

APRIL 2025

DELIVERED MONTHLY TO 9,250 HOUSEHOLDS

# the ELBOW scene

DELIVERED TO BEL AIRE, BRITANNIA, ELBOW PARK, ELBOYA, ERLTON, PARKHILL, MAYFAIR, RIDEAU, ROXBORO & WINDSOR PARK



Sotheby's  
INTERNATIONAL REALTY

Canada



**Vivienne Huisman** Senior Vice President, Sales



c 403.689.8722 e [vhuisman@sothebysrealty.ca](mailto:vhuisman@sothebysrealty.ca)  
[viviennehuisman.ca](http://viviennehuisman.ca)

**Your Neighbourhood's Trusted Real Estate Advisor.**

Sotheby's International Realty Canada is Independently Owned And Operated. This communication is not intended to cause or induce a breach of an existing agency relationship.



# Britannia Dental

For a Healthy Beautiful Smile!

**FREE PARKING** Elevator access  
to second floor

**403-271-2155**

[www.britanniadentalcentre.com](http://www.britanniadentalcentre.com)

**Dr. Jolann Benson**

New patients are always welcome!



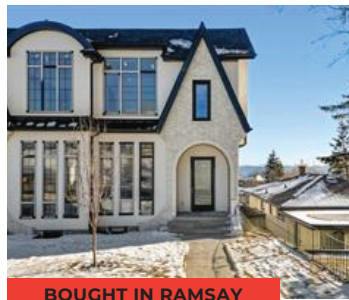
**Honest, Dependable,  
Home Renovators.**






Google Rating 5.0 ★★★★★

Phone: (403) 828-0915

[www.dependablerenovations.com](http://www.dependablerenovations.com)





-  (587) 317-8347
-  [dennis@plintz.com](mailto:dennis@plintz.com)
-  [plintzrealestate.com](http://plintzrealestate.com)
-  [@plintzrealestate](https://www.instagram.com/plintzrealestate)
-  [Plintz Real Estate](https://www.facebook.com/PlintzRealEstate)

Sign up for our  
monthly  
newsletter!



**PLINTZ** ● ● ●  
**REAL ESTATE**

— CENTURY 21 —  
Masters





## Full-Service Auto Repair for All Makes & Models

- Family-Owned Auto Repair Shop
- Free Shuttle Rides
- Transparent & Competitive Pricing
- Free Wi-Fi & Refreshments
- After-Hours Drop Box
- Free Second Opinion
- Courtesy Inspection



### Call Us

587-352-4982



### Visit Us

5908 Macleod Trail SW,  
Bay 2, Calgary, AB T2H 0K1



### Business Hours

Mon – Fri | 7:30am – 5:00pm



**403-607-0316**  
[info@mvpcanada.ca](mailto:info@mvpcanada.ca)

## hassle-free exterior restorations

**we specialize in**  
Stucco Coatings  
Stucco Repair  
Interior Painting  
Exterior Painting

find us on

**mvp**  
Calgary Owned  
and Operated!  
[mvpcanada.ca](http://mvpcanada.ca)

# OFFICIAL

**PLUMBING & HEATING**

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

## \$50

**Service Call Fee**

**403-837-4023**  
[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)



# CONTENTS

- 9 ELECTRONICS RECYCLING ROUNDUP
- 11 MENTAL HEALTH MOMENT: OVERCOMING DATING ANXIETY
- 16 RINGING COURSE: LEARN HOW TO ROCK HEAVY METAL
- 21 YOUR CITY OF CALGARY: TRAVEL SAFE STUDENT VIDEO CONTEST IS NOW OPEN
- 24 SAFE AND SOUND: BICYCLE HELMET SAFETY
- 28 BUSINESS CLASSIFIEDS



SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

**BEL-AIRE**



**ERLTON**



**ELBOW PARK**



**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.

# Tips On Quitting Smoking for Good

by Alberta Health Services

Thinking about quitting smoking in 2025? You're not alone. More than half of adults who smoke cigarettes are seriously thinking about stopping.

Quitting can be hard, but there are things you can do to make it easier. Everyone is different, so it's important to get the right kind of help for you. Use the tools, programs, and services that make sense for you.

The following tips can help you on your journey.

### Know Your Reasons for Quitting Smoking

Reflect on why you want to quit smoking. Write down or say out loud the reasons that matter most to you. For example:

- I want to feel better.
- I want to save money.
- I want to protect my family and friends.

Taking stock of why you want to quit is a good first step on the path to quitting for good. This activity can help you decide if you're ready to make a change. It can help you set a goal and stick with it.

### Make a Plan

When you're ready, pick a day to quit smoking in the next three weeks. As this date gets closer, pay attention to your urges to smoke. Keep track of the routines, places, and emotions that trigger you. Think about how you'll handle these cravings and stay in control when you're quitting.

Planning ahead helps you stay on track when you're quitting. It sets you up for success in the long run.

### Consult the Experts

Reach out for advice and support:

- Call 1-866-710-7848 to speak with an AlbertaQuits counsellor. They'll listen with no judgment and offer you free, confidential advice and helpful tips.
- Ask a physician, pharmacist, or other healthcare provider about medications to reduce cravings, limit withdrawal, and help you feel comfortable when you're quitting.
- Join a QuitCore program in your local area or online.



In six facilitated sessions, you'll learn skills to quit smoking and connect with other people who are trying to quit. Call the AlbertaQuits helpline at 1-866-710-QUIT (7848) to find a QuitCore group in your local area or online.

- Go to [AlbertaQuits.ca](https://AlbertaQuits.ca) for guidance and tools to build a quit plan.
- Text 123456 to ABQUITS for free text messages to keep you motivated.

Getting help to quit smoking really works. Research shows that by combining different methods of support, you can double or even triple your odds of success.

### Stick With It!

Be mindful that it can take more than one attempt to quit smoking. If you have setbacks, keep trying! Count the days and weeks you were able to go smoke-free as wins and think about what you can learn from them. Reflecting on what worked will help you next time.

