

OCTOBER 2025

DELIVERED MONTHLY TO 1,775 HOUSEHOLDS

your ELBOW VALLEY VIEW



Cover Photo by Syed Adeel Hussain



Unlock Your Dream Home Now!

Low Rates, Fast Approval, Big Savings!
Don't Wait – Act Today!



ANITA RUSSELL

Licensed by Avenue Financial

403-771-8771
anita@anitamortgage.ca



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@lenthwong.com

*Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	25	8	2	\$1,447,500	\$1,442,500
July	25	4	4	\$1,838,400	\$1,769,000
June	25	3	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

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



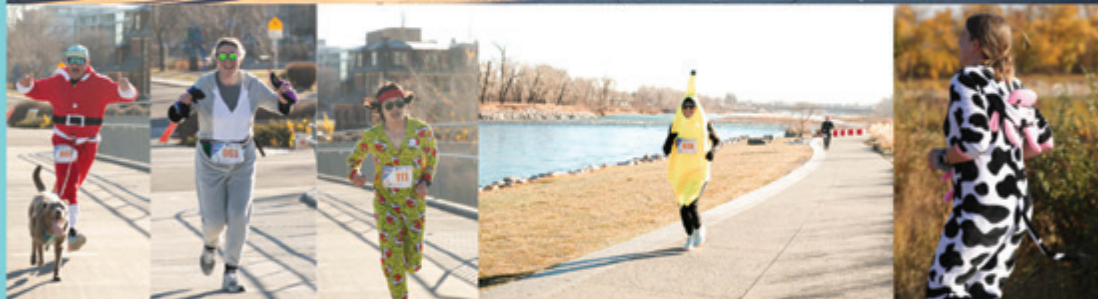
THE FUN RUN OF THE YEAR!

1KM & 5KM. INCREDIBLE RIVER VIEWS.
YOUR TICKET INCLUDES A FINISHER MEDAL!
SWAG BAGS! PRIZE DRAW! AND MORE!

SUPPORTING ➡



**Calgary
Humane
Society**



SATURDAY, NOVEMBER 15, 2025

WWW.ONESIERUN.CA

GAMES & PUZZLES

Guess the Squash!

1. This winter squash is popular in making Jack-o'-lanterns.
2. The British refer to this summer squash as a courgette.
3. This elongated squash grows on a vine and has a bulbous bottom that stores its seeds.
4. This squash resembles the shape of a flying saucer!
5. This squash shares its name with an elongated yellow fruit.
6. Like the fruit of an oak tree, this squash shares the same name and shape.



SCAN THE QR
CODE FOR THE
ANSWERS!

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



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



DUNCAN LAW

Impeccable
Legal Advice.

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



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

CONTENTS

- 7 POEM BY GARTH PAUL UKRAINETZ
- 8 RESIDENT PERSPECTIVES: THE ART OF FINDING WORK: JOB SEEKERS: BE CLEAR ON YOUR “SECRET SAUCE”
- 10 MENTAL HEALTH MOMENT: HOW YOU CAN SUPPORT AN EMOTIONALLY AVOIDANT PARTNER
- 13 SAFE AND SOUND: HALLOWEEN SAFETY
- 14 BUSINESS CLASSIFIEDS

