

SEPTEMBER 2024

DELIVERED MONTHLY TO 1,750 HOUSEHOLDS

# your ELBOW VALLEY VIEW



**MINUTES AWAY!**

WESTHILLS TOWNE CENTRE  
SARCEE TR. SW  
GREY EAGLE CASINO  
GLENMORE TR. SW  
TSUUT'INA PARK  
CALGARY BLVD  
WASAGATE RD

**BIG 4**

Chrysler • Dodge • Jeep • RAM

**NOW OPEN!  
ALL-NEW!  
NEW LOCATION!**

**SEE US TODAY!**

**CAR WASH**  
COMPLIMENTARY  
CAR WASH  
WITH THIS COUPON

# OFFICIAL

PLUMBING & HEATING

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

**\$50**

**Service Call Fee**



**403-837-4023**

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)



Sealing the following surfaces:

Exposed Aggregate | Stamped Concrete | Garage Floors  
Asphalt | Brushed Concrete | Epoxy Coatings | Paving Stones

Contact John for  
a Free Quote!



**(403) 604-9029**

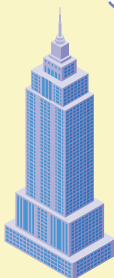
[www.johnsdrivewaysealing.ca](http://www.johnsdrivewaysealing.ca)

**End of Season Pricing in Effect!**

## JOKE OF THE MONTH

Can a kangaroo jump higher  
than the Empire State Building?

Of course. The Empire State  
Building can't jump!



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](http://calgaryfreshjock.com)**



## 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](mailto:len@lenthong.com)**

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

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	24	5	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
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

To view more detailed information that comprise the above  
MLS averages please visit [elbv.mycalgary.com](http://elbv.mycalgary.com)

# The Art of Finding Work: A Job Search Game Changer: Assertive Communication

by Nick Kossovan



King of all skills: communication skills.

Clear, concise communication is the key to getting and keeping an interviewer's attention. An hour-long interview boils down to having 30 minutes to make your case.

First 15 minutes: Small talk, building rapport, setting the tone for the interview.

30 minutes: Actual interview.

Last 15 minutes: Asking questions and wrapping things up, which influences how your interviewer will remember you.

Making your case in 30 minutes requires assertive communication, a powerful skill for conveying your message clearly and directly. When you start using assertive communication, you'll experience a game-changing shift in your job search and career because it's linked to self-confidence and an alpha-like personality, traits that are valued in business environments.

During the interview process, your competitors will likely exhibit signs of passivity or aggression. In this context, assertive communication is a strategic advantage, making you stand out and, most importantly, be taken seriously. You want to aim for the sweet spot between the timid passivity of "I'm not sure, whatever you think is fine" and the overly aggressive "This is how it's going to be."

The assertive communicator strikes a balance between self-promotion and humility. They state their case firmly

but also listen to the other person's point of view. This balance is crucial during an interview, where you must promote yourself by showcasing your qualifications while appearing poised, professional, and easy to work with.

### Assertive communication has three elements:

1. Adamantly believing in what you speak of.
2. Knowing why you believe what you believe.
3. Being ready to prove why you believe, think, or feel what you do; otherwise, it's just your opinion, and "opinions" rarely convince anyone to take action.

### A few examples of assertive communication in an interview setting:

#### Scenario 1: Discussing salary expectations

Passive approach: "I'm open to whatever you offer for this role."

Aggressive approach: "To take this job, I need no less than \$80,000."

Assertive approach: "Based on my 20 years of experience managing inside sales teams and my track record for exceeding sales targets, I think \$85,000, plus a commission and quarterly bonus, which we can work out, would be fair. Would this work for you?"

The assertive communicator clearly and confidently states their salary expectations, acknowledges the employer's perspective, and leaves room for negotiation. Rather than just throwing out a number, they provide context and explanation.

#### Scenario 2: Addressing a weakness

Passive approach: "I definitely need to improve my public speaking. It's something I struggle with."

Aggressive approach: "Public speaking is not my weakness at all. I'm an excellent presenter and communicator."

Assertive approach: "I'm actively improving my public speaking skills. In my last role, I volunteered to conduct more team presentations. This past March, I joined Toastmasters and have given three talks since. Although I am proud of my progress, there is still room for improvement."

An assertive communicator acknowledges their weaknesses honestly and explains how they're addressing them, demonstrating self-awareness and a growth mindset, qualities employers find attractive.



### Scenario 3: "Do you have any questions for me?"

Passive approach: "No, you've covered everything."

Aggressive approach: "When can I expect a job offer?"

Assertive approach: "Yes, I do. I'm excited about this opportunity and believe I would excel in this role. How soon can I expect to hear from you regarding next steps? I'm eager to move forward."

### Scenario 4: Expressing interest in the job.

Passive approach: "I'd be happy to work here."

