

AUGUST 2025

DELIVERED MONTHLY TO 1,775 HOUSEHOLDS

your ELBOW VALLEY VIEW



Time to Renew Your Mortgage?

Don't Settle – Discover Better Rates and Options! Get Ready to Save Big!



403-771-8771

anita@anitamortgage.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

Sturgeon Moon



The gorgeous full moon that occurs in August is called the Sturgeon Moon. If you didn't already know, a sturgeon is a prehistoric-looking fish that has been traced back to around 136 million years ago! The name of this full moon comes from these fish that used to be abundant in the Great Lakes.

Catholic Cemetery Memorial Mass

Please join us for our annual Mass, celebrated by Bishop William T. McGrattan of the Roman Catholic Diocese of Calgary, in our chapel.

Thursday, August 21, 2025 • 7:00 pm • All welcome • Light refreshments to follow

✙ Eden Brook Funeral Home & Cemetery

by Arbor Memorial

24223 Township Road 242, Calgary, AB • 403-217-3700 • edenbrookcemetery.ca

Arbor Memorial Inc.

FREE Estimates. Call 403.899.2172

**Asphalt Paving | Sealcoating
Crackfilling | Repairs**

Your Driveway Specialists!

403.287.3252

**LAMBERT BROS.
PAVING**

lambertpaving.com

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

**BRAIN
GAMES**

SUDOKU

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

**SCAN THE QR CODE
FOR THE SOLUTION**



Lake Windermere

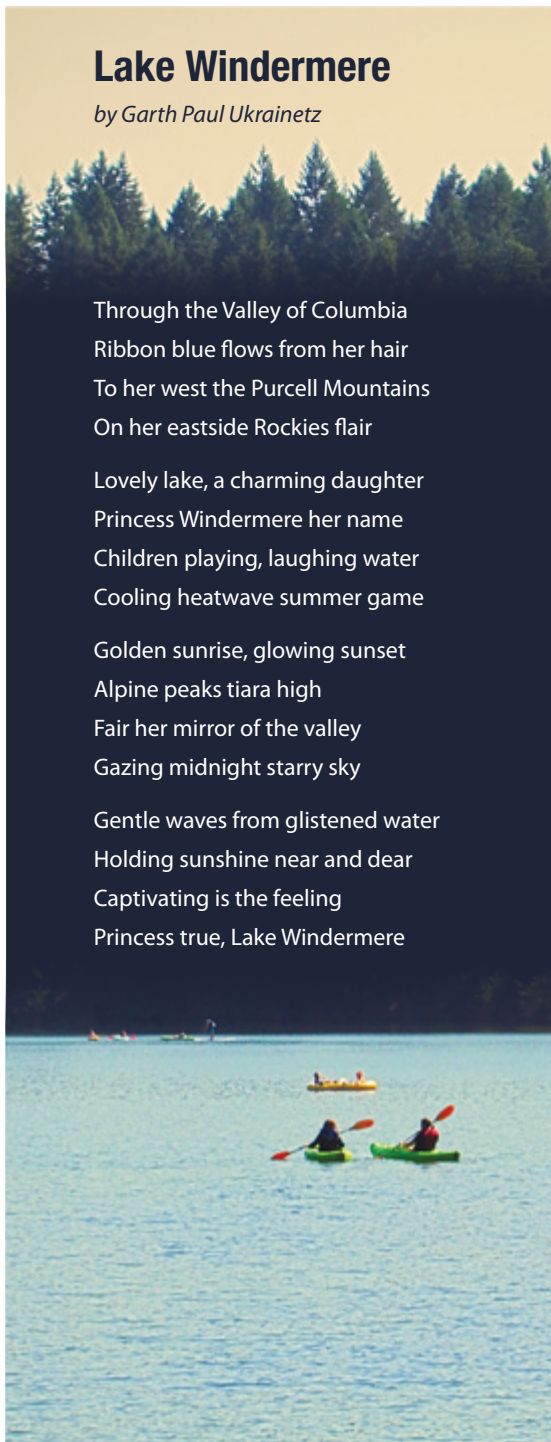
by Garth Paul Ukrainetz

Through the Valley of Columbia
Ribbon blue flows from her hair
To her west the Purcell Mountains
On her eastside Rockies flair

Lovely lake, a charming daughter
Princess Windermere her name
Children playing, laughing water
Cooling heatwave summer game

Golden sunrise, glowing sunset
Alpine peaks tiara high
Fair her mirror of the valley
Gazing midnight starry sky

Gentle waves from glistened water
Holding sunshine near and dear
Captivating is the feeling
Princess true, Lake Windermere