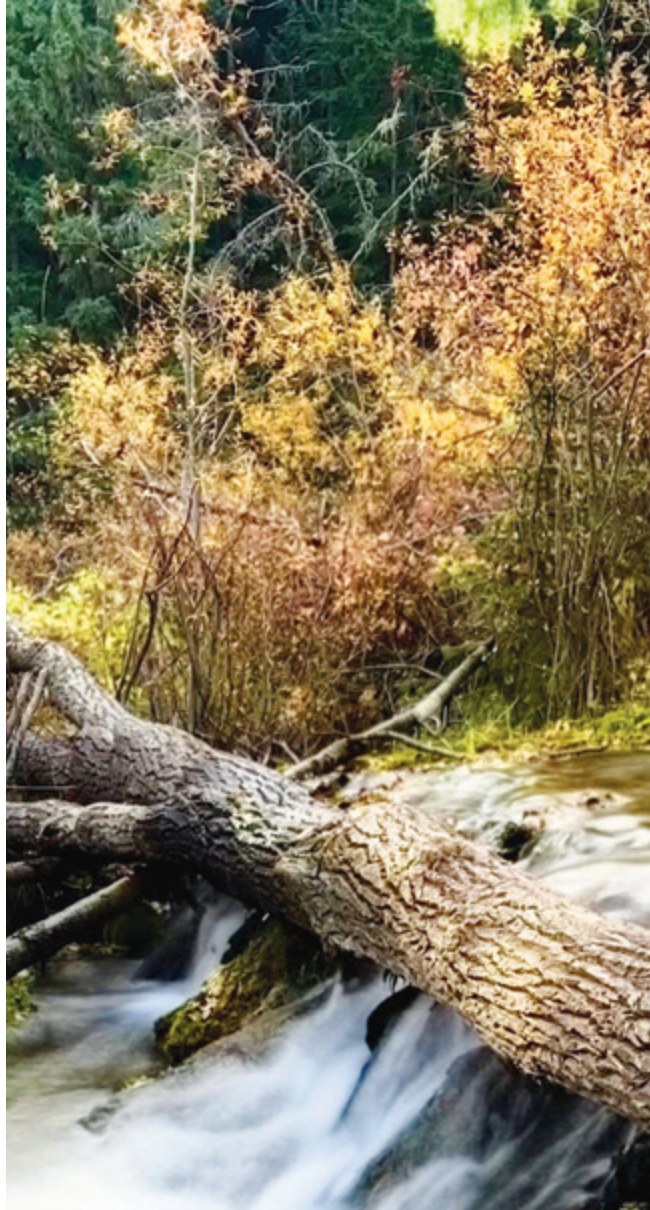


**SCAN HERE TO VIEW ADDITIONAL
ELBOW VALLEY CONTENT**

**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.



Rightsizing vs Downsizing: It's Not About Less, It's About What's Next

by Christopher Matlashewski, Calgary Realtor and Rightsizing Specialist

The word downsizing can feel heavy. For many, it brings up thoughts of giving something up — losing space, letting go of memories, or saying goodbye to a home that's been filled with life. But what if we shifted the conversation? What if this next move wasn't about less, but about more? More freedom. More simplicity. More time. That's what I call rightsizing — finding the space that fits the life you're living now, not the one you had ten or 20 years ago.

Living in Alignment with Today

The home that served your family beautifully for decades might not serve your life today — and that's okay. Rightsizing is about recognizing that life evolves, and your space should, too. Maybe you no longer need a big backyard to mow or multiple levels of stairs to climb. Maybe those extra bedrooms are just collecting dust — or storage bins. When your home reflects your current stage of life, it becomes a place of comfort, not upkeep. Rightsizing doesn't mean lowering your standards. In fact, it often means raising them. It's about creating a home that supports your lifestyle, your values, and your next chapter.

It's Not About Square Footage — It's About Quality of Life

A smaller space can still feel luxurious. In fact, when your space is intentional, well-designed, and filled



only with the things you truly love, it becomes easier to enjoy the home and the life that comes with it. Without the burden of excess rooms, maintenance, or unneeded furniture, your time opens up. You can focus on what really matters: your health, your hobbies, your relationships, or that trip you've been meaning to take for years. Rightsizing means prioritizing freedom over square footage — and that shift can be incredibly empowering.

Making Space for What's Next

We often think of moving as leaving something behind. But what if it's about making space for what's next? Whether that means locking the door and heading south for the winter, spending weekends with grandkids, or finally taking up painting or golfing; the right-sized home is the launchpad, not the limit. By choosing a home that fits your life (rather than the other way around), you open the door to more experiences, more flexibility, and less stress.

You're Not Giving Up — You're Moving Forward

If you've been wrestling with the idea of downsizing but something about the word feels off — trust that instinct. You're not settling. You're evolving. Rightsizing is a move made with clarity, intention, and vision. It's not about having less. It's about creating more of what matters.