Quitting is one of the best things you can do for your health, no matter how old you are or how long you've been smoking. Quitting lowers your risk of heart disease, cancer, lung disease, and diabetes. It improves your health in ways you can see and feel. Within 20 minutes of putting out your last cigarette, your blood pressure and heart rate go down with less stress on your heart and blood vessels.

For more information on smoking and your health, go to [MyHealth.Alberta.ca/Tobacco-Smoking-Vaping](https://MyHealth.Alberta.ca/Tobacco-Smoking-Vaping). For more tips to quit smoking for good, go to [AlbertaQuits.ca](https://AlbertaQuits.ca).

We specialize in keeping  
your home warm and your  
plumbing running smoothly all  
season long.

**Our Fast, Reliable Services Include:**

- Heating/Ventilation/Air  
Conditioning Installations,  
Service & Repairs
- Plumbing Services, Water Heater  
Repair & Replacement

**Call 825-509-3056**

[www.calaltaplumbingandheating.com](http://www.calaltaplumbingandheating.com)



**Your Patio Furniture Superstore!**

**Wicker Land Patio**

Located Three Blocks East of Chinook Mall  
6125 Centre Street S, (403) 258-2506  
[WickerLand.ca](http://WickerLand.ca)



**Broken Gold Counseling**

Your cracks tell a story.  
Let us help you find the gold within.

Begin your journey to healing and growth with Broken Gold Counseling this new year.

☎ (587) 329-0504  
✉ [stephanie@broken-gold.com](mailto:stephanie@broken-gold.com)  
🌐 [broken-gold.com](http://broken-gold.com)

**Book your first session now**



Over 15 years of experience  
(403) 312 2568

**BOKA**  
ELECTRIC

[Boka-electric.com](http://Boka-electric.com)

**SCAN HERE TO VIEW ADDITIONAL CONTENT:  
NEWS, EVENTS, CRIME STATISTICS, REAL ESTATE STATISTICS, & MORE**

**BRITANNIA**



**ELBOYA**



**MAYFAIR**



**PARKHILL**



**RIDEAU  
PARK**



**ROXBORO**



**WINDSOR  
PARK**





# Amendments to the Business Licence Bylaw for Short-Term Rentals Are Now in Effect

by The City of Calgary



Starting April 1, 2025, there will be several changes to Calgary's short-term rental (STR) regulations as part of The City of Calgary's commitment to adapt to our evolving short-term rental market.

- STR business licenses will now be classified as either primary or non-primary. If you currently have a licence, you will be asked to verify your property type as part of your next renewal. Fees will vary based on the licence type.

- Short-term rentals now include rentals up to 180 consecutive days. If you own a short-term rental offering stays between zero and 180 consecutive days, you require a business licence to operate in Calgary.
- New applicants will be responsible for complying with their condominium bylaws, The City will no longer require condo board consent.
- A ban on issuing licences for homes designated as affordable housing.

Additionally, if the Purpose-Built Rental Vacancy Rate drops below 2.5%, The City will impose a temporary pause on issuing new non-primary licences. This would not apply to new primary residence applications or existing licenses.

These changes aim to balance housing affordability, safety, community impact, and enforcement, while continuing to support property owners and the economic benefits STRs bring to Calgary.

Enhancing regulatory processes will improve STR management and foster market innovation to benefit the community. Visit [calgary.ca/str](https://calgary.ca/str) for more information.

## ERLTON AND RIDEAU-ROXBORO COMMUNITIES

## IT'S OUR MISSION!

# RIVER AND PATHWAY CLEANUP AND BBQ

**SUNDAY, MAY 4, 10 AM TO 1 PM**

The communities of Erlton and Rideau-Roxboro, with the City of Calgary and MNP Sports Centre, are cleaning up the pathways and riverbanks through our communities, followed by a family barbecue in Lindsay Park. Volunteers eat free.

## Join the Erlton Community Association

Join the Erlton Community Association and take advantage of local discounts, meet some new friends at a social event, stay informed of community planning and development projects, and find out what's happening in traffic and parks news. Members are welcome to join us at our monthly meeting. Yearly membership fees are very reasonable, and seniors can join for free! Email [erltonsecretary@gmail.com](mailto:erltonsecretary@gmail.com), [erltonpresident@gmail.com](mailto:erltonpresident@gmail.com), or [erltonmembership@gmail.com](mailto:erltonmembership@gmail.com) for more information.



## ERLTON COMMUNITY ASSOCIATION Monthly Meetings

The ECA hosts monthly meetings every second Tuesday of the month at the MNP Community and Sport Centre, except for July and August. Meetings provide an opportunity for community members to receive updates on the status of projects from the ECA and bring any new issues to the attention of the community and executive. Agendas are usually sent the weekend before the next scheduled meeting. All are welcome!

## Electronics Recycling Roundup

The Erlton Community Association is hosting an Electronic Recycling Roundup on Saturday, April 26 at the Erlton Garden (24 Ave and Erlton Rd SW) from 10:00 am to 2:00 pm.

This is a great opportunity to keep unwanted electronics, small appliances, and power tools out of the landfills while supporting the development of the new Erlton Community Garden project at the same time! Let's build more gardens and less landfills.



### STRUGGLING WITH BUSINESS DEBT?

Overwhelmed by Accounts Payable?  
Facing Repayment Deadlines?  
Experienced an Unexpected Loss?

### OUR LAWYERS CAN HELP

Corporate restructuring and  
commercial insolvency advice.

### CONTACT US TODAY

[info@bakerlawfirm.ca](mailto:info@bakerlawfirm.ca)  
403.455.0339

**BAKER**  
LAW FIRM

## Erlton Business Owners

The Erlton Community Association (ECA) Board of Directors recognizes the challenging environment that small business owners in Calgary are facing, and we would like to provide an opportunity to our Erlton business owners to introduce their business to our membership.

If you are interested and would like more information, please contact Lorraine at [Erltoncommunications@gmail.com](mailto:Erltoncommunications@gmail.com). We can't wait to meet you!

# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our Innovative Consumer Programs



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



Call or Text 📞 403-606-8888 ✉️ [len@lentwong.com](mailto:len@lentwong.com) 🌐 [calgaryhomesearch.com](http://calgaryhomesearch.com) 🌐 [calgaryluxuryhomesearch.com](http://calgaryluxuryhomesearch.com)

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

## MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	25	0	1	\$1,685,000	\$1,615,000
January	25	1	1	\$1,550,000	\$1,492,000
December	24	0	2	\$2,149,950	\$2,030,000
November	24	2	0	\$0	\$0
October	24	2	1	\$1,600,000	\$1,580,000
September	24	1	1	\$1,879,000	\$1,879,000
August	24	0	1	\$1,390,000	\$1,340,000
July	24	0	0	\$0	\$0
June	24	0	0	\$0	\$0
May	24	3	1	\$1,345,000	\$1,500,000
April	24	0	0	\$0	\$0
March	24	0	1	\$2,395,000	\$2,300,000

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

## RIDEAU PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	25	3	3	\$1,299,900	\$1,249,000
January	25	5	2	\$499,950	\$466,250
December	24	1	0	\$0	\$0
November	24	2	0	\$0	\$0
October	24	2	4	\$1,569,500	\$1,475,000
September	24	2	0	\$0	\$0
August	24	5	3	\$525,000	\$535,000
July	24	3	1	\$1,825,000	\$1,710,000
June	24	2	2	\$1,300,000	\$1,316,285
May	24	3	4	\$409,950	\$415,000
April	24	6	3	\$375,000	\$375,000
March	24	6	4	\$594,450	\$603,000

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



# Overcoming Dating Anxiety

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

### 1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

### 2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

### 3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

### 4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

### 5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

### 6. Confidence Tips

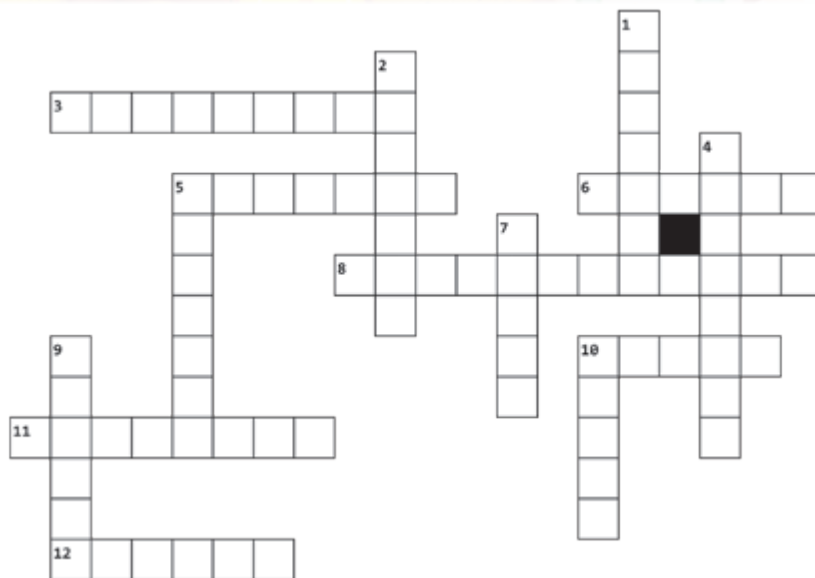
**Before the Date:** Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

**During the Date:** Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

**After the Date:** Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.

# April Crossword



## Across

3. Simon & Schuster released the first-ever \_\_\_\_\_ puzzle book on April 18, 1924, delighting word game enthusiasts around the world.
5. On April 1, 1919, the Stanley Cup Final between the Montreal Canadiens and the Seattle Metropolitans was cancelled due to the \_\_\_\_\_ flu pandemic.
6. On April 30, 1952, Mr. \_\_\_\_\_ Head became the first toy ever to be advertised on television.
8. Terry Fox started his Marathon of Hope on April 12, 1980, in St. John's, \_\_\_\_\_.
10. This meteor shower takes place in April every year.
11. ABBA won the 1974 Eurovision Song Contest with their song \_\_\_\_\_ on April 6.
12. This space telescope was first deployed into orbit by the space shuttle Discovery on April 25, 1990.

## Down

1. April's birthstone is the \_\_\_\_\_, a popular choice for engagement rings.
2. Stanley Kubrick's sci-fi adventure film, *2001: A Space \_\_\_\_\_*, premiered in April 1968.
4. The Royal \_\_\_\_\_ Air Force was officially established on April 1, 1924.
5. \_\_\_\_\_ *Island* by Dennis Lehane was first published on April 15, 2003, and later became a film starring Leonardo DiCaprio and Mark Ruffalo.
7. Comedian and actor Seth \_\_\_\_\_ was born on April 15, 1982, in Vancouver, BC.
9. The World \_\_\_\_\_ Organization was established by the United Nations on April 7, 1948.
10. On April 16, 2018, Kendrick \_\_\_\_\_ won the Pulitzer Prize for Music, becoming the first rapper to do so.



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers

INVERMERE, BC



LIMITED LOTS AVAILABLE



CASTLEROCK  
*on Lake windermere*



## Features



Mountain & Lake  
Views



Peaceful  
Community



Year Round  
Adventure



Located Close to  
the Legacy Trail



Relaxed  
Lifestyle



1.5 hours to  
International  
Airport

## EXCEPTIONAL LIVING IN THE COLUMBIA VALLEY

- Every lot offers breathtaking scenery and ample room for your custom dream home.
- 3 hours from Calgary and 1.5 hours to Cranbrook International Airport.
- Close to the lake, schools, hiking trails, parks, golf courses, ski resorts, medical services, and town amenities.
- Maximize your investment — discover the unmatched value of Invermere.
- **CastleRock** Lots starting at \$99,000  
[www.castlerockliving.ca](http://www.castlerockliving.ca)
- **Lake Windermere Estates** Acreages starting at \$779,000  
[www.lakewindermereestates.com](http://www.lakewindermereestates.com)

CONTACT MARK JAKOS TO BOOK YOUR COMMUNITY TOUR TODAY



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



1-250-342-3313



[info@grizzlyridge.ca](mailto:info@grizzlyridge.ca)



## Admiration... Always

by Cheryl Dunkley

Seventy years fly by fast  
Live in the present, not the past.  
What's your secret, we have to ask  
Joan would say: "at everything you just laugh!"