Aggressive approach: "I am perfect for this job. I expect you to offer it to me today."

Assertive approach: "This opportunity excites me. Based on our discussion, I can see how my qualifications and experience align with being able to meet the expectations you have for this role; therefore, I'm confident I would excel in this role. I'm very interested in joining your team. Is there anything else I can tell you about my background to help you decide to hire me? Otherwise, when can I expect to hear from you regarding next steps?"

The assertive communicator expresses interest and enthusiasm for the job while respecting the employer's decision-making process. They state their case compellingly without demanding or pressuring the interviewer.

Today's job market is hyper-competitive, making job seekers desperate. Hence, it's becoming common for candidates to ask outright at the end of an interview, "Am I hired?" No matter how much you need or want the job, never ask outright if you got the job.

While it's understandable you want to "close the deal," putting pressure on the hiring manager to tell you whether you got the job will create an uncomfortable situation. As I mentioned earlier, how you end your interview will influence how you're remembered. Creating an uncomfortable situation isn't what you want to be remembered for.

Finding the right balance is the key to assertive communication. Your goal: Be bold and confident without being arrogant or confrontational. Assertive communication is a superpower. Few do it well. It shows employers that you're self-assured, adaptable, and can advocate for yourself. By embracing assertive communication, you'll be far ahead of your competition.



**ANITA MORTGAGE**  
AVENUE Financial  
Real Estate Solutions



## 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*

### 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

## CALGARY MAT & LINEN SERVICES

**Pick-Up & Drop-Off Services**



calgarymatandlinen.com | 403-279-5554

## The next step in your estate and retirement planning



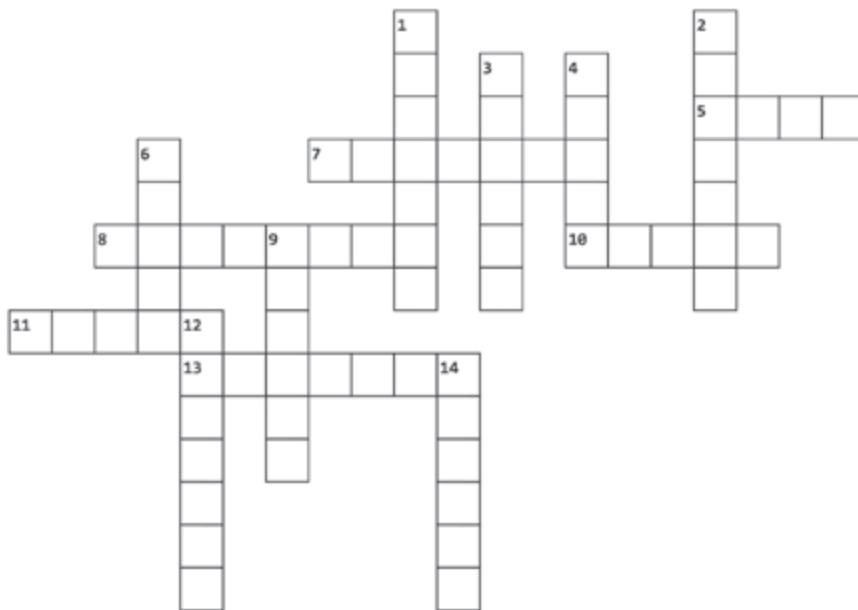
Include final arrangements in your planning to protect your family.



Eden Brook  
Funeral Home & Cemetery  
by Arbor Memorial

Arbor Memorial Inc. edenbrookcemetery.ca • 403-217-3700

# September Crossword



## Across

5. The first \_\_\_\_\_ *Hour* movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.
7. World \_\_\_\_\_ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.
8. The birthstone for September, the \_\_\_\_\_, symbolizes royalty and nobility.
10. World \_\_\_\_\_ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.
11. At the 1988 \_\_\_\_\_ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.
13. On September 1, 1905, \_\_\_\_\_ was officially declared a Canadian province.

## Down

1. On September 1, 1972, Bobby \_\_\_\_\_ made history by becoming the first American to win the World Chess Championship held in Reykjavik, Iceland.
2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".
3. On September 29, 1962, \_\_\_\_\_ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.
4. One of September's birth flowers, the \_\_\_\_\_ comes from the Greek word for star.
6. Treasured Canadian actor, \_\_\_\_\_ Reeves turns 60 this year on September 2.
9. September 22 is \_\_\_\_\_ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.
12. Canadian pop-punk singer, Avril \_\_\_\_\_ was born on September 27, 1984, in Belleville, Ontario.
14. *The Blind Assassin* by Canadian author Margaret \_\_\_\_\_, was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.



# Bike Safety for Everyone

by Alberta Health Services

Biking can be a great way to get around and to keep fit. To ride safely though, good balance, control, strength, and judgement are key tools to remember each time you get on your bike.

