

JULY 2024

DELIVERED MONTHLY TO 2,850 HOUSEHOLDS

your SILVERADO edge

THE OFFICIAL SILVERADO COMMUNITY NEWSLETTER



FOLLOW US ON FACEBOOK



Dr. Charan Kahlon



WE DIRECT BILL YOUR INSURANCE
NEW PATIENTS & EMERGENCIES WELCOME

Smiles that last a lifetime!

330, 151 Walden Gate SE, Calgary, AB T2X 0R2

403-339-5555

www.evershinedentalcare.ca

info@evershinedentalcare.ca

Book appointment now





LEN T WONG + ASSOCIATES



SILVERADO 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@lenthong.com

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

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	24	21	25	\$570,000	\$570,000
April	24	25	19	\$569,900	\$585,000
March	24	17	15	\$599,900	\$595,000
February	24	15	12	\$521,400	\$533,950
January	24	10	9	\$549,900	\$539,900
December	23	5	3	\$649,888	\$636,000
November	23	9	12	\$499,450	\$507,450
October	23	13	9	\$535,000	\$526,000
September	23	9	8	\$604,894	\$611,500
August	23	19	18	\$499,950	\$502,500
July	23	12	9	\$538,900	\$551,500
June	23	18	18	\$514,450	\$540,000

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

Your Patio Furniture Superstore!

YETI **Wicker Land Patio** **weber**

TRAEGER **BBQ LAND** **Modern Patio** RATANA

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

READY TO INCREASE YOUR CURB APPEAL?

KILBCO
CONCRETE CURBING

Need a border between your grass and existing garden? Thinking of creating a new garden? Kilbco can help.

With a variety of colors, stamps and profiles, our steel cable enforced landscape curbing is a cost effective and a practical solution for residential and commercial properties.

Curbing will beautify your landscape and add value to your property

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



Become a part in your Community! Join the Silverado Community Association

Family Name:

Date:

Applicant's First Name(s):

Home Phone:

Address:

Postal Code:

Email:

- The easiest way to become a member is by registering on our website.
- Memberships cost \$25 per year for each address and are renewable annually. You may alternatively mail an application form to: Silverado Community Association, 141 Silverado Creek Crescent SW, T2X 0C5, or send an email to info@silveradoca.ca. Cheques are payable to Silverado Community Association. Please allow three to four weeks for your membership to be delivered to your home address.
- Members of the community association are welcome to attend SCA-sanctioned events throughout the year. Not only will you be able to meet others within Silverado, but you will help build a better sense of community in our neighbourhood.
- Stay connected with what is happening within your community. Members are kept up to date on the developments within and around the community.
- Silverado Community Association is actively looking for volunteers to help out with community events and for board positions. If you are interested in volunteering your time to make Silverado a better community, please send inquiries to info@silveradoca.ca.
- Silverado Community Association updates can be found on our website at silveradoca.ca.



Follow Silverado Community Association on Facebook
www.silveradoca.ca



Silverado Community Association

Board of Executives

Barbra Deskin	President
Abiodun Lawal	Vice President
Kyle Hamilton	Treasurer
Vacant	Secretary

Board of Directors

Julian Springer	Communications
Christine Sauvé	Director at Large
Michèle Kawa	Fun Run
Jonathan Love	Rink
Vacant	Development Committee
Charlotte Schank	Community Garden Committee

To contact the SCA, email info@silveradoca.ca

COMMUNITY ASSOCIATION NEWS

All residents of Silverado, Belmont, and Yorkville are invited to attend our meetings. If you wish to join us or if you have any questions, please feel free to email us at info@silveradoca.ca.

Do you love to cook? Or want to learn? Have you come up with a yummy recipe? Or had one passed down through the generations? We would love to hear from you! We will be starting a Recipe of the Month section in our newsletter, and would love to include diverse items that represent our community! Please send any submissions to info@silveradoca.ca!



Contact our Customer Support
P: (403) 863-2886
E: info@catatumbofoods.ca

SHOP NOW:
www.catatumbofoods.ca

**AUTHENTIC LATIN AMERICAN FLAVOUR
STOCK UP ON DAILY GROCERY
ESSENTIALS!**



Latin American Ingredients For Your Recipes, Beverages And Snacks
DELIVERED STRAIGHT TO YOUR DOOR!

SCAN HERE TO VIEW ADDITIONAL SILVERADO CONTENT

News, Events, & More



Crime Statistics



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

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient 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 plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof 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.