Joan is a special gal -  
A loyal friend through and through.  
The world would be a better place  
If this skill was one everybody knew.

Her circle has been busy and wide  
Golf, curling, travel, bridge  
But, if you need a friend  
Joan is right there by your side.

She has tackled many sports,  
Always showed up with a smile  
If you need love and support,  
Joan always goes the extra mile.

A kind word, a compliment, a laugh  
She understands what's on your mind.  
She listens, has a thought, perhaps an idea new  
Joan cares about each and everyone of you!

Happy birthday, dear Joan!  
Thank you for being a good friend to all of us.  
We are all better for knowing you and could learn  
from your example.  
We have watched you approach life with  
compassion and intention putting others' need  
first while making light of your own.

## Vaping and Youth

by Alberta Health Services



Vapes or e-cigarettes are one of the most popular ways of consuming substances such as nicotine, cannabis, or chemical flavouring among youth. This trend has spiked over the years due to marketing around it being "safer" than cigarettes. What we do know is that any use of vaping can cause harm.

There is still a lot more information needed but below is what we do know when addressing vaping among youth.

### Educate Yourself and Others

You do not have to be an expert on the topic but it's important to understand the basics and have access to knowledge on the facts and where to access supports and resources.

### Educate Children and Youth

We want schools and natural supports to teach and implement lesson plans as soon as possible. At home we want to share the facts, have open conversations about safety, and support healthy choices. There are free lesson plans and information for different age ranges so you can have the conversations in ways that make sense to them!

### Focus on Prevention

To help reduce rates of use among youth we need to implement effective prevention strategies that teach life skills, involves young people that are led by young people, and connect youth to the community. This helps strengthen core social competencies such as problem solving, decision making, and critical thinking.

Have open conversations about vaping with the young people in your life. This will help build relationships and trust so if there are questions, you are the person they will lean towards!

# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our Innovative Consumer Programs



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



Call or Text 📞 403-606-8888 ✉️ len@lentwong.com 🌐 calgaryhomesearch.com 🌐 calgaryluxuryhomesearch.com

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

## BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

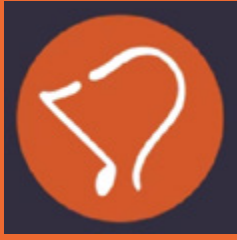
		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	25	0	0	\$0	\$0
January	25	0	0	\$0	\$0
December	24	0	1	\$5,100,000	\$4,875,000
November	24	0	0	\$0	\$0
October	24	0	1	\$3,100,000	\$2,550,000
September	24	1	0	\$0	\$0
August	24	0	0	\$0	\$0
July	24	1	0	\$0	\$0
June	24	0	0	\$0	\$0
May	24	0	0	\$0	\$0
April	24	0	0	\$0	\$0
March	24	0	1	\$2,200,000	\$2,150,000

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

## BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	25	3	1	\$2,750,000	\$3,100,000
January	25	3	1	\$2,495,000	\$2,470,000
December	24	0	1	\$1,750,000	\$1,700,000
November	24	2	0	\$0	\$0
October	24	2	1	\$1,700,000	\$1,860,000
September	24	0	0	\$0	\$0
August	24	1	0	\$0	\$0
July	24	1	0	\$0	\$0
June	24	1	1	\$4,899,000	\$4,800,000
May	24	3	3	\$2,375,000	\$2,300,000
April	24	1	3	\$1,400,000	\$1,400,000
March	24	4	2	\$2,882,500	\$2,862,500

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



# Ringling Course: Learn to Rock Heavy Metal



**When:** Saturday mornings  
May 17 to June 7  
9.30-12.30

**Where:** Elbow Park  
3602 8 Street SW  
Calgary T2T 3A7

## Bell Ringing Is...

- playing one of the biggest musical instruments in the world
- all about rhythm, quick-thinking, listening, coordination and teamwork
- an easy way to make friends and join the local team and a global community of ringers







## EAU CLAIRE ATHLETIC CLUB

### More Than a Club — A Lifestyle of Wellness & Connection.

Experience fitness, wellness and social connection redefined at Eau Claire Athletic Club. With 40+ first-class amenities, including a Nordic spa, lap pool, fitness studios, golf simulators, dining and more!

[www.ecathleticclub.ca](http://www.ecathleticclub.ca) | [info@ecathleticclub.ca](mailto:info@ecathleticclub.ca) | 101 3 St SW

BOOK A  
TOUR



[www.kilbco.com](http://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**



### SAR PROFESSIONAL CORPORATION

- Business and Personal Strategic Tax Planning
- Accounting & Bookkeeping Services
- Compilation & Review Engagement
- Business Consulting

**CALL: 403-204-0897**

[info@saraccounting.com](mailto:info@saraccounting.com)

[www.saraccounting.com](http://www.saraccounting.com)

**SAR**  
PROFESSIONAL CORPORATION  
CHARTERED PROFESSIONAL ACCOUNTANTS  
**CPA**





## Celebrating Calgary 150 - Treaty 7 and Cow Town

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

The NWMP arrived in 1874. Colonel Macleod met with Chief Crowfoot, who wanted respect for Blackfoot rights and encouraged friendly relations with the newcomers.

Conflict in America and the planned trans-continental railway led Canadian authorities to offer treaty negotiations with Indigenous peoples. The negotiations took place at Blackfoot Crossing, a traditional gathering place near Cluny, AB.

Crowfoot delivered an account of the talks to the other Chiefs. Land for settlement was exchanged for Indigenous land rights as well as farming support, food, and annuities. The Treaty was signed on September 22, 1877.

Increasing settlement and the buffalo's near extinction upended the Treaty. As well, property was not part of Indigenous tradition, and the location and size of reserves was not clarified.

The end of the buffalo meant Indigenous peoples arrived on their reserves in need of food and shelter. The winter of 1883 to 1884 is known as the Starvation Winter. Government bureaucrats worsened the situation by restricting movements and limiting agricultural support.