Here are some important safety tips to lower the risk of injuries while biking:

- Obey the same rules when you ride on the road as you do when you drive a car. This includes riding on the right side of the road so you're going in the same direction as traffic and stopping at all intersections.
- Look behind you (shoulder check) each time you turn or move out to pass.
- Learn and use hand signals.
- Look left, right, and left again before going ahead.
- Watch the road for hazards like debris, grates, or holes.
- Be extra careful in wet or cold weather that could affect the road conditions or how well you can see.
- Watch for people walking, animals, and others on bicycles when you ride in shared spaces like bike paths or trails.
- Plan your route and choose the safest way to your destination.
- Ensure your bike fits you correctly. Adjust the seat to fit your height. Ensure your bicycle is working properly and do an ABC quick check before every ride: A for air (make sure the tires are firm), B is for brakes, bar, and bell (check your brake levers are working, handlebars are at the right height, and test your bell.)

### Do You Have Protective Gear?

Bike helmets protect people of all ages. It's the law in Alberta that anyone younger than 18 years must wear a helmet when riding a bicycle. Here are some things to consider when selecting a helmet and ensuring you will be well protected on your bike:

- Make sure your bike helmet meets current, approved helmet safety standards. Look for a CSA, Snell, or ASTM sticker to know if the helmet is approved.
- Take the Bike Helmet YES Test to make sure your helmet fits properly. It should be snug, level, and stable.
- Replace your helmet every five years, or whenever recommended by the helmet manufacturer or, after you've been in a crash.



- Set a good example for children by wearing your bike helmet.
- Let your child choose their own bike helmet because they'll be more likely to wear it.

Other protective gear includes things like a bell or horn for your bike, gloves for a better grip on the handlebars, proper supportive shoes, reflective tape, reflectors, and lights so it's easier to see you at night. Reflectors should be on the front, back, and spokes of the bicycle. Wear bright clothing during the day so it's easier for other people to see you on your bike.

### Staying Safe While Riding with Children

Children can often ride a bicycle before they understand how to be safe. Children aren't ready to ride alone until they understand road safety rules, know how to signal, and know how to avoid major risks. When riding bicycles, young children should always:

- Ride with an adult.
- Ride in a single line behind an adult who knows how to ride safely.
- Use hand signals.
- Get off their bicycles to cross the street.

Most children have the skills they need to ride on the road alone at ten-years-old. But every child is different, so supervise actively. Stay where you can see, hear, and reach them, and pay close attention to what they're doing. Lead by example and show children how to be safe. Teach them the safety rules and make sure they follow them.

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

SCAN THE QR CODE  
FOR THE SOLUTION



For business classified ad rates contact  
Great News Media  
at 403-720-0762 or [sales@greatnewsmedia.ca](mailto: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](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://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](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** 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 to keep your sports gear in top shape. 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.

## The Month of Septem

Did you know September was originally the seventh month of the year in the Roman calendar? It wasn't until the Gregorian calendar was introduced that it became the ninth month. In fact, September comes from the ancient Roman word "septem" which means seven.





# BUSINESS CLASSIFIEDS

**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.

**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](http://www.fivestarpainting.com).

**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.

**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](http://www.communitymediation.ca), 403-269-2707.

**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](http://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](http://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](mailto:rjhrank@gmail.com). Licensed and insured.



**403-714-0711**  
**[gutterdoctor.ca](http://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!

**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.

**SCAN HERE TO VIEW ADDITIONAL  
ELBOW VALLEY CONTENT**

**News, Events,  
& More**



**Real Estate  
Statistics**



## Korean Beef Bowl

by Jennifer Puri



Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

**Prep Time:** 12 minutes

**Cook Time:** 15 minutes

**Servings:** 4

### Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



### Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!



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**



**DUNCAN LAW**

**Impeccable  
Legal Advice.**

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



📍 Conveniently located in Aspen Landing

Phone: 403.300.0870 | [DuncanLawYYC.ca](http://DuncanLawYYC.ca)

## 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](mailto:sales@greatnewsmedia.ca)



SCAN ME

**GREAT NEWS MEDIA**

LEADERS IN COMMUNITY FOCUSED MARKETING

# Do You Want To Look **YOUNGER BY TONIGHT?**

## **Simone Fortier in Calgary**

Simone is a best selling author, healer, brain expert, researcher, and international trainer working with the NHL, NFL, MLB, and top CEOs.

Come prepared with your questions about your brain, nutrition, and how to slow aging from the inside out!



### **Where:**

Elbow Valley  
Resident Centre

### **When:**

September 10th  
6:30-7:30pm



## **Fall Super Thrift Sale**

**Saturday, September 28**

**9:00am-1:00pm**

**Hillhurst-Sunnyside Community Centre  
1320 - 5th Avenue NW**

**For More Information:  
samaritanclub.ca**

**All proceeds will benefit  
Calgarians in need**



**The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.**