

JULY 2026

DELIVERED MONTHLY TO 1,750 HOUSEHOLDS

your ELBOW VALLEY VIEW



**BLACK
MOUNTAIN
LANDSCAPE**

**Your Trusted Partner for a Beautiful
Lawn and Hassle-Free Winters!**

SERVICES

LAWN MOWING • FERTILIZER & WEED CONTROL • SPRING YARD CLEANUPS
FALL YARD CLEANUPS • SNOW REMOVAL - RESIDENTIAL & COMMERCIAL



☎ 403-836-9519 | 🌐 blackmountainlandscape ltd.com

maxgreenexteriors



BOOK YOUR **FREE**
CONSULTATION



WINDOWS • SIDING • ROOFING

Protect Your Home For Good!

MAXgreen.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

OFFICIAL

PLUMBING & HEATING

Furnace and A/C Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



LEN T WONG + ASSOCIATES

RE/MAX
COMPLETE REALTY



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

*Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	26	4	5	\$1,629,900	\$1,609,000
April	26	6	4	\$2,022,450	\$1,895,000
March	26	3	1	\$2,300,000	\$2,100,000
February	26	1	1	\$2,198,000	\$2,200,000
January	26	1	0	\$0	\$0
December	25	0	2	\$1,334,500	\$1,239,000
November	25	2	1	\$1,948,000	\$1,883,000
October	25	1	6	\$2,900,000	\$2,711,875
September	25	3	2	\$2,194,444	\$2,047,500
August	25	6	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

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

**BRAIN
GAMES**

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



25¢ FLYERS

(INCLUDING DELIVERY)

- ▶ FULL COLOUR PRINTING
- ▶ DOUBLE-SIDED DESIGN
- ▶ PREMIUM 70 LB GLOSS STOCK
- ▶ FULL BLEED FOR EDGE-TO-EDGE IMPACT



Let's get your business into
the hands of thousands of
local customers.

CONTACT US

403-720-0762

sales@greatnewsmedia.ca

greatnewsmedia.ca

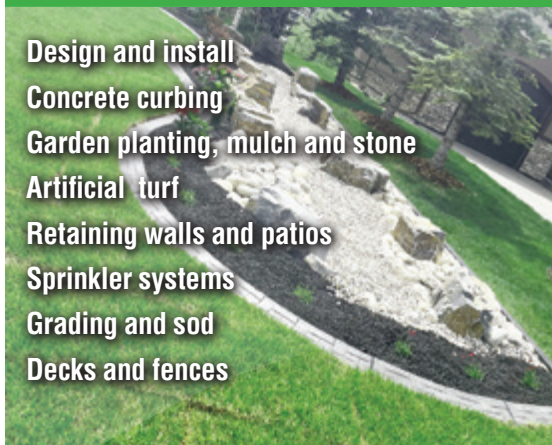
GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

READY TO INCREASE YOUR CURB APPEAL?

KILBCO
LANDSCAPING

Design and install
Concrete curbing
Garden planting, mulch and stone
Artificial turf
Retaining walls and patios
Sprinkler systems
Grading and sod
Decks and fences



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



Self-Employed?

Your bank said no. That doesn't mean you can't get approved.

- ✓ Alternative mortgage solutions
- ✓ Flexible income qualification
- ✓ Options for purchases, refinancing & renewals

Don't let traditional bank rules stop you from getting the mortgage you need.



**ANITA
RUSSELL**

403-771-8771
anita@anitamortgage.ca



THE MORTGAGE GROUP

CONTENTS

- 6 SAFE AND SOUND: HEAT-RELATED ILLNESS
- 7 RECIPE OF THE MONTH: JULY 30 IS NATIONAL CHEESECAKE DAY!
- 8 JULY CROSSWORD
- 11 RESIDENT PERSPECTIVES: DIVORCE AND SPOUSAL SUPPORT – HOW MUCH, AND FOR HOW LONG?
- 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.