Louis Riel returned from America to again argue for Indigenous rights. In 1885 at Batoche, SK, he established a provisional government. Shots were fired and the police retreated. Some Cree in Alberta took up the cause at Frog Lake, but Crowfoot would not side with Riel. Troops were ordered to Saskatchewan via the newly constructed railway. At the Battle of Batoche, the North-West Resistance ended, and Riel was tried and executed.

With the railway completed in 1885, Calgary was connected to the world. One result was more homesteading. American John Ware, a former slave, arrived and developed a reputation as a skilled and daring cowboy. Along Fish Creek, John Glenn's irrigation system powered Samuel Shaw's woollen mill.

Calgary was incorporated as a town in 1884. Surveyor William Pearce set aside St. George's and St. Patrick's

Islands as parkland. James Walker, owner of Bow River Sawmill, expanded the fort. He was the first Board of Trade president and petitioned for a school district. In 1975 he was named Citizen of the Century.

With Cow Town firmly established, the next decade would shape the city you're probably most familiar with today.

\*All copyright images cannot be shared without prior permission.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OY2G50?WS=SearchResults>. "Blackfoot crossing, Bow River, Alberta," 1882, (CU181390) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FTUIG?WS=SearchResults>. "Blood woman at the ration house, Blood reserve," 1897, (CU1156926) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1O7TXV?WS=SearchResults>. "Start of the battle of Batoche, Saskatchewan," 1885, (CU198943) by Peters, James. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1X2IA6W?WS=SearchResults>. "Canadian Pacific Railway construction on the prairies," 1883, (CU1229514) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F2UGEB?WS=SearchResults>. "S. W. Shaw's original log house, Midnapore, Alberta," [ca. 1884-1885], (CU1123225) by Shaw, S. W. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OB69V>. "North-West Mounted Police barracks, Calgary, Alberta," 1888-12-20, (CU178952) by Ross, Alexander J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OMO9J6?WS=SearchResults>. "Colonel James Walker's sawmill, Calgary, Alberta," [ca. 1880-1883], (CU182558) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our Innovative Consumer Programs



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



Call or Text 📞 403-606-8888 ✉️ [len@lentwong.com](mailto:len@lentwong.com) 🌐 [calgaryhomesearch.com](http://calgaryhomesearch.com) 🌐 [calgaryluxuryhomesearch.com](http://calgaryluxuryhomesearch.com)

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

## ERLTON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	25	9	3	\$879,000	\$875,000
January	25	3	0	\$0	\$0
December	24	0	2	\$892,450	\$859,750
November	24	5	3	\$699,900	\$697,900
October	24	1	4	\$632,450	\$617,500
September	24	10	5	\$439,900	\$434,355
August	24	4	4	\$872,000	\$900,000
July	24	4	5	\$474,900	\$469,900
June	24	7	7	\$475,000	\$450,000
May	24	4	6	\$439,950	\$434,950
April	24	14	7	\$479,900	\$473,500
March	24	3	2	\$432,000	\$422,500

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

## PARKHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	25	3	2	\$587,450	\$582,000
January	25	2	3	\$1,300,000	\$1,241,000
December	24	4	0	\$0	\$0
November	24	0	1	\$599,900	\$595,000
October	24	2	2	\$1,600,000	\$1,578,250
September	24	5	7	\$775,000	\$745,000
August	24	6	6	\$749,950	\$743,750
July	24	4	2	\$1,799,900	\$1,730,913
June	24	3	0	\$0	\$0
May	24	5	9	\$349,900	\$329,900
April	24	8	5	\$384,900	\$415,000
March	24	8	4	\$322,400	\$315,750

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



**THOMAS & FRIENDS**

**DAY OUT WITH THOMAS**

**IT'S PARTY TIME!**

**May 3-4 & 10-11**

**TICKETS**



**HERITAGE PARK**

©2024 Gullane (Thomas) Limited.



**OFFERED AT \$3,500,000**

**FOR SALE IN BEL-AIRE**  
**1403 BEVERLY PL SW**  
 403.992.5765  
[www.kboutiquere.com](http://www.kboutiquere.com)

**KOWALL**  
 Boutique Real Estate  
 exp | tcon



Learn more about your Calgary Catholic School District Board of Trustees!

## Easter Message

Welcome to April, where we continue our journey through Lent to Good Friday, remembering the death of Jesus, who was rejected, despised, oppressed, condemned, and crucified. And then gloriously and full of joy, we come to Easter Sunday celebrating the resurrection of Jesus Christ. The resurrection is the cornerstone of our faith, the beacon of hope that illuminates our darkest moments and guides us through the shadows of doubt and despair.

I love the magnificence of and the beauty in the Easter message. The springing forth of new life in all its colours, the green starting to show in the grass and the trees, lavender hydrangeas, white and brown bunnies, yellow chicks, and sunrise-yellow daffodils, all accentuating the unfathomable concept of Jesus' power over death. Easter is a celebration of the transformative power of God's love. Death had been defeated by light, love, and life. Jesus lives. Love has prevailed.

There are many things to appreciate and look forward to in April, planning our gardens, less winter gear, the start of outdoor sports such as soccer and baseball, moisture for the land (hopefully in the form of rain, not snow), warmer weather, the trees starting to bloom, and a renewed sense of life after winter with eyes to summer and summer holidays. These hopeful events will have to sustain us with Easter being so late in April this year. Patience will be needed by our teachers, staff, and students as they wait for Easter celebrations and the Easter break. May the Lord bless teachers and staff with many moments of positivity and gratitude throughout April!

On behalf of the Board of Trustees of the Calgary Catholic School District, I wish you Christ's many blessings including peace, faith, hope, and happiness throughout April and the joyous Easter season!

## Travel Safe Student Video Contest is Now Open

*by The City of Calgary*

Calling filmmakers of all ages and abilities. Whether you are an aspiring movie producer, working on your stop-motion skills, or you shoot videos as a hobby, this is the contest for you!

The Travel Safe Student Video contest is open to Calgary students from kindergarten to Grade 12. Win great prizes and a chance to have your work showcased! The deadline is April 30.