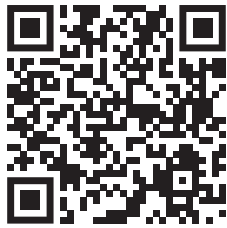


GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.
We bring you more customers.
We grow your sales.**

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



SCAN ME



CONTENTS

- 6 HERITAGE STORIES: CELEBRATING CALGARY
150 – CALGARY AT WAR
- 8 MENTAL HEALTH MOMENT: LIVING WITH
CHRONIC PAIN OR ILLNESS: WHAT WE WISH
FRIENDS AND FAMILY KNEW
- 10 TAKE ON WELLNESS: EVALUATING ONLINE
HEALTH INFORMATION
- 13 AUGUST CROSSWORD
- 14 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.



Celebrating Calgary 150 - Calgary at War

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

To all those who have served to protect our freedom, we are forever grateful.

During the South African War (1899-1902), Lord Strathcona formed a mounted regiment of cowboys and former NWMP officers. King Edward VII awarded the title of Royal to the NWMP. The RCMP went on to police the Klondike Gold Rush.

At Central Memorial Park National Historic Site, the "Horseman of the Plains" statue commemorates the war. Its creation paved the way for the other memorials.

World War I (1914-1918) saw thousands of Canadians volunteer. A military camp dubbed Sargee City trained 45,000 soldiers. Before departing, they created rock art on Signal Hill.

One Calgarian enlistee was William Ware, who served in France as part of an all-black unit. Princess Patricia's Light Infantry served at the Somme and Vimy Ridge. Today, the Canadian National Vimy Memorial is a symbol of national unity.

Meanwhile, Southern Alberta Light Horse fought in history's first tank attack while others were in the last cavalry charge in Canadian history.

During the war, Mewata Armouries was built with medieval castle features. Suspicions about immigrants from enemy countries led authorities to establish internment camps at Cave and Basin, Banff.

A sanatorium was built in Bowness in 1918 to treat returning soldiers. Baker Park is named for its head doctor.

Memorial Drive was created in 1922 as a "Road of Remembrance" to honour fallen soldiers.

The world was again at war in September 1939, with 1.1 million Canadians serving.

Princess Patricia's Light Infantry landed in Sicily and was the first Allied force to enter Amsterdam, while Calgary Highlanders liberated Dieppe.

Alberta was home to pilot training under the British Commonwealth Air Training Plan. President Roosevelt called Canada the "aerodrome of democracy". Vulcan, AB supported a training station but is famous for its connection to beloved Star Trek character, Mr. Spock.

A drill hall was constructed at McCall Field, while Renfrew's Rutledge Hanger became a training base.

In 1998, Currie Barracks closed and became a new residential neighbourhood, including Garrison Woods.

At Burnsland Cemetery, a Field of Honour holds the graves of soldiers.

May they rest in peace.

*All copyright images cannot be shared without prior permission.



"Lord Strathcona's Horse en route to Boer War in South Africa," [ca. 1900], (CU1195484) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Aboard S. S. 'Monterey'. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1SM0NSC>.



"Central Park [Memorial Park], Calgary, Alberta," [ca. 1914-1919], (CU183768) by Reader W. R.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OWOTYK?WS=SearchResults>.



"137th Battalion, Canadian Expeditionary Force leaving by train, Calgary, Alberta," 1916-08, (CU183747) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OWOOII?WS=SearchResults>.



"Canadian soldiers at Vimy Ridge," 1917, (CU178364) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OBRU7X?WS=SearchResults>.



Vimy Ridge National Memorial, France, March 2007. Photo courtesy of Anthony Imbrogno.



"Internment camp at Banff, Alberta," [ca. 1914-1918], (CU192396) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1O1XJTU?WS=SearchResults>.



"William J. Ware in military uniform, Calgary, Alberta," [ca. 1916-1918], (CU1174787) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1SVRJ3>.



"Battle of Britain day, Calgary, Alberta," 1954-09, (CU1139806) by De Lorme, Jack. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FYEC6M?WS=SearchResults>.



Battalion Park, Calgary, 2007 (Chuck Szmurlo, via Creative Commons Attribution-Share Alike 3.0 Unported license). <https://commons.wikimedia.org/wiki/File:Battalion-Park-Szmurlo.jpg>.



Memorial Drive, Calgary, November 2013, daveblogs007 via Creative Commons Attribution 2.0 Generic license. [https://commons.wikimedia.org/wiki/File:Memorial_Drive_Calgary_\(10764720245\).jpg](https://commons.wikimedia.org/wiki/File:Memorial_Drive_Calgary_(10764720245).jpg).