Heat-Related Illness

by Alberta Health Services



ALTA Paramedic Health would like to remind everyone to stay safe in the heat and sun this season. While children, older adults, and individuals with underlying health conditions may be more susceptible to the effects of heat and sun, everyone should take basic preventive measures to avoid heat-related illness during periods of hot, humid weather. Text HEAT to 88111 to receive tips on heat safety.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Symptoms may include headache, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The person is often cool and damp to the touch, and the skin may appear pale or dusky grey.

Heat Stroke

- Heat stroke is a medical emergency and, without prompt treatment, can be fatal.
- It occurs when the body is unable to regulate its temperature (e.g., through sweating), causing body

temperature to rise to dangerous levels.

- Due to severe dehydration and failure of the cooling system, the skin may appear hot, dry, and flushed.

First Aid

- First aid for all heat-related illness begins with removing or sheltering the person from the hot environment.
- Remove excess or tight-fitting clothing and allow the person to rest in a cool environment.
- If the person is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well hydrated by drinking water regularly.
- Be aware that excessive alcohol and caffeine consumption may contribute to dehydration.
- Wear a broad-brimmed hat to protect your face and neck from the sun.
- Apply (and reapply) water-resistant sunscreen with a minimum SPF of 30+, especially for children.
- The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

July 30 is National Cheesecake Day!



Try baking one of your own to celebrate!

Ingredients

- 2 cups of graham crumbs
- 1/2 cup of butter or margarine, melted
- 1/4 cup of white granulated sugar
- 2 tsp of nutmeg (optional, make it whatever flavour you would like)
- 2 blocks of cream cheese (6oz)
- 1/2 cup sour cream
- 3/4 cups of white granulated sugar
- 2 eggs
- 1 tbsps vanilla extract, or vanilla bean paste

Instructions

1. Preheat oven to 325° F. The lower temperature will help the centre cook without burning the exterior.
2. In your 9' spring pan or baking dish, pour in your graham crumb, 1/4 cup of sugar and melted butter. Using your hands gently combine everything until it becomes equally incorporated. It should feel like wet sand. If mix seems too dry you can add a little more butter to help it stick.
3. Spread the mixture evenly across the base of the pan and firmly press down into an even layer. Feel free to use a heavy glass or another pan to help pack it down.
4. Set aside while preparing the filling.
5. In a large bowl add your cream cheese blocks, sour cream, nutmeg, and sugar.
6. Beat the two ingredients together either with a hand mixer on speed 2, or by hand if you prefer. We are looking for the mixture to be smooth and fluffy.
7. Add the eggs and vanilla and continue mixing. At the end you should have a smooth, thick batter that coats the blades of your mixer.
8. You've made it! This is the easy part. Simply pour your batter otop of the prepared base, smooth out the top to make it as even as possible, and place it in the oven. Let it bake for 45 minutes to an hour. If you're feeling fancy, you can spray some water into the oven around the halfway point. This steams the oven and can give the cheesecake a more even tone. You know it is done when you gently shake the pan and there is little to no movement in the centre
9. Remove from the oven, rest at room temperature until completely cooled, and enjoy your delicious cheesecake.

FREE Estimates. Call 403.899.2172

**Asphalt Paving | Sealcoating
Crackfilling | Repairs**

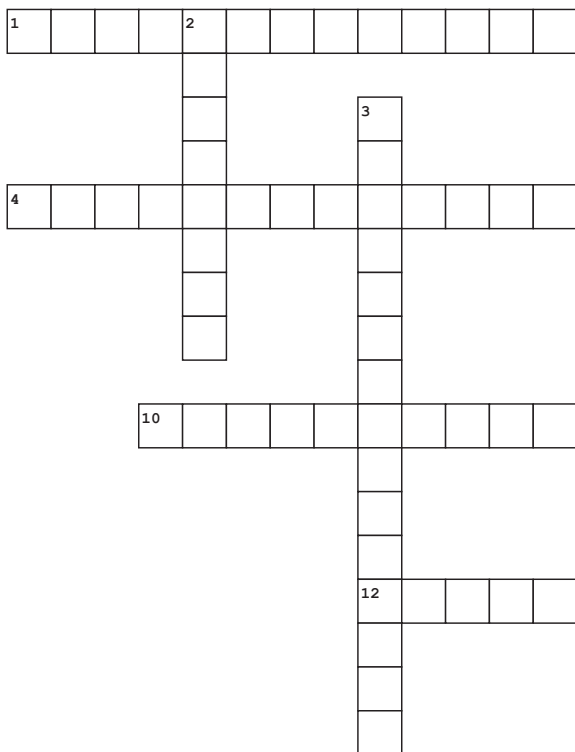
**LAMBERT BROS.
PAVING**

Your Driveway Specialists!

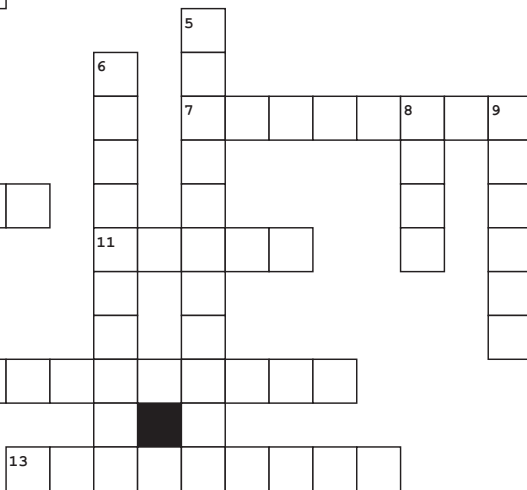
403.287.3252

lambertpaving.com

July Crossword



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



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

SHOP LOCAL



Support the local businesses
that make our neighbourhood
thrive, and make this
publication possible.

403-720-0762

grow@greatnewsmedia.ca



SCAN ME

The Prairie Bluebell

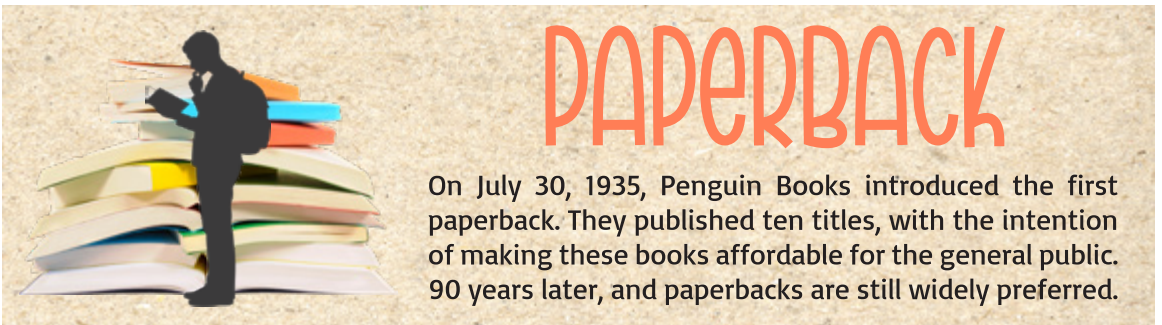
by H.N Wells



Campanula rotundifolia, also known as the bellflower or harebell, is a native wildflower that blooms in mid-summer to early autumn. This plant may also be referred to as *Campanula alaskana*, although there are debates as to whether the two plants are different at all. It was originally classified as *Campanula rotundifolia* var. *alaskana* by Asa Gray in 1886 but was later designated as an individual species by William Wright in 1918. In truth, the primary difference between *Campanula rotundifolia* and *Campanula alaskana* relates to their respective growth regions, rather than physical characteristics. As can be inferred from its taxonomic name, *Campanula alaskana* is strongly associated with North America, while *Campanula rotundifolia* may refer to both the North American plant and its Eurasian counterpart. However, as far as that debate is concerned, I'll leave it up to the botanists.

