ small red onion, finely sliced
- ½ cup shredded almonds
- ½ cup olive oil
- 1 tbsp. grainy Dijon mustard
- 2 tbsps. maple syrup
- 1 tbsp. lemon juice
- ½ tsp. salt
- ¼ tsp. coarsely ground black pepper

Directions:

- Prepare dressing by combining the olive oil, Dijon mustard, maple syrup, lemon juice, salt and black pepper in a small bowl or jar, blend well and set aside.
- Place the washed spinach, strawberries, and sliced onion in a large bowl. Peel the avocados, remove the seeds, slice, and add to the salad mixture. Drizzle with the prepared dressing and gently toss until all the ingredients are combined. Garnish with shaved almonds and serve.

Bon Appétit!



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

Cleaning Services

- Dry Cleaning
- Tablecloths
- Napkins
- Table Skirts
- Chair Covers
- Massage Sheets
- Face Cradles
- Gym Towels
- Face Cloths
- Chef Coats
- Coveralls
- Microfibre Cloths
- Dish Rags

Mat Rentals

- Standard
- Waterhog
- Scraper
- Logo

Paper Products

- Tork Dispensers
- Paper Towel
- Centre Pulls
- Toilet Paper
- Facial Tissues

Pick-Up & Drop-Off Services



calgarymatandlinen.com | 403-279-5554

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

www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED

UNSEALED

KILBCO
CONCRETE CURBING

Locally Owned &
Operated

Free Estimates to 403.870.0737



Fresh Jock

No matter how much you sweat, we can get the stink out!

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

CALL US TODAY AT

403-726-9301

calgaryfreshjock.com



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

Know the signs of **STROKE**

F

Face

is it drooping?

A

Arms

can you raise both?

S

Speech

is it slurred or jumbled?

T

Time

to call 9-1-1

Beat stroke Call 9-1-1 **FAST**

heartandstroke.ca/FAST

© Heart and Stroke Foundation of Canada, 2024 |

™The Heart and /Icon on its own and the heart and /Icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada.