Canadese militair omringd door drie vrouwen uit Marken (Canadian soldier surrounded by three women from Marken), Amsterdam, 8 May 1945 (Nationaal Archief, via Creative Commons CC0 1.0 Universal Public Domain Dedication). https://commons.wikimedia.org/wiki/File:Canadese_militair_omringd_door_drie_vrouwen_uit_Marken_-_Bestanddeelnr_900-2854.jpg. <https://www.nationaalarchief.nl/onderzoeken/fotocollectie/ac087730-d0b4-102d-bcf8-003048976d84>.



"Formation flying near No. 5 Elementary Flying Training School, High River, Alberta," [ca. 1941-1945], (CU1129912) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FR0BA9?WS=SearchResults>.



Statue of the Constitution-class Federation Starship USS Enterprise, Vulcan, AB, August 2023. Photo courtesy of Anthony Imbrogno.



"Field of honour, Burnsland cemetery, Calgary, Alberta," [ca. 1920-1923], (CU183830) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://www.calgary.ca/arts-culture/heritage-sites/scripts/historic-sites.html?dhcResourceId=239>.

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

Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

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

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.



Get TELUS Wireless Home Internet

from **\$50/mo.**¹

On a 2-year term. Includes \$10/mo. Mobility customer discount², unlimited data and \$0 hardware with easy device financing.

Regular price: \$75/mo.



Go faster than ever with TELUS Wireless Home Internet



The speed you need

Plans up to 200Mbps download speeds with upload speeds of 20Mbps.¹



Data with no limits

Get unlimited data without speed throttling¹ for more streaming¹ and surfing.



Easy to set up

Get connected quickly with \$0 hardware included and hassle-free installation.



Bundle and Save

Save up to \$10 per month when bundled with your TELUS or Koodo Mobility Plan.

Start enjoying wireless home internet today.



Visit your nearest TELUS store or dealer



Call 1-833-373-3311



Order online at telus.com/twhi

1. Offer subject to change without notice and available to new customers signing up on a 2-year term for the TELUS Wireless Home Internet plan. From month 1-24, a \$25/mo discount applies. Regular price is currently \$70/mo for 25Mbps, \$70/mo for 50Mbps, \$75/mo for 100Mbps, \$95/mo for 200Mbps and is subject to change. All prices do not include applicable taxes. Regular pricing for unlimited data add-on applies at month 25, and is currently \$20 per month. TELUS Wireless Home Internet plans are subject to the customer using the service under an ordinary range of use and in a way that does not consume excessive network capacity and/or adversely affects TELUS' ability to provide services to other users. By way of example and not limitation, the following are considered by TELUS to be outside of an ordinary range of use thereby consuming excessive network capacity: Operation (i.e., hosting) of servers for services such as email, web, news, chat or other similar services; Resale, transfer or distribution of the data service; and sharing the data service with an unauthorized party.

2. Offer subject to change without notice. Available to TELUS or Koodo Mobility post-paid customers who subscribe to qualifying TELUS Home Internet packages. A \$10/mo. discount will apply to the internet bill for as long as the eligibility requirements are met or until the discount is no longer maintained. Discounts, promotions, benefits and credits are earned for each full month of service and do not apply to partial billing periods. If you change your plan following our eligibility assessment, your discount may be removed.

Evaluating Online Health Information

by Alberta Health Services



Many Canadians go online to search for medical and health-related information. The internet is the first source of information for many people, before even speaking to a doctor or other healthcare provider.

Online health information can have many positive impacts on our health knowledge, behaviours, and well-being. Unfortunately, the quality and accuracy of online health information is not consistent, including social media where information quality can be very low.

Being able to evaluate online health information is an important skill.

How Do I Evaluate Online Health Information?

Use the steps below to evaluate the health information you find online.

- **Check the Date:** Look to see when the website was created or last updated. Health information should be up to date to make sure it is relevant and accurate. Even if the information has not changed, it should be regularly reviewed.
- **Check the Author:** Identify the author to determine if they have the necessary background, experience, or training to accurately discuss the topic.
- **Look For the Evidence:** Health information should be based on facts rather than opinion, rumours, or personal stories. Authors and websites should clearly list their sources, so that you can check the information for yourself.