OFFICIAL

PLUMBING & HEATING

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

\$50

Service Call Fee



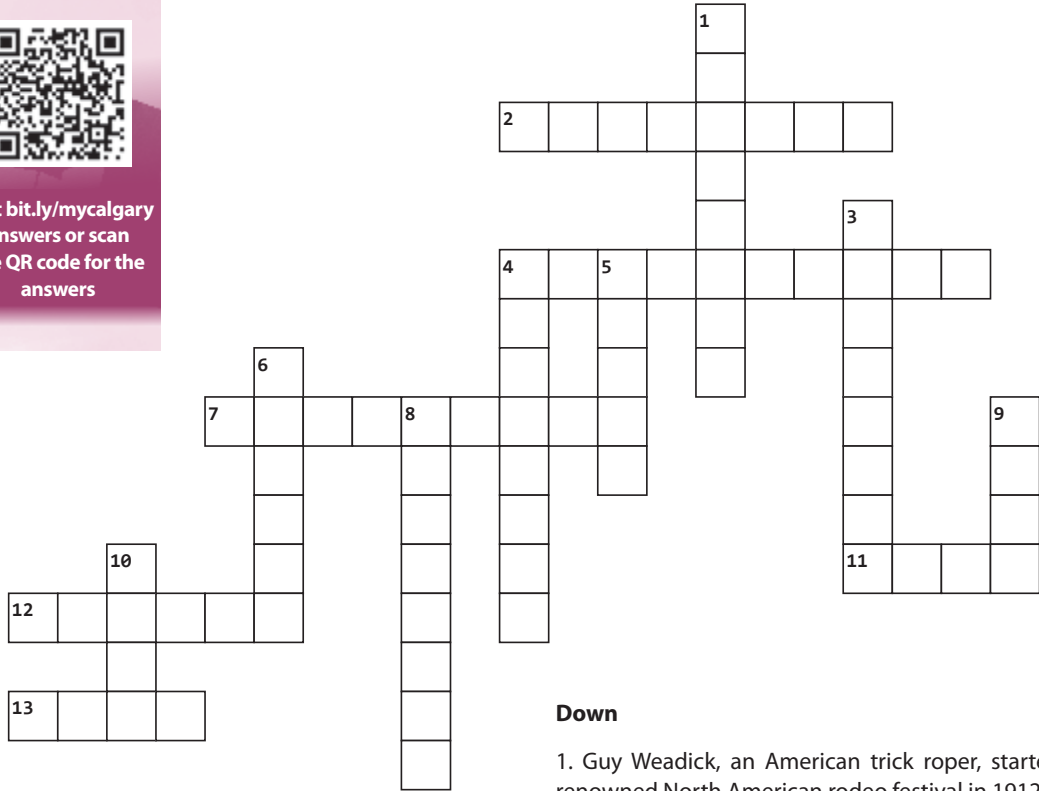
403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

July Crossword



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



Across

2. Pamela Anderson, famous for her role in _____, was born in Ladysmith, BC on July 1, 1967.
4. This popular magical, family-friendly theme park opened on July 17, 1955, in the United States.
7. AT&T launched the Telstar, a communications _____, on July 10 of 1962, which paved the way for communications on cell phones and Wi-Fi technology.
11. This July birthstone is also known as "Ratnaraj" which is Sanskrit for "King of Gems."
12. July is named after the Roman General, Julius _____.
13. The Calgary _____ Music Festival has been a music highlight in Calgary's artistic scene since 1980 and takes place from July 25 to 28 this year.

Down

1. Guy Weadick, an American trick roper, started this renowned North American rodeo festival in 1912.
3. *The Catcher in the Rye*, written by J.D. _____, was released on July 16, 1951.
4. Canada Day is celebrated on July 1 every year but was originally referred to as _____ Day.
5. What type of animal was Dolly, the first mammal ever cloned in July of 1996?
6. The Rolling Stones, with frontman Mick _____, played their first ever concert on July 12, 1962.
8. One of July's birth flowers, the _____, is also known as a delphinium.
9. This action sci-fi prequel to the *Predator* franchise, filmed in Alberta, was released on July 21, 2022.
10. On July 20, 1969, the Apollo 11 mission landed on the moon with commander _____ Armstrong.

Heritage In and Around Stampede Park

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

Stampede is chock-full of Calgary's history. But did you know there's plenty of heritage in and around Stampede Park? Let's take a tour.