The contest is not only a fun and engaging way for students to think about traffic safety, but also part of the Calgary Safer Mobility Plan, a partnership between the City and Calgary Police Service aimed at improving the overall safety of our transportation network.

"We know students have unique perspectives when it comes to traffic safety and we can't wait to see solutions through their eyes," said Jacquelyn Oriold, Mobility Education Specialist with the City. "Whether that's a video from a kindergarten student worried about safety as they walk or wheel to school, or from a middle school student concerned about speeding drivers, or a teenager's perspective on navigating rush hour, we can't wait to see their work."

### Key Dates:

- April 30, 2025, at 11:59 pm: Contest closes
- May 14, 2025: Public screening event of finalists and winners announced at the Central Library in the Patricia A. Whelan Performance Hall.

For full contest rules, eligibility, waiver, tips, and resources visit [calgary.ca/travelsafevideo](http://calgary.ca/travelsafevideo). For general inquiries about the contest, email [streetsafekids@calgary.ca](mailto:streetsafekids@calgary.ca).





# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our Innovative Consumer Programs



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



Call or Text 📞 403-606-8888 ✉️ [len@lentwong.com](mailto:len@lentwong.com) 🌐 [calgaryhomesearch.com](http://calgaryhomesearch.com) 🌐 [calgaryluxuryhomesearch.com](http://calgaryluxuryhomesearch.com)

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

## ROXBORO COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	25	1	2	\$2,374,950	\$2,441,000
January	25	1	0	\$0	\$0
December	24	0	0	\$0	\$0
November	24	0	0	\$0	\$0
October	24	0	0	\$0	\$0
September	24	3	3	\$1,950,000	\$1,950,000
August	24	0	0	\$0	\$0
July	24	0	0	\$0	\$0
June	24	2	2	\$1,549,950	\$1,605,000
May	24	1	2	\$1,822,500	\$1,887,500
April	24	0	0	\$0	\$0
March	24	1	0	\$0	\$0

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

## WINDSOR PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	25	8	7	\$234,000	\$241,000
January	25	13	3	\$255,000	\$251,000
December	24	3	6	\$392,450	\$393,750
November	24	5	6	\$544,950	\$531,000
October	24	10	13	\$265,000	\$268,800
September	24	11	10	\$257,400	\$256,500
August	24	16	14	\$304,850	\$294,500
July	24	11	4	\$242,450	\$242,000
June	24	9	8	\$265,000	\$260,750
May	24	16	19	\$369,999	\$401,000
April	24	13	8	\$317,450	\$318,500
March	24	10	17	\$249,900	\$254,000

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

## Zucchini Spears with Zesty Tomato Sauce

by Jennifer Puri

Zucchini is a green, oblong squash that is typically served in savoury dishes. It has a mild taste and the smaller to medium-sized zucchinis have the best flavour.

Low in calories but high in fibre, zucchini contains more potassium than a banana. Loaded with vitamins, minerals, and antioxidants, zucchini is good for the digestive system and eye health.

Zucchini can be eaten raw in a salad or with a dip, but it can also be steamed, sautéed, added to breads, muffins, and pancakes, stuffed with rice and meats, or spiralized into zucchini noodles.

Baked zucchini with herbs and parmesan cheese is a quick and easy side dish, as shown in the zucchini spears with zesty tomato sauce recipe below.

**Prep Time:** 20 minutes

**Cook Time:** 15 minutes

**Servings:** 4

### Ingredients:

- 4 medium-sized zucchinis
- 2 tbsp. olive oil
- 2 tbsp. fresh oregano
- 1 cup finely crushed breadcrumbs
- 1 cup shaved or grated parmesan cheese
- ½ tsp. salt
- ½ tsp. ground black pepper
- 1 tsp. red chilli flakes (optional)

### Tomato Sauce

- 1 small can (398 ml) tomato sauce
- 2 cloves garlic, finely chopped
- 8 cherry tomatoes halved
- 2 tbsp. olive oil
- 2 tbsp. oregano
- 1 tsp. sugar
- Salt and pepper to taste

### Directions:

1. Preheat oven to 450 degrees Fahrenheit.
2. Rinse the zucchini and pat dry with a paper towel. Place the zucchini on a cutting board, trim the ends off, and then slice into four pieces lengthwise.



3. Place the zucchini spears on a foil-lined baking sheet, drizzle with olive oil, and then sprinkle with salt, pepper, and oregano. Next sprinkle the breadcrumbs evenly over the zucchini followed by the parmesan cheese and red chilli flakes if using.
4. Place the zucchini on the middle rack of the oven and bake for 12 minutes uncovered. Make sure not to overcook the zucchini as it will turn mushy.
5. To make the tomato sauce add olive oil to a small pan over medium heat. Add the chopped garlic and sauté for about a minute, then add the cherry tomatoes and oregano. Sauté for another couple of minutes and then add the tomato sauce, salt, pepper, and the sugar. Simmer until the sauce starts to thicken and then remove from heat.

To serve, place the zucchini spears on a platter and pour some of the tomato sauce over it. Leftover tomato sauce can be stored in the fridge in an airtight container for a couple of days.

Bon Appétit!

# Bicycle Helmet Safety

by Alberta Health Services EMS



Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

### Getting Informed

- Wearing a helmet while cycling can prevent a serious injury or even save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

### Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.

- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example – always wear a helmet when cycling.

### Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.





**MOUNTAIN**  
ADVENTURE SCHOOL



**THIS JOURNEY WILL  
CHANGE YOUR LIFE**

## HIGH SCHOOL SUMMER CAMP

Start earning credits right after Grade 9!