- **Understand the Purpose:** Read a website's "About Us" page to understand the website's purpose and who runs it. Are they credible and unbiased? Be cautious of websites selling a product. Their information may already be biased, as the goal is to make profit rather than present clear facts. Often product claims are too good to be true.
- **Be Critical of the Details:** Be skeptical of websites that look outdated, contain broken links, or have spelling and grammar errors. Patient information should be written in plain language, making it easy to follow.
- **Protect Your Privacy:** Be careful when sharing your personal information. Look for a privacy policy to find out how and why your information is being used, stored, or shared.

You should carefully consider the source of the information you find on the internet and discuss that health information with your healthcare provider.

Learn more about evaluating online health information from <https://acalibrary.libguides.com/friendly.php?s=patients/evaluatingohi>.

Misinformation and Disinformation

Finding information online is faster and easier than ever before. While the information you find online can often be helpful and trustworthy, it is important to keep in mind that the internet also allows for rapid and widespread distribution of false and misleading information.

As you look online for health information, you need to watch for both misinformation and disinformation.

- Misinformation is inaccurate information. In other words, it means getting the facts wrong.
- Disinformation is false information that is deliberately meant to mislead.

Getting Help

Alberta Health Services Knowledge Resource Service library staff are available at healthcare facilities across the province. They can work with you to help you find and evaluate online health information.

The Knowledge Resource Service also offers a free online course for patients and caregivers on evaluating online health information. Find more information and register at: krs.ahs.ca/patients/evaluatingohi.



Jackson & Jackson
Landscaping

CUSTOMER SATISFACTION GUARANTEED

Residential Landscaping
Landscape Construction
Year-Round Maintenance
Spring and Fall Cleanup
Commercial and Condo Property Management
Snow and Ice Removal

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





Time to Renew Your Mortgage?

Don't Settle –
Discover Better Rates
and Options! Get Ready
to Save Big!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial





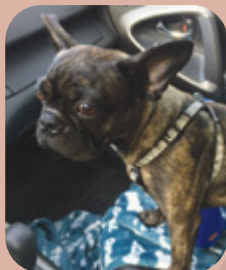
HAPPY DAYS
- WINDOW CLEANING -

We offer both residential and commercial window cleaning as well as eavestrough cleaning and pressure washing.

☎ (403) 437-9934
☎ (587) 432-0952
✉ info@happydayswindowcleaning.ca
📍 148 Silver Ridge Rise NW




Cats, Canines, & Critters of Calgary



Bugsy, Dalhousie



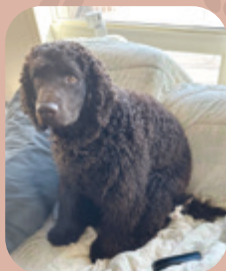
Ella, Mount Royal



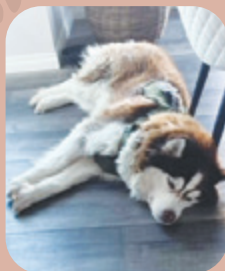
Mac, Evanston



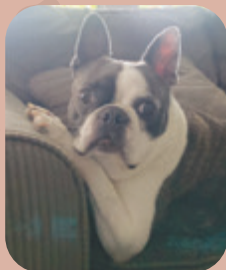
Mango, Evanston



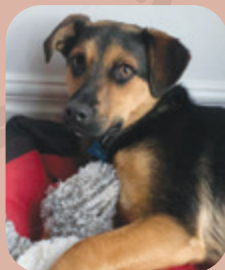
Mick and Turd,
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

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

TAKE ON WELLNESS

Putting Yourself First!

by Recovery Alberta – Community Health Promotion Services



Life brings with it everyday stresses, but it is important to have coping strategies that can be used to regulate and balance our feelings and emotions. Sometimes we don't have control of stressors that cause the stress, but we can control our emotions or how we react to those stressors. Calming strategies help slow down the immediate response that we have by decreasing the amount of cortisol in our body, also known as the stress hormone. There are many coping strategies, and it is important to find what works best for you.

Here is a list of strategies that can be used by anyone, anytime, and anywhere:

Managing Emotions

Commonly referred to as “name it, to tame it”, is a technique that involves naming your emotions to allow you to pause and reflect rather than allowing your emotions to spiral or cause impulse decisions. Make it a habit to recognize how you feel. Did you feel embarrassed, sad, jealous, or upset? Simply notice that emotion and name it in your mind.