Named after Guy Weadick, the organizer of the first Stampede, Weadickville is a replica Western streetscape from 1912. Some of its buildings were moved to Enmax Park, including Quirk Cabin, which was built around 1885 and now displays stories from the past. Also, in Enmax Park is Indian Village, designated Elbow River Camp in 2018. Visit a living cultural site of the Treaty 7 First Nations.

While still on the grounds, stop by Victoria Pavilion. Located in the Agriculture Building, the concrete, rectangular-shaped amphitheatre dates back to 1919 and is the oldest functional building in Stampede Park. It hosts dairy shows, bull sales, and livestock judging. It was also the venue for Stampede Wrestling, featuring Stu Hart.

There's more to see around Stampede Park. At Enbridge Plaza, check out Dorothy Hall, a replica of Westbourne Church, containing some of its original windows and bricks. At church in 1915, William Aberhart first delivered Sunday sermons, putting him on course to becoming Alberta's seventh premier.

Across the Plaza is Weston (Golden West) Bakery. It functioned as a bakery until 1989, producing 1,800 loaves per hour when it opened in 1930. Soon to be moved is the Stephenson & Co. building. Built in 1911, it served Victoria Park as a grocery store and post office. And the brand-new Sam Centre houses over 100 years' worth of Stampede history.

At Rundle Ruins are the remains of Calgary's Second General Hospital, circa 1895. Jimmy Smith, a Chinese and Christian businessman, died of tuberculosis and willed to the hospital its first funds. Across the street you can check out a railway worker's Edwardian cottage, built in 1906. For comparison, see how professionals at the time lived at Dafoe Terrace, located beside Cowboys Casino. It's a 1910 wood frame Georgian Revival-style terraced apartment building, which today houses shops and an Italian restaurant.

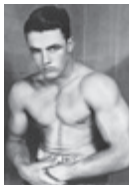
Don't forget to take in the Olympic Saddledome too. It's slated for demolition in the near future. Happy Stamping!

*All copyright images cannot be shared without prior permission.

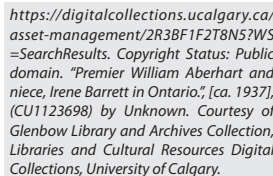
Historic Photos:



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF10MD02L?WS=SearchResults>. Copyright Status: Public domain. "Guy Weadick," 1906-01-01, (CU182853) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FM0X0H?WS=SearchResults>. Copyright Status: Public domain. "Stu Hart, undefeated Canadian amateur wrestling champion, Edmonton, Alberta.," 1936, (CU1141915) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F2T8N5?WS=SearchResults>. Copyright Status: Public domain. "Premier William Aberhart and niece, Irene Barrett in Ontario.," [ca. 1937], (CU1123698) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1S17ZM4?WS=SearchResults>. Copyright Status: Public domain. "Golden West Bakery cart, Calgary, Alberta.," [ca. 1920], (CU1193913) by Lane's Studio. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



Westbourne Church in April, just prior to its demolition in June 2017. Calgary Heritage Initiative.



Formerly the Weston (Golden West) Bakery, now the Calgary Arts Academy's Erickson Centre, located at Calgary Stampede's Youth Campus, 2019. Photo courtesy of Karen Paul.

Modern Photos:



Skyline of Calgary during Stampede at sunset, Alberta, Canada, no date. ID 120803367 © Golasza/Dreamstime.com. Editorial license paid.



Rundle Ruins, 631 12 Ave SE, 2023. Photo courtesy of Anthony Imbrogno.



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

BARKER'S

· FINE DRY CLEANING ·

PICK UP & DELIVERY SERVICES



403-282-2226

Know the signs of **STROKE**

- F** **Face**
is it drooping?
- A** **Arms**
can you raise both?
- S** **Speech**
is it slurred or jumbled?
- T** **Time**
to call 9-1-1

Beat stroke
Call 9-1-1 FAST
heartandstroke.ca/FAST

© Heart and Stroke Foundation of Canada.
2024™ The Heart and /Icon on its own and
the heart and /Icon followed by another icon
or words are trademarks of the Heart and
Stroke Foundation of Canada.



the **Gutter Doctor**

403-714-0711
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!

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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.

SILVERADO 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.

CALGARY FRESH JOCK: \$50 for a hockey bag full of gear. We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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.

SILVERADO 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.

AFFORDABLE DENTAL CARE MINUTES FROM SILVERADO! Dental doesn't need to break the bank! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

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.

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, 403-714-0711.