SESSIONS STARTING IN JULY AND AUGUST

### SIGN UP TODAY!

TO REGISTER NOW OR FOR MORE  
INFORMATION CONTACT US:

Progressive Academy  
mountainadventure.school  
780-455-8344

## BMAX BROKERS

### MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

#### Services

- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

✉ info@bmaxbrokers.com | ☎ 403-249-2269



**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**



**AVENUE** | Financial  
Real Estate Solutions



## Unlock Your Dream Home Now!

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



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

*Licensed by Avenue Financial*

## 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](http://www.kilbco.com) | 403-870-0737

## BEAT THE HEAT AND GLARE

**3M Solar Window Film**

**99%**  
UV PROTECTION

- reduce heat & glare
- energy savings
- protect furniture from fading



- protect against forced entry
- keep shattered glass intact
- comprehensive 3M warranty

**PROTECT YOUR PROPERTY  
with 3M Security Film**



Authorized Dealer/Applicator  
Window Film Solutions

Proud Member of  
**Window Film  
Canada**

**carbon  
graphics**  
GROUP

[carbongraphicsgroup.com](http://carbongraphicsgroup.com)

**SAVE  
\$50**

ON ANY  
ORDER OVER  
\$500

**SAVE  
\$150**

ON ANY  
ORDER OVER  
\$1,000

EXPIRES 08/15/2025

Some limitations apply, ask for details.  
One coupon per customer.

Call for a  
**FREE ESTIMATE**  
**403-266-5954**  
**OR**

**Scan  
now!**



# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our Innovative Consumer Programs



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



Call or Text 📞 403-606-8888 ✉️ [len@lentwong.com](mailto:len@lentwong.com) 🌐 [calgaryhomesearch.com](http://calgaryhomesearch.com) 🌐 [calgaryluxuryhomesearch.com](http://calgaryluxuryhomesearch.com)

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

## ELBOYA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	25	9	2	\$587,400	\$578,500
January	25	5	1	\$1,348,000	\$1,205,000
December	24	0	1	\$1,095,000	\$1,065,000
November	24	2	1	\$899,900	\$880,000
October	24	2	2	\$1,394,500	\$1,334,500
September	24	2	0	\$0	\$0
August	24	2	3	\$1,199,999	\$1,205,000
July	24	2	3	\$1,140,000	\$1,030,000
June	24	1	2	\$2,698,500	\$2,675,000
May	24	6	4	\$1,099,900	\$1,162,500
April	24	4	2	\$944,900	\$995,000
March	24	1	1	\$949,900	\$909,750

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

## ELBOW PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	25	4	2	\$3,549,900	\$3,512,500
January	25	4	2	\$1,449,950	\$1,444,950
December	24	0	1	\$1,999,000	\$1,950,000
November	24	1	1	\$999,000	\$963,000
October	24	6	5	\$1,495,000	\$1,523,000
September	24	5	8	\$2,299,950	\$2,317,500
August	24	5	9	\$2,545,000	\$2,425,000
July	24	8	5	\$1,589,000	\$1,525,000
June	24	10	4	\$2,674,000	\$2,597,500
May	24	9	9	\$1,800,000	\$1,915,000
April	24	3	3	\$2,500,000	\$2,415,000
March	24	5	4	\$1,669,400	\$1,747,500

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





## Our commitment to our clients: Every client has a comprehensive estate planning review

We know that our clients' legacy plans are both unique and special, which is why we commit to individual estate planning and attention. Contact us today to learn about our customized, strategic planning services.



**Catherine Arcand, CFP**  
Investment  
& Wealth Advisor  
403-441-1414  
catherine.arcand@rbc.com



**Wealth Management**  
Dominion Securities

RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. © / TM Trademark(s) of Royal Bank of Canada. Used under licence. © 2024 RBC Dominion Securities Inc. All rights reserved. 24\_90717\_R96\_002\_01

**For business classified ad rates contact  
Great News Media  
at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)**

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Elbow Park, Britannia, Elboya, Parkhill, Rideau, Roxboro and Erlton. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**ELBOW SCENE MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

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

**PROFESSIONAL ACCOUNTANTS:** Personal and corporate income tax preparation and e-filing, accounting services such as bookkeeping, financial statements, GST, payroll, T4/T5 slips. CPAs with 20 years' experience, personable, reasonable rates, convenient location. Call Padgett Business Services at 403-220-1570 for your half-hour free consultation. 1511 – 10 Street SW, Calgary, AB T2R 1E8, or go to [www.padgettcalgary.com](http://www.padgettcalgary.com) for more information.

# 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.

**ELBOW PARK PAINTER:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. [www.fivestarpainting.com](http://www.fivestarpainting.com).

**COMMERCIAL TENANT REP SERVICES:** Attention Calgary business leaders. Is your business upsizing, downsizing, renewing, or possibly relocating? Team Boyne with Barclay Street Real Estate is working to earn your business. 35 years of experience. Ryan | Karen direct at 403-767-9999 or [info@officespaceyycc.com](mailto:info@officespaceyycc.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](http://www.communitymediation.ca), 403-269-2707.

**JAKES TREE SERVICE:** ISA Certified Arborist offering professional tree services in your area. Services include tree cutting and removal, tree/hedge pruning or maintenance, and stump grinding. For a free quote call or text 403-667-3878 or visit [jakestreeservice.jobbersites.com](http://jakestreeservice.jobbersites.com).

**HERITAGE WEST PLUMBING AND HEATING:** Furnace, boilers, and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

**ALL-SEASON EXPERTS - JK LANDSCAPING INC.** Trusted in Calgary for 25+ years. We specialize in spring cleanups, lawn care, hedge trimming, and eco-friendly yard solutions. From vibrant lawns to reliable snow removal. Accepting new clients - secure your spot today. 587-435-4708 | [sales@jkinc.org](mailto:sales@jkinc.org) | [www.jkinc.org](http://www.jkinc.org).

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**RUSSELL'S LAWN SERVICE:** Since 2000, locally owned, family operated, insured, WCB clearance, and BBB accredited. Providing quality, reliable service, free estimates, and a 15% senior discount. Specializing in mowing, power-raking, aerating, fertilizing, tree/hedge trimming, and landscaping/xeriscaping. Lawn service bookings are limited, reserve now. Visit us at [www.russellsawn.com](http://www.russellsawn.com) or call 403-686-LAWN (5296).



**the Gutter Doctor**

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

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

**April Fools... Not!**

 On April 1, 2004, many people thought Google played an April Fools' joke when they launched Gmail. But the joke was on them - Gmail was real, and it's still one of the most popular email services today.