**Scan the QR code
or call to learn more!**

403-265-3023 | edwardliving.com | 55+ Independent Living

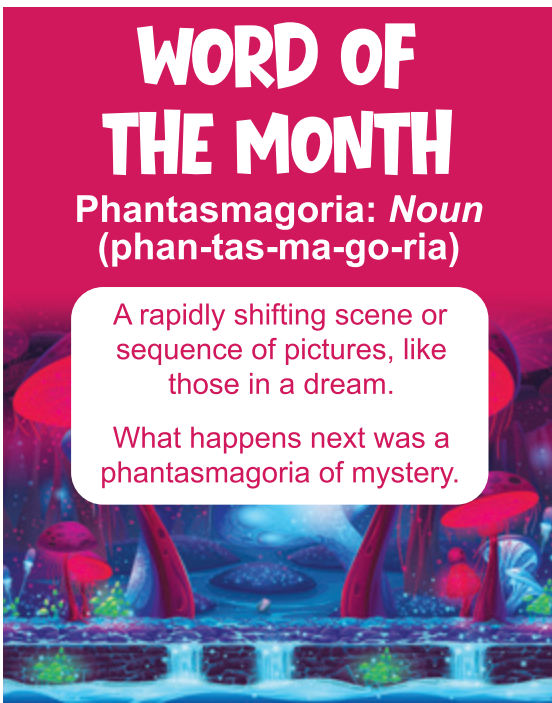
📍 3023 16 Street SW, Calgary Proudly Canadian owned and operated. 🇨🇦

WORD OF THE MONTH

Phantasmagoria: Noun
(phan-tas-ma-go-ria)

A rapidly shifting scene or
sequence of pictures, like
those in a dream.

What happens next was a
phantasmagoria of mystery.



The Birth of Ballet

On October 15, 1581, Catherine de' Medici, the Queen Mother of France, commissioned "Ballet Comique de la Reine" in Paris. The performance depicted the myth of Circe from Homer's *Odyssey* and is believed to be the first true ballet, combining music, dance, plot, and staging.



Sulphur Mountain Sasquatch

by Garth Paul Ukrainetz

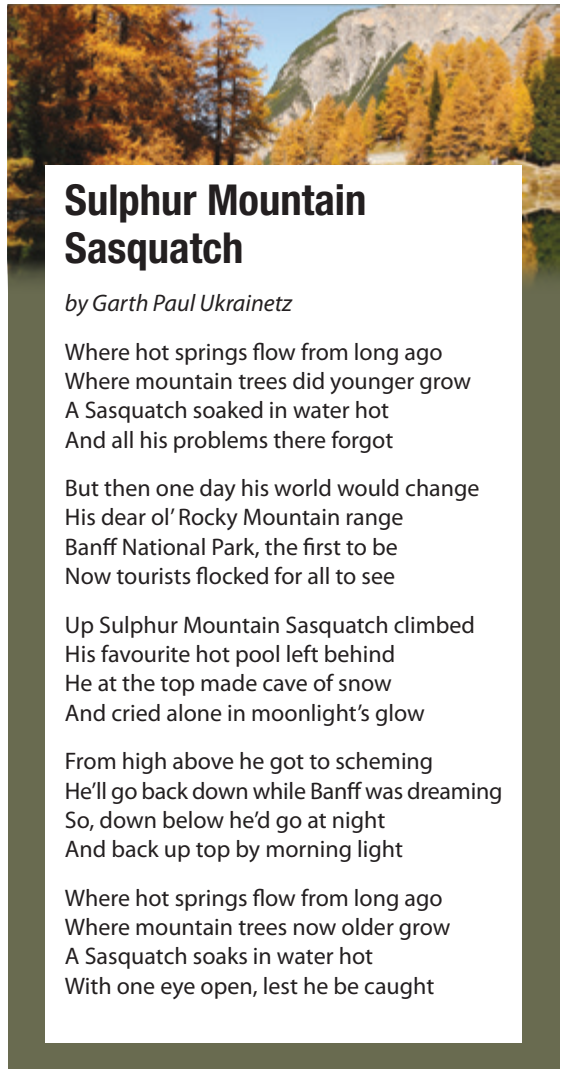
Where hot springs flow from long ago
Where mountain trees did younger grow
A Sasquatch soaked in water hot
And all his problems there forgot

But then one day his world would change
His dear ol' Rocky Mountain range
Banff National Park, the first to be
Now tourists flocked for all to see

Up Sulphur Mountain Sasquatch climbed
His favourite hot pool left behind
He at the top made cave of snow
And cried alone in moonlight's glow

From high above he got to scheming
He'll go back down while Banff was dreaming
So, down below he'd go at night
And back up top by morning light

Where hot springs flow from long ago
Where mountain trees now older grow
A Sasquatch soaks in water hot
With one eye open, lest he be caught





**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

The Art of Finding Work: Job Seekers: Be Clear on Your “Secret Sauce”

by Nick Kossovan

Most job seekers present themselves to employers as a jack of all trades, master of none, when they should be presenting a unique set of skills.

You think you're talented.

Everyone you're up against thinks they're talented.

What makes you special?

When you apply for a job, possessing the necessary skills and qualifications is not enough. You need to find ways to differentiate yourself; otherwise, you will blend in with the other job seekers you're competing against.

The key to differentiating yourself and rising above all the noise so you're seen and heard rather than ignored lies in your “secret sauce”—the unique skills, experiences, and attributes that make you one-of-a-kind. Thus, you become what most job seekers aren't: memorable.

Asking Yourself the Following Questions Will Help You Define Your Secret Sauce:

In My Current or Previous Positions, What Were My Favourite Tasks?

For the most part, we enjoy activities we're good at (e.g., working with numbers, designing costumes, conducting research, organizing events, writing blogs). Our inherent strengths and aptitudes create a natural talent for the activity, thereby making it enjoyable since you're not fighting who you are.

List everything, work-related and non-work-related, you enjoy doing.

What Feedback Have I Received from Colleagues or Supervisors Regarding My Work?

Reflect on your career journey. Think of all the positive and negative feedback you received, whether in formal performance reviews or an offhand manner, regarding your work or something you did.

- “I enjoy sitting in on your presentations.”
- “You have a knack for listening.”
- “The way you motivate your team is impressive.”

What Problems Have I Successfully Solved in Previous Positions?

Every position exists to solve a problem. For instance, accountants are hired to monitor a company's incoming revenue and outgoing expenses and oversee its compliance with local tax laws.

What problems have you solved for your employers? Increased website traffic? Decreased spending? Increased customer satisfaction? Decreased safety violations? Increased sales? (employers' favourite).

What Unique Experiences or Backgrounds Do I Have That Contribute to My Skill Set?

A candidate who grew up in Québec City will have a competitive edge being fluently bilingual over someone who simply attended French immersion in Calgary, Alberta. The same could be said for a candidate whose mother was a social worker, making them more attuned to the needs of others, or their father who was a pharmaceutical representative, thus exposing them to human dynamics that influence.

Everyone has a unique story of how their place of birth and experiences, especially first experiences, developed their strengths and passions. Explaining to an employer that your enjoyment of and passion for providing customer service comes from having spent your weekends and summers working the front desk at your family's 85-room hotel in Estevan, Saskatchewan, has much more impact than simply saying, “I like helping people.”

What Skills Have I Gained Through Hobbies or Volunteer Work?

I once hired a call centre agent who volunteered at a local suicide prevention hotline for several years. And a candidate who coached a little league baseball team turned out to be one of the best first-time managers I ever hired.

Don't ignore the skills and experience you've acquired outside your employment or education. Skills, experience, and knowledge aren't just acquired at work or school. The skills and experience you gain from volunteering, starting/running a business, being a parent, playing in a sports league, or serving on your condo board can be valuable to employers.

If the above questions don't solicit as many skills as you'd like, seek the opinions of family members, friends,



and colleagues. Ask them what they think your key strengths are. Their insights may surprise you.

Once you've identified your hard and soft skills—your soft skills (e.g., communication, critical thinking, time management) are the most important to employers—you need to communicate your unique skills as selling points. Merely listing your “skills” and “qualifications” doesn't distinguish you from other applicants. You must describe who you are and what you offer in a straightforward, memorable narrative conveying your unique value proposition.

Not memorable: “I speak French.”

Memorable: “I was born in Québec City. French is my mother tongue.”

Additionally, frame your skills and qualifications in terms of how they can benefit an employer.

No value add: “I have strong analytical skills.”

Value add: “During my seven years as a financial analyst at Wayne Enterprises, I developed above-average analytical skills that enabled the company to take advantage of several initial public offerings that turned out to be quite lucrative. One recommended buy resulted in a \$7.5 million gain within less than a year.”

Based on my experience, most candidates fail to emphasize their uniqueness; hence, they don't stick in my head. Given the number of candidates I've interviewed throughout my career, one would think I'd have heard many inspiring, funny, entertaining, and sad career and life stories. Unfortunately, that's not the case. Job seekers need to work on being mentally sticky. In a competitive job market filled with qualified candidates, articulating your secret sauce will ultimately set you apart.

How You Can Support an Emotionally Avoidant Partner

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

Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that. It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.



4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.

66% of Canadian families have yet to discuss their final wishes*

Have the talk. Then make your final arrangements together with the comfort of knowing you've protected each other from uncertainty.

Get started today with a FREE Planning Kit: 403-217-3700

 **Eden Brook Funeral Home & Cemetery**

by Arbor Memorial

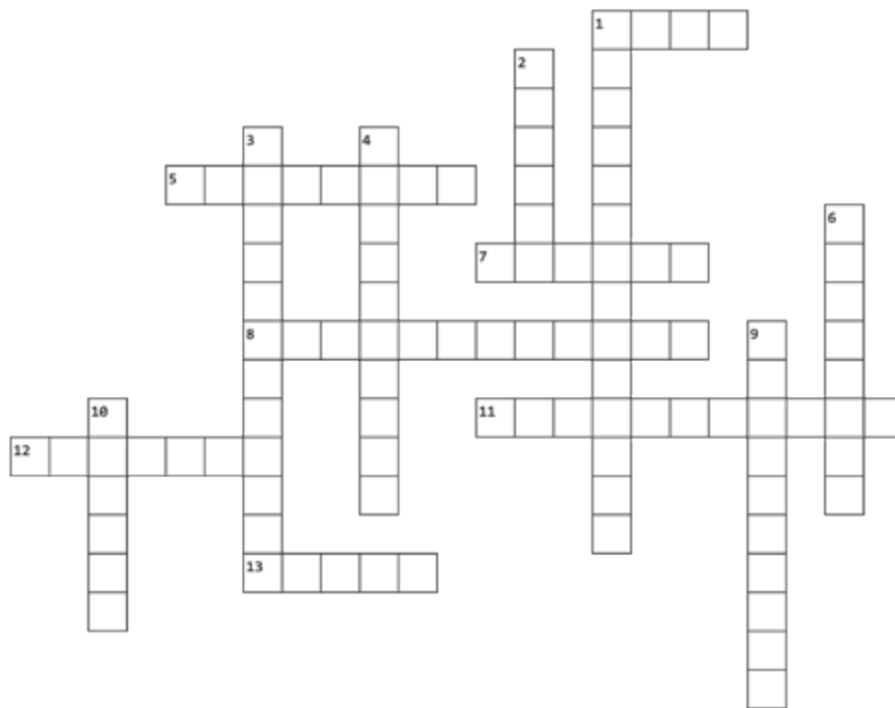
24223 Township Road 242, Calgary, AB • 403-217-3700 • edenbrookcemetery.ca



* Research conducted by Willful and Arbor Memorial Inc. in a 2020 survey.

Arbor Memorial Inc.

