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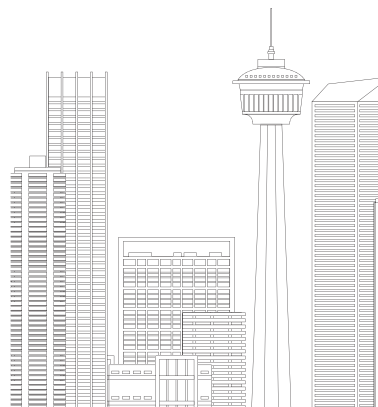


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## Erlton Community Association Board Vacancies

There are several vacancies on the board of the Erlton Community Association. These positions are for a one-year term, ending in November. If you are interested in volunteering your time to improve your community and get to know your neighbours, please email [membership@erltoncommunity.com](mailto:membership@erltoncommunity.com) with the position that interests you (descriptions can be found at [www.erltoncommunity.com](http://www.erltoncommunity.com)).

- Vice-President
- Director of Membership

## ELECTED OFFICIALS



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**Councillor Kourtney Penner**  
**Ward 11**

[Ward11@calgary.ca](mailto:Ward11@calgary.ca)  
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**MLA Samir Kayande**  
**Calgary – Elbow**

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[Calgary.Elbow@assembly.ab.ca](mailto:Calgary.Elbow@assembly.ab.ca)



**Councillor Courtney Walcott**  
**Ward 8**

[www.calgary.ca/ward8](http://www.calgary.ca/ward8)



## 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!



# JOIN THE ERLTON COMMUNITY ASSOCIATION

We're here to positively impact our community.  
Get involved and lets make a difference together!

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## ROXBORO COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	23	1	0	\$0	\$0
April	23	0	0	\$0	\$0
March	23	0	1	\$1,245,000	\$1,217,500
February	23	1	0	\$0	\$0
January	23	0	0	\$0	\$0
December	22	0	0	\$0	\$0
November	22	0	1	\$3,350,000	\$3,250,000
October	22	1	1	\$2,699,900	\$2,650,000
September	22	1	1	\$1,525,000	\$1,425,000
August	22	0	0	\$0	\$0
July	22	3	1	\$3,400,000	\$3,400,000
June	22	0	0	\$0	\$0

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

## WINDSOR PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	23	14	17	\$214,000	\$209,200
April	23	18	12	\$224,950	\$217,250
March	23	16	14	\$279,400	\$271,000
February	23	9	9	\$229,900	\$229,900
January	23	8	5	\$225,000	\$220,000
December	22	5	3	\$700,000	\$700,000
November	22	5	4	\$219,950	\$213,500
October	22	6	9	\$588,888	\$580,000
September	22	10	5	\$550,000	\$522,000
August	22	4	5	\$600,000	\$575,000
July	22	6	6	\$190,250	\$184,225
June	22	10	8	\$339,900	\$334,950

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

## Moroccan Style Meatballs

by Jennifer Puri



The red (Marrakech), white (Casablanca), and blue (Chefchaouen) cities of Morocco represent a vibrant mix of past and present and are a contrast of modernity with traditional customs and architecture.

Home to ancient palaces, mosques, and colleges, these cities are also famous for their gardens, fountains, medinas, and souks.

Medinas are walled cities with narrow winding streets which are notable for their absence of cars but abundance of bicycles and donkey carts.

Souks are the captivating street markets where you can purchase leather goods, lanterns, lamps, textiles, carpets (not the flying kind), spices, tagines, and good luck charms.

All sorts of foods are also available to the hungry shopper including local breads, dried fruits, and olives.

The most cooked meals are couscous salads, spicy lamb, and chicken stews, traditionally followed by cups of Moroccan Green Mint Tea.

Moroccan Style Meatballs can be enjoyed with Pita or Naan, couscous or salad greens, or Moroccan style carrot salad.

**Prep Time:** 30 minutes

**Cook Time:** 30 minutes

**Servings:** 4

### Ingredients:

- 500 gms lean ground beef
- ½ cup fine breadcrumbs
- ½ onion, finely chopped
- 3 garlic cloves, minced
- 3 tbsps. finely chopped mint
- 2 tsps. smoked paprika
- 1 tsp. ginger, minced
- 1 tsp. ground cumin
- ½ tsp. ground cinnamon
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. red pepper flakes
- 1 egg
- 2 tbsps. olive oil
- 1 red bell pepper, sliced
- 1 400 ml jar of Moroccan style meatball sauce
- ¾ cup water
- 12 seedless green olives (optional)
- 3 tbsps. of yoghurt (optional)

### Directions:

1. Place ground beef in a medium size bowl and add breadcrumbs, onion, garlic, mint, smoked paprika, ginger, cumin, cinnamon, salt, black pepper, egg, and mix well.
2. Preheat oven to 400 degrees Fahrenheit.
3. Divide beef into 20 portions, shape into golf ball size meatballs, and place on a foil lined baking tray. Bake on middle rack of oven for 18 to 20 minutes or until cooked.
4. Add two tablespoons of olive oil to a wok or skillet and sauté the red pepper for three to four minutes. Next add the Moroccan style sauce, water, and cooked meatballs, and simmer for four to five minutes.
5. Remove from heat, garnish with olives, yoghurt, and fresh mint or coriander leaves, and serve.