**MP Calgary Centre**  
**Greg McLean**

445 – 1414 8 Street SW  
Calgary, AB T2R 1J6

📞 403-244-1880 📠 403-245-3468

✉️ greg.mclean@parl.gc.ca

Almost every conversation elected officials have had these past several weeks revolves around the threats posed by the U.S. Administration to impose tariffs on trade with Canada, and the non-starter comments about our country becoming the '51st state'. Let's start by stating clearly that that is not a possibility.

It's safe to say that the stability of our trade treaty with the U.S. is now an afterthought. And stability was always the calling card of the string of trade agreements we've negotiated over the past 37 years.

Canada will adjust to the changes, and I challenge anyone that suggests tariffs imposed by our largest trading partner represents 'an existential crisis' for our country. Yes, our economy will suffer, and we will learn our lessons as to the importance of broad trade and commerce (including with ourselves). Perhaps, it will hasten what was always necessary: nationwide free trade; resources to market domestically and internationally beyond the United States; a well-funded and functioning military; stricter border security; regulatory speed and certainty; a crackdown on crime, fentanyl distribution, and money laundering.

If Canada uses this moment to correct the above policies, then we will strengthen our country internally, and make our economy more resilient in a more volatile world. I'm confident we will rise to this challenge.



## The Beatles: Chart-Toppers to Solo Legends

April is a memorable month for the Beatles whether together or not... On April 4, 1964, the Fab Four made history by holding the top five spots on the Billboard Hot 100. Fast forward to April 17, 1971, and each member—Lennon, McCartney, Starr, and Harrison—had their solo singles on the UK charts.



**MLA Calgary-Elbow**  
**Samir Kayande**

205 – 5005 Elbow Drive SW T2S 2T6

📞 403-252-0346

✉️ calgary.elbow@assembly.ab.ca

Dear Neighbours,

Allegations of political interference and bloated healthcare contracts shocked us all in early February when a *Globe and Mail* story first revealed the allegations that were in a letter the recently fired CEO of Alberta's health system sent to her lawyers.

Athana Mentzelopoulos' \$1.7 million wrongful dismissal lawsuit against Alberta Health Services and the UCP government, alleges the former CEO was fired for investigating sweetheart deals with private surgery companies she said had links to provincial government officials.

In the following weeks, as the CorruptCare scandal dominated the airwaves, the UCP's infrastructure minister resigned from cabinet citing a lack of support from his colleagues over his concerns "regarding the Government of Alberta's procurement practices across all departments."

Alberta's Auditor General has launched an investigation into spending by the province's health authority and Alberta Health Services has "paused" signing new for-profit surgical contracts pending an internal review.

The Alberta NDP has also been calling for a public inquiry which would have a broader scope than what the auditor general can investigate.

CorruptCare has always been about allegations that the UCP wastes and mismanages taxpayer funds instead of delivering Albertans an ethical, competent government.

CorruptCare has real consequences for all Albertans: if private surgeries cost double what the public system cost, then every private surgery means the waiting list for hips and knees gets longer, unless spending increases.

Albertans deserve a transparent public inquiry into the disturbing allegations raised by the CorruptCare scandal and my hope is that by the time you are reading this that inquiry is well underway.

A reminder that my office is located at 205 5005 Elbow Drive SW. You can also reach me at calgary.elbow@assembly.ab.ca or by phone at 403-252-0346. I am always happy to meet with constituents and hear what is on your mind.



Young & Haggis  
Insurance Services Ltd.



Specializing in high value & luxury home insurance  
403-255-7781  
[young-haggis.com](http://young-haggis.com)

HELP KEEP LOVE  
IN THE HOME



ElderDog Canada is a national registered charity whose mission is to assist and support older adults in the care and wellbeing of their dogs.

We have a vibrant presence here in Calgary! Reach out to us if you are a senior in need of dog care support (dog walking, transportation to a groomer/vet clinic), to volunteer with us, or for more information at [calgaryldr@elderdog.ca](mailto:calgaryldr@elderdog.ca).

Help us provide assistance to  
people and dogs in need.

**Learn more:**



[facebook.com/elderdoggyyc](https://facebook.com/elderdoggyyc) [@elderdoggyyc](https://twitter.com/elderdoggyyc) [elderdog.ca](http://elderdog.ca)

## Money, Money, Money

Did you know Canada's currency was once pounds, shillings, and pence? However, on April 14, 1871, Canada switched to dollars, cents, and mills. The mill (1/1000 of a dollar) never made it into circulation but was used for accounting purposes.

## Bruce Miller



BSc, BSc Psych, CCS, CNE, SRES®  
EXECUTIVE PLATINUM AWARD



C: 403.667.1441  
E: [bmiller@cirrealty.ca](mailto:bmiller@cirrealty.ca)  
F: 403.776.4729  
W: [www.cirrealty.ca/bruce\\_miller](http://www.cirrealty.ca/bruce_miller)

#100 707 10 Ave SW Calgary, AB T2R 0B3  
**Long-Term Inner City Resident**



LEADING REAL ESTATE  
COMPANIES OF THE WORLD





## CUSTOMIZED PHYSIOTHERAPY TREATMENT

### Services and treatments we provide

- Physiotherapy
- Acupuncture
- Massage Therapy
- Motor Vehicle Accident (MVA) injury treatment
- Work Related Injury (WCB) treatment
- Concussion Therapy
- Jaw pain (TMJ) Therapy
- Pelvic Floor Physiotherapy
- IMS/Dry Needling
- Shockwave Therapy

Visit our clinic at:

3916 Macleod Trail SE, Calgary, AB



Call for Appointment

**403-984-6761**



## Retirement living, defined by *you*.

Discover living options that evolve with you

# SUITES AVAILABLE!

ASSISTED LIVING & MEMORY CARE

Book your personal tour today!

**CALL (403) 271-7244**

**RIVERWALK**  
RETIREMENT RESIDENCE

INDEPENDENT LIVING | INDEPENDENT SUPPORTIVE LIVING | ASSISTED LIVING | MEMORY CARE