MERGE ENERGY INC. ELECTRICAL SERVICES: Calgary's go to for all your electrical needs! Friendly service at competitive rates. Fully licensed and insured with years of experience our electricians will get the job done right. Delivering a great customer experience is our goal! Call today for a free quote 403-999-4682.

TWL PROFESSIONAL SERVICES: A firm that has provided bookkeeping, taxation, accounting, financial planning, business, and financial consultancy services to individuals and small businesses across Canada for over 15 years. If you seek expert advice, call Tolu at 587-834-7535 | twlprofessionalservices@gmail.com | We walk with you all the way!

Summer Fresh Strawberry and Avocado Salad

by Jennifer Puri

Avocado is a large berry with a single seed and has much more fat than other fruit. Grown mostly in Central America and Mexico avocado trees can live up to 400 years.

Avocados have yellow or green flesh, a nutty flavour and are very popular in vegetarian cuisine. They are considered “heart-friendly” as their fat is monounsaturated plus they are gluten and cholesterol free and contain vitamins B, E, K, omega three fats, and potassium.

Loaded with fibre, avocados can be added to smoothies, used as a substitute for meat in salads and sandwiches, and as a spread on tortillas or sushi.

The flesh of avocados can be prevented from browning by adding lime or lemon juice. Avocado slices can be added to hamburgers, soups or served with fresh strawberries and spinach leaves as shown in this recipe for Summer Fresh Strawberry and Avocado Salad.

Prep Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 150 gm fresh spinach leaves
- 500 gm fresh strawberries cut in halves
- 2 avocados
- ½ small red onion, finely



- sliced
- ½ cup shredded almonds
- ½ cup olive oil
- 1 tbsp. grainy Dijon mustard
- 2 tbsps. maple syrup
- 1 tbsp. lemon juice
- ½ tsp. salt
- ¼ tsp. coarsely ground black pepper

Directions:

- Prepare dressing by combining the olive oil, Dijon mustard, maple syrup, lemon juice, salt and black pepper in a small bowl or jar, blend well and set aside.
- Place the washed spinach, strawberries, and sliced onion in a large bowl. Peel the avocados, remove the seeds, slice, and add to the salad mixture. Drizzle with the prepared dressing and gently toss until all the ingredients are combined. Garnish with shaved almonds and serve.

Bon Appétit!



<p>Cleaning Services</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Dry Cleaning <input checked="" type="checkbox"/> Tablecloths <input checked="" type="checkbox"/> Napkins <input checked="" type="checkbox"/> Table Skirts <input checked="" type="checkbox"/> Chair Covers <input checked="" type="checkbox"/> Massage Sheets <input checked="" type="checkbox"/> Face Cradles <input checked="" type="checkbox"/> Gym Towels <input checked="" type="checkbox"/> Face Cloths <input checked="" type="checkbox"/> Chef Coats <input checked="" type="checkbox"/> Coveralls <input checked="" type="checkbox"/> Microfibre Cloths <input checked="" type="checkbox"/> Dish Rags 	<p>Mat Rentals</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Standard <input checked="" type="checkbox"/> Waterhog <input checked="" type="checkbox"/> Scraper <input checked="" type="checkbox"/> Logo <p>Paper Products</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Tork Dispensers <input checked="" type="checkbox"/> Paper Towel <input checked="" type="checkbox"/> Centre Pulls <input checked="" type="checkbox"/> Toilet Paper <input checked="" type="checkbox"/> Facial Tissues 	<p>CALGARY MAT & LINEN SERVICES</p> <p>Pick-Up & Drop-Off Services</p>  <p>calgarymatandlinen.com 403-279-5554</p>
--	---	---

<p>CENTURY 21 Bamber Realty Ltd.</p> <p>MICHELLE BENNETT Realtor®</p> <p>c 403.617.6016 o 403.245.0773 michelle.bennett@century21.ca michellecalgaryrealtor.c21.ca</p> <p>1612 17 Ave SW Calgary, AB T2T 0E3 Each office is independently owned and operated.</p>	
---	---



AVENUE | Financial
Real Estate Solutions

Hate Your Renewal Rate? Call Me!

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

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



Fresh Jock

No matter how much you sweat, we can get the stink out!

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

CALL US TODAY AT

403-726-9301

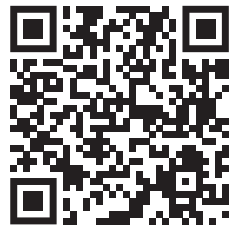
calgaryfreshjock.com

GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

**Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.**

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



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING