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SCAN ME



Devin Elkin

— WARD 14 —

Rooted in Community



Hello Ward 14!

By the time this edition of the Great News community newsletter hits your mailbox, we will hopefully have recovered from all those mini donuts we consumed, the pain and suffering from those cowboy boots that get dusted off once a year, and worked off all those community Stampede events. I want to issue a special thank you to all the volunteers that helped make this annual right of passage here in Calgary a success. It was one to remember. Now we are three months away from the 2025 civic election on October 20th. Please mark your calendars.

I want to take a moment and thank everyone who expressed their appreciation for putting my name forward to be your next Ward 14 Councillor. As the last 10 years have taught me, your support and appreciation are what makes serving the residents of Ward 14 so enjoyable and together we will take the next step, ensuring Ward 14's continued profile as the city's best ward.

Over the next few months, I hope to connect with those of you who don't know me or what I have been doing for the Ward over the past decade as community assistant. I will be hosting several "chat with the candidate" pop up events throughout the ward, so watch for these dates on your community socials or on my website at www.devinelkin.com. These are designed for those that are not overly comfortable with people coming to their doors but are still interested in knowing what's what. I will be available for a few hours in each location and will have a white 10x10 tent set up. I am looking forward to having some great conversations with you all.

I hope you all survived Stampede and have some great plans for the rest of the summer.

Please take the time to visit www.devinelkin.com where I have outlined why I believe I am ready to be your next city councillor and what 10 years of public service has taught me.

Thank you all for loving where you live and caring about Ward 14's future.

Devin Elkin

Rooted in Community



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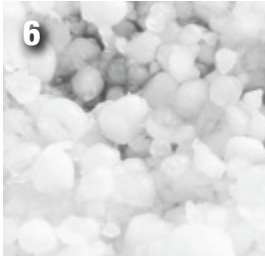
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Calgary Hail

by Garth Paul Ukrainetz

They say it starts from tips of mountains
Ice and snow on summits high
Taken by the gales of summer
Blown towards the prairie sky

Across the foothills with a vengeance
Hard blizzard grows within the cloud
Alberta you must run for cover
Distant rumbling growing loud

Big city, heed the alpine warning
Keep rivers clean and clear within
The Rockies send a stark reminder
From glaciers pure it all begins

Thru flashing lightning, thunder shaking
High avalanche comes crashing down
They say it starts from tips of mountains
And ends in Calgary on the ground

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GAMES & PUZZLES

Guess the Musical!

1. The 1962 version of this modern-day Romeo and Juliet story received 10 Oscars.
2. This musical of a masked, disfigured virtuoso holds the record for the most performances on Broadway.
3. Jennifer Hudson won an Oscar for her role as Effie White in this movie also featuring Beyoncé.
4. Pop sensation Dame Oliva Newton-John starred in this 1950s-inspired musical comedy.
5. Canadian actor Ryan Gosling stars in this romantic musical.
6. This heartwarming movie is based on the real-life story of the Von Trapp family.





SCAN THE QR CODE FOR THE ANSWERS!

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.

Curried Shrimp and Mixed Greens Salad

by Jennifer Puri



Food from the sea; shrimp have been a popular food source for a very long time. Shrimp are usually smaller than prawns but are similar in taste and texture.

Quick and easy to cook, shrimp can be found in just about every cuisine and are a popular ingredient in appetizers, salads, soups, pastas, and curries.

Shrimp are also recognized for their nutritional value and are a good source of protein, zinc, iron, vitamin B12, Omega 3, and selenium. They are low in calories, fat, and carbohydrates, and are a healthy food source that can fit well into a balanced diet.

Shrimp are lean and high in protein and can be poached, broiled, sautéed, or grilled. A flavourful curry dressing with shrimp like the one in the curried shrimp and mixed greens salad, also makes a delightful appetizer.

Prep Time: 15 minutes

Cook Time: 0

Servings: 4

Ingredients:

- 1 lb. cooked shrimp (peeled and tails removed)
- ½ cup mayonnaise
- ½ tsp. curry powder
- ⅓ cup Greek yoghurt

- 1 green onion, finely sliced
- 1 celery rib, finely chopped
- ¼ tsp. coarsely ground black pepper
- 2 tbsp. chopped coriander leaves
- 150 gm mixed greens

Direction:

- In a small bowl, blend the mayonnaise, curry powder, Greek yoghurt, celery, green onion, and black pepper.
- Next, add the cooked shrimp and coriander leaves and gently mix together. Cover and place in the refrigerator for at least an hour before serving.
- To serve, divide the mixed greens between four salad bowls. Place the shrimp salad on top and garnish with fresh strawberries, melon, or papaya slices if desired.
- Curried shrimp salad can be served with crackers, on a bun, or wrapped in lettuce leaves.

Bon Appétit!



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!

Mail-In Ballots for Calgary's 2025 General Election Available by Request

by The City of Calgary

Calgary's General Election will take place on October 20, 2025, and eligible voters can now request a special (mail-in) ballot if they are unable to go to a voting station during the Advance Vote or on Election Day. Voters must meet eligibility requirements to receive a mail-in ballot.

Visit Elections Calgary or call 403-476-4100 to request a mail-in package. The last day to request a mail-in ballot to be mailed to you is October 3, 2025. Requests after this date will need to be picked up in person at the Elections Calgary office.

Information about Calgary's upcoming General Election, including mail-in ballots and voter eligibility can be found at www.electionscalgary.ca.

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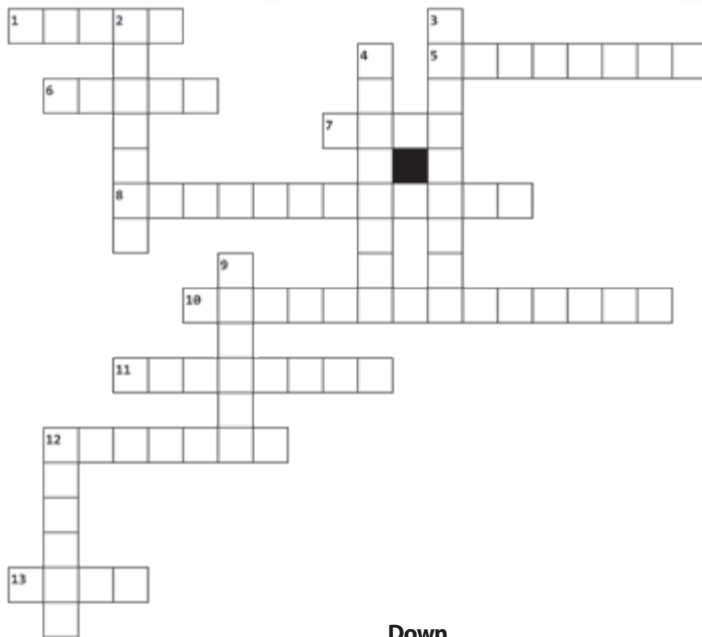


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August Crossword



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.





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February	25	25	19	\$599,000	\$595,000
January	25	26	11	\$499,000	\$495,000
December	24	8	13	\$470,000	\$460,000
November	24	13	20	\$509,900	\$502,500
October	24	21	17	\$614,900	\$607,000
September	24	24	15	\$619,000	\$615,000
August	24	24	22	\$556,950	\$552,500
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