The plant can be found in most regions within the Northern Hemisphere, including North America, Europe, and northern Asia. Historic uses of the flower include herbal remedies such as teas or poultices for a myriad of illnesses, namely respiratory issues, earaches, and sore eyes. The roots of the plant may be crushed for use on minor wounds and abrasions. Further, the petals can be used to create blue dye.

As a native plant species, the bellflower is increasingly important to our prairie ecosystem and is the (nearly) exclusive pollen source for the oligolectic Little Black Sweat Bee, or *Dufourea maura*. The flower can be found in most wild spaces, including Nose Hill Park, Fish Creek Park, the Nose Creek River Valley, and other localized green spaces. Further information on native plants, including *Campanula rotundifolia*, can be found through the City of Calgary's YardSmart program.



On July 30, 1935, Penguin Books introduced the first paperback. They published ten titles, with the intention of making these books affordable for the general public. 90 years later, and paperbacks are still widely preferred.

Divorce And Spousal Support – How Much, and for How Long?

by Christopher Bungay, Divorce Lawyer



You have decided to get a divorce. After this decision is made, either you or your spouse move out. This is also about the time that economic reality kicks in: one of you will need financial support, and one of you realizes you must pay support. Two immediate questions arise:

1. How much monthly support must be paid?
2. How long (months, years) must support be paid?

The law can answer these questions, but only by looking at the circumstances of your marriage. Specifically, the law looks at who worked, how much they earned, and how much will you earn in the future?

Rich Dad, Stay-at-Home Mom

The largest and longest payouts for spousal support arise in the “Rich Dad, Stay-at-Home Mom” marriage. Dad has earned a lot of income by working many hours over the years. Mom has enabled Dad’s success. She has done this by taking care of the children/home responsibilities while Dad worked. In this situation, Dad will likely have to pay a large amount of support for a long time.

The Power Couple

One of the easier cases to determine is the “Power Couple”. Here, both the husband and wife work long hours at high-paying jobs. In this divorce, it is possible that no support is payable. Alternatively, if support is owed, the amounts may be smaller and for a shorter period of time.

The “Somewhere in the Middle” Couple

A more difficult situation to determine is a couple whose marriage did not follow set patterns for employment and domestic responsibilities. For example, one spouse may have earned a lot of money in the past, but for

some reason (health, bad luck, etc.) this is no longer the case. The other spouse may have stayed home and raised the children and then resumed their career later after the kids became teens. Trying to figure out what is “fair” in these situations can be very challenging for lawyers and judges.

To assist with these difficult decisions, lawyers and judges often rely on Canada’s Spousal Support Guidelines. This is a legal tool that helps to link the facts of each marriage with an appropriate formula for determining support. Calculations based on these guidelines can also be accessed for free at www.mysupportcalculator.ca.

It must be emphasized again that each divorce is unique, and guidelines/calculators may not account for the facts of your marriage. However, as a rule of thumb, the past often determines the future. If you were the breadwinner in the past, you likely have an obligation to provide support in the future.

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

KILBCO
CONCRETE CURBING

UNSEALED

Locally Owned & Operated

Free Estimates to 403.870.0737

Finding the Right Therapist: How to Search for the Help You're Actually Looking For

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



Searching for a therapist can feel overwhelming. A quick online search can bring up hundreds of profiles, all using different titles, specialties, and approaches. If you're already struggling with anxiety, depression, relationship issues, trauma, or another challenge, figuring out where to start can feel like another burden.

Start With the Problem You Want Help With

Many people begin their search by simply typing "therapist near me" into Google. While this can generate a list of providers, it's often more effective to search based on the specific issue you're experiencing.

For example:

- Depression counselling
- Couples counselling
- Trauma therapist
- ADHD therapist
- Grief counsellor
- Intimate betrayal trauma therapist
- Addiction therapist

Look Beyond the Therapist's Credentials

A therapist's designation tells you they have completed certain educational and licensing requirements. However, it doesn't tell you what they actually spend their time helping clients with.

When reading therapist profiles, pay attention to:

- Their areas of specialization
- Their experience treating your concerns
- Additional training or certifications
- Whether their approach resonates with you

Understand That Not All Therapy Is the Same

Some therapists focus on helping you understand patterns from your past. Others teach practical skills for managing symptoms in the present. Some specialize in relationship dynamics, while others focus on trauma recovery or behavioural change.

You don't need to become an expert in therapeutic modalities, but it can be helpful to ask questions such as:

- What does treatment usually look like?
- What can I expect in the first few sessions?
- Do you have experience helping people with situations similar to mine?

Read the Therapist's Website

A therapist's website often tells you much more than a directory profile.

As you read, ask yourself:

- Do I feel understood?
- Does this therapist seem knowledgeable about my concerns?
- Do they explain things clearly?

Sometimes a therapist's personality and communication style are just as important as their credentials.

Don't Ignore the Importance of Fit

Research consistently shows that the relationship between therapist and client is one of the strongest predictors of successful therapy.

After a consultation or first session, consider:

- Did I feel heard?
- Did I feel comfortable enough to be honest?
- Did this therapist seem to understand what I'm going through?

Ask Questions Before Booking

Many therapists offer a brief consultation. Use this opportunity to ask questions such as:

- Have you worked with concerns similar to mine?
- What is your experience with this issue?
- What does therapy usually look like?
- How often do clients typically attend sessions?
- Do you offer virtual or in-person appointments?

You are interviewing the therapist just as much as they are assessing whether they can help you.

Trust Your Gut

Credentials, experience, and training are important, but so is the feeling that you're sitting across from someone who genuinely understands you and knows how to help.

The right therapist won't have all the answers immediately. They won't promise quick fixes. What they will offer is a safe, supportive relationship, a clear path forward, and the expertise to help you navigate whatever challenges brought you to therapy in the first place.



**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

Photo Gallery

Images by Syed Adeel Hussain



Waterfalls are love



Green Ravine



Secret Boardwalk

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.

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

SPRING CLEANUP & YARD CARE - BLACK MOUNTAIN LANDSCAPE LTD: Is your lawn looking more country acreage than Elbow Valley? Trusted crew providing reliable mowing, lawn care, and seasonal maintenance. Residents since 2000, fully insured, friendly, and 5-star rated on Google. We keep your yard looking sharp all summer. Free estimates: 403-836-9519 | blackmountainlandscapeltd.com.

CADILLAC LAWN CARE: Reliable, Professional, Year Round Service , Weekly Lawn Maintenance, Softscape Landscaping (mulch, rock, sod, garden refresh), and Snow Removal Call/Text: 403 796-9377, Email: sheldonporter@live.com. Proudly Serving Elbow Valley.

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 Services. Gutter cleaning/repair/installation, window cleaning, gutter guards/leaf screens, fascia, soffit, siding, permanent outdoor holiday lighting, roofing, cladding, heat cables, pressure/soft washing. Local business since 2003 with more than 70,000 happy customers! Licensed, insured, WCB, A+ rated 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.



the Gutter Doctor Home Exterior Services

Gutter Clean/Fix/Install • Leaf Screens
Window Cleaning • Fascia/Soffit/Siding
Pressure/Soft Wash • Cladding
Permanent Lights • Roofing

Senior Discount • Warranty • WCB • Insured
403-714-0711 • gutterdoctor.ca

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f



Any help is appreciated ♥



MEOW Foundation is dedicated to rescuing stray and abandoned cats, providing them with critical medical care and the hope of a loving home.

Your donation helps fund our essential community programs, supporting both cats and the people who love them.

Together, we can give cats the second chance they deserve.

Donate