October Crossword



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

Across

1. This Andrew Lloyd Webber musical debuted on Broadway at the Winter Garden Theatre in October 1982.
5. On October 5 World _____' Day is celebrated to honour those who educate us.
7. Queen Elizabeth II officially opened this iconic Opera House on October 20, 1973.
8. Canadians celebrate this holiday on the second Monday of October.
11. The vibrant hues of autumn leaves are due to a lack of what pigment.
12. This iconic single by John Lennon was released on October 11, 1971, in the United States.
13. On October 8, 2004, Wangari Maathai was awarded the _____ Peace Prize, making her the first African woman ever to receive the award.

Down

1. The Orient Express departed on its first journey from Paris on October 4, 1883, to this city now known as Istanbul.
2. Stock markets crashed worldwide on October 19, 1987, and became known as Black _____.
3. NHL star Glenn Hall, nicknamed Mr. Goaltender, was born on October 3, 1981, in Humboldt, _____.
4. Canadian filmmaker James Cameron released the sci-fi action hit, *The _____* in October 1984.
6. This beloved Canadian Ryan was born on October 23, 1976, in Vancouver, B.C.
9. The dystopian novel where books are banned and burned, _____ 451 by Ray Bradbury, was published on October 19, 1953.
10. The "Thriller in _____" on October 1, 1975, saw Muhammad Ali beat Joe Frazier after 14 rounds.

Salmon and Broccoli Rice Bowl

by Jennifer Puri

Raw or cooked, broccoli is a nutrient-rich vegetable packed with vitamins, minerals, and fibre.

Steaming or roasting tends to preserve the most nutrients and flavour, but raw broccoli is also a great option when paired with dips or in salads.

Cooking broccoli can soften the tough fibres making it easier to chew and digest. Nutrient-rich and low in fat, broccoli can be a healthy, low-calorie snack.

When purchasing broccoli, choose bright green broccoli with crisp, dark green leaves and tightly closed buds. Store in the refrigerator and wash only when you plan to use it.

Create your own stir-fry sauce or use a store-bought one as shown in this simple and easy to prepare salmon and broccoli rice bowl recipe below.

Prep Time: 15 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

- 2 fillets of Salmon (4 oz. each)
- ¼ tsp. pepper
- ½ tsp. salt
- 1 tbsp. olive oil
- 2 tsp. black sesame seeds
- 1 crown of broccoli sliced
- ½ cup store-bought stir-fry sauce
- ½ tsp. crushed garlic
- ½ tsp. crushed ginger
- 1 tbsp. sesame seed oil
- 2 cups cooked white, brown, or black rice
- ½ avocado sliced

Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Place salmon fillets on a foil lined baking sheet. Drizzle the olive oil on the fillets, sprinkle the salt and pepper, and then bake on the middle rack of the oven for 18 minutes or until salmon is cooked through. Remove salmon from oven, sprinkle with black sesame seeds,



and cut into small chunks.

3. Heat 1 tbsp. of sesame seed oil in a skillet, add the broccoli florets, and sauté on medium heat for 3 to 4 minutes.
4. Next add the garlic, ginger, and stir-fry sauce and continue to sauté until broccoli is tender.
5. To serve, divide the rice into two bowls and top with salmon pieces, broccoli, sliced avocado, and lemon wedges. Spoon additional stir-fry sauce on the broccoli if desired.

Bon Appétit!

Halloween Safety

by Alberta Health Services



As a member of Calgary's Child Magazine Partners for Safety initiative, AHS EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return

home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.



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



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 Russell at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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.

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.

BUSINESS CLASSIFIEDS

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.

ACUMEN APPLIANCE REPAIR: Locally based company. Home appliances repair and installation, lint vent cleaning. All kinds and makes: stoves/ovens/ranges, fridges, freezers, washers/dryers, dishwashers, microwaves, trash compactors. Flexible hours, evening and weekend visits are available. Discounts for senior customers. Call at 587-997-4824 or e-mail acumenappliance@gmail.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! www.gutterdoctor.ca, 403-714-0711.

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.

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.





Unlock Your Dream Home Now!

Low Rates,
Fast Approval,
Big Savings!
Don't Wait – Act Today!



ANITA RUSSELL **403-771-8771**
anita@anitamortgage.ca

Licensed by Avenue Financial

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