Mindfulness

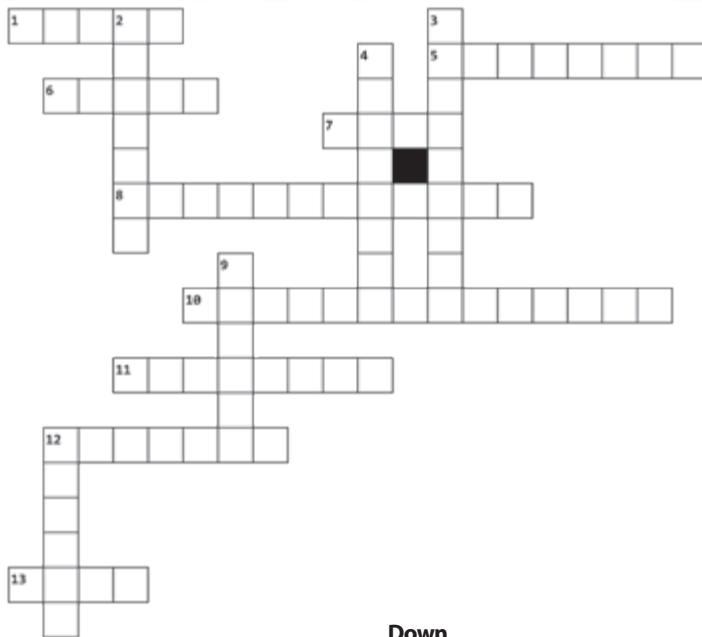
Focusing on the present moment will help calm your mind and manage your emotions. What can you see, hear, touch, feel, or move in the environment you are presently in? This technique will help your brain focus on the present rather than the “what if”.

Breathwork

Slowing and deepening your breaths have been shown to help you self-regulate. Use breathing techniques that work for you; these can include box breathing or even paced breathing.

The key to all the above strategies is focusing on yourself. Everyone is different, so find techniques that resonate with you so you can be the best version of yourself!

August Crossword



Across

1. This classic Disney film about a young deer premiered in August 1942.
5. Canadian astronaut, Chris _____, was born in Sarnia, Ontario on August 29, 1959.
6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
7. *The Wizard of Oz* premiered on August 15, 1939, and was based upon the book written by Lyman Frank _____.
8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, _____.
10. In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and _____.
12. The _____ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
13. International _____ Handers Day is observed annually on August 13.

Down

2. In August 2008, the _____ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
4. Delia Owen's murder mystery novel, *Where the _____ Sing*, was published in August 2018.
9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
12. Inventor Isaac _____ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.






DUNCAN LAW

**Impeccable
Legal Advice.**

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



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



Udder-ly Adorable

Cows have best friends! Humans aren't the only ones who know the importance of and reap the benefits of having a bestie. Studies have shown that the heart rate of a cow will slow, and they will be less stressed and calmer when they are with their best friend/favourite partner.

**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.

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.



the Gutter Doctor®
Home Exterior Services

GUTTER CLEAN, FIX & INSTALL
FASCIA • SOFFIT • ROOFING
GUTTER GUARDS • WINDOW CLEAN
SIDING • CLADDING • HEAT CABLES

403-714-0711 • gutterdoctor.ca

BUSINESS CLASSIFIEDS

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.

GUTTER DOCTOR! Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! ww.gutterdoctor.ca, 403-714-0711.

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.

MUSICAL DREAMS PIANO STUDIO: Online piano lessons. Accepting students for the fall. Ages 5 and up; adults and individuals with special needs welcome. www.musicaldreamspianostudio.ca. 403-472-8405.

PEST CONTROL – Treating seasonal pest problems: voles, mice, cockroaches, bed bugs, ants, wasps, squirrels, skunks and more. Support a locally owned and operated small business. Competitive rates and prompt service by licensed technicians. Annual residential protection packages also available. Call Tom at (403) 815-8930.

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 and 100% satisfaction guaranteed! Call or text Caleb at 403-660-7475. www.perfectionpruning.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.



WORD OF THE MONTH

Galumph: Verb (guh-LUMF)

To move in a noisy or awkward style.

They galumphed around the living room looking for Sara's phone.





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
June	25	4	3	\$1,829,000	\$1,850,000
May	25	5	5	\$1,788,888	\$1,760,000
April	25	3	2	\$1,572,500	\$1,582,500
March	25	4	4	\$1,412,500	\$1,402,500
February	25	4	5	\$1,495,000	\$1,510,000
January	25	3	3	\$1,185,000	\$1,157,500
December	24	3	2	\$1,624,500	\$1,574,450
November	24	1	3	\$1,595,000	\$1,492,500
October	24	4	3	\$2,998,000	\$2,970,000
September	24	5	4	\$1,463,950	\$1,452,500
August	24	5	3	\$1,395,000	\$1,395,000
July	24	5	3	\$2,499,000	\$2,600,000

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