Bon Appétit!

## Cats, Canines, & Critters of Calgary



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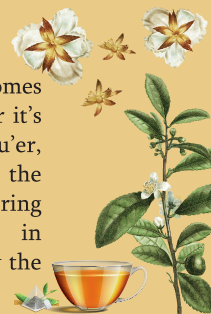
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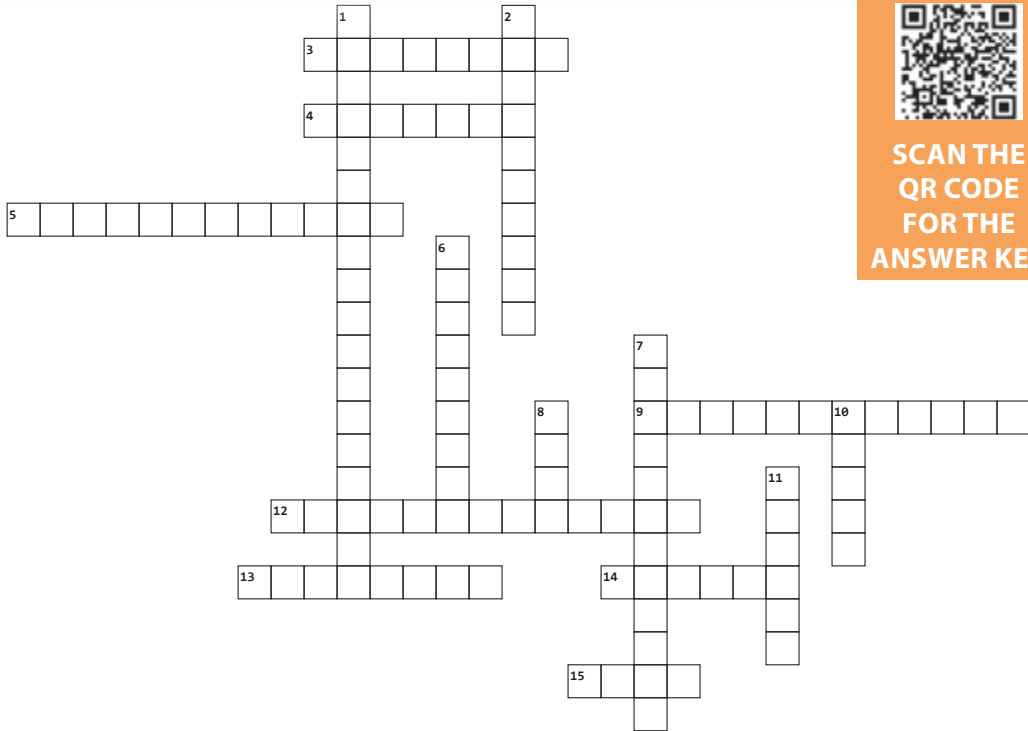
## The Tea Plant

Did you know that all tea comes from the same plant? Whether it's green, black, white, oolong, pu'er, or matcha, it all comes from the Camellia sinensis plant, a flowering evergreen. The difference in flavour has to do with the way the leaves are processed!





# July Crossword Puzzle



SCAN THE  
QR CODE  
FOR THE  
ANSWER KEY

## Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

## Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National \_\_\_\_\_ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World \_\_\_\_\_ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.

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**Saturdays, 1:00 to 6:00 pm at Erlton Park  
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The City of Calgary Farm Stand Program supports various local and regional farmers and vendors to bring fresh Alberta fruits, veggies, and artisanal products to more Calgary communities. This is a great initiative to connect with neighbours and enjoy fresh great food!





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## ERLTON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	23	8	6	\$467,450	\$457,200
April	23	5	3	\$400,000	\$411,000
March	23	6	7	\$395,000	\$390,000
February	23	3	2	\$407,400	\$442,500
January	23	3	3	\$389,900	\$400,000
December	22	2	2	\$359,950	\$340,000
November	22	2	6	\$355,000	\$351,750
October	22	3	6	\$392,000	\$377,250
September	22	8	3	\$475,000	\$460,000
August	22	3	5	\$359,900	\$342,000
July	22	9	6	\$362,000	\$358,750
June	22	6	1	\$329,900	\$310,000

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
May	23	13	5	\$279,000	\$273,000
April	23	6	5	\$799,000	\$785,000
March	23	6	2	\$748,500	\$804,500
February	23	4	3	\$234,900	\$245,000
January	23	2	2	\$727,400	\$707,500
December	22	0	5	\$869,900	\$840,000
November	22	8	5	\$770,000	\$750,000
October	22	2	5	\$255,900	\$245,000
September	22	8	3	\$184,900	\$184,900
August	22	6	3	\$189,900	\$180,000
July	22	7	5	\$635,000	\$600,000
June	22	4	1	\$1,450,000	\$1,278,000

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

# How to Get the Most Out of Your Counselling/Therapy Sessions

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

*Adapted from Dr. David Burns*



### **We understand that therapy can sometimes be challenging**

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

### **Consistency will help you reach your goals**

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

### **Providing feedback will help your counsellor know what is/isn't working for you**

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

### **Mutually agreeing to end therapy when you are ready**

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

### Heat Related Illness

*from 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.





## Stampede Event & Live Auction

Saturday, July 15

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*\*Actual items may vary.*

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## The First Author

Texts have always had writers, but historically, they haven't always named the authors. The world's first known author was a woman named Enheduanna, a Mesopotamian high priestess, poet, and writer from 23 century BCE. Many creative and religious texts are attributed to her despite the male dominance in scribal tradition!

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### GAMES & PUZZLES

#### Guess That Song!



1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE QR CODE FOR THE ANSWERS!



### BRAIN GAMES

## SUDOKU

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

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## ELBOYA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	23	6	5	\$1,050,000	\$935,000
April	23	3	3	\$1,998,000	\$2,000,000
March	23	4	0	\$0	\$0
February	23	5	4	\$945,000	\$921,000
January	23	0	1	\$1,100,000	\$965,000
December	22	1	0	\$0	\$0
November	22	1	1	\$1,285,000	\$1,240,000
October	22	3	3	\$1,029,000	\$1,015,000
September	22	3	2	\$1,723,500	\$1,677,500
August	22	3	0	\$0	\$0
July	22	3	2	\$1,872,500	\$1,857,500
June	22	3	2	\$1,412,500	\$1,407,500

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
May	23	11	6	\$1,912,450	\$1,865,000
April	23	7	4	\$1,970,000	\$1,987,500
March	23	7	4	\$1,847,450	\$1,925,500
February	23	5	5	\$1,850,000	\$1,870,000
January	23	2	4	\$824,950	\$822,500
December	22	0	5	\$999,999	\$900,000
November	22	5	3	\$1,349,900	\$1,500,000
October	22	8	8	\$1,562,450	\$1,585,500
September	22	10	8	\$1,399,000	\$1,290,000
August	22	6	0	\$0	\$0
July	22	7	6	\$1,474,950	\$1,465,000
June	22	3	6	\$1,452,450	\$1,450,500

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



# Proper Disposal of Smoking Materials

*from the City of Calgary*

Improper disposal of smoking material such as tobacco products is the leading cause of outdoor fires in Calgary. To help reduce outdoor fire risks, citizens should make an effort to properly dispose of smoking material. Remember to always call 911 to report a fire.

### To Better Protect Your Homes, it is Recommended That You:

- Never put out cigarettes or smoking material in flower planters, peat moss, your lawn, or garden.
- Use a deep, wide, sturdy metal container with a lid, filled part way with sand or water that should be emptied regularly.
- Ensure that all butts and ash are out by soaking them with water prior to putting in the trash.

### Smoking in Natural Areas

Extreme caution should be used in the city's natural areas and green spaces where extremely dry vegetation covering the ground provides readily combustible fuel if an ignition source is applied.

### Reducing Risk

- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 1.5 metres of your home, including natural debris, trees, and other structures.

### Smoke Alarms

Having working smoke alarms saves lives – more than one-third of all fire fatalities are associated with having no smoke alarm.

### Cigarette Litter

Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a

synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter ranges from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.



## Enjoy Off-Leash Dog Parks Safely This Summer

from the City of Calgary



Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. As summer approaches, many pet owners are eager to enjoy the warm weather and spend quality time with their furry friends. However, it is crucial to ensure that off-leash interactions are safe and enjoyable for everyone. By following simple guidelines, dog owners can create a positive and secure environment for their pets and fellow park-goers.

### Know the Rules

Familiarize yourself with the specific rules and regulations of each dog park you plan to visit. Be aware of any size restrictions, leash policies, and speak to your veterinarian about the vaccinations your dog will require.

### Training and Socialization

Before heading to the park, ensure that your dog is well-trained and socialized. Basic commands like “sit,” “stay,” and “come” can go a long way in managing their behaviour.

### Supervision and Control

Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions.

### Communication with Other Owners

Establish open lines of communication with fellow dog owners. Respect their space and recognize any signs of discomfort or tension between dogs.

### Bring Essential Supplies

Carry essential supplies such as water and waste bags. Clean up after your pet to maintain cleanliness and hygiene in the park.

Calgary's off-leash dog parks provide a fantastic opportunity for dogs to socialize, exercise, and have fun during the summer months. To learn more about responsible pet ownership, check out our video series at [calgary.ca/pets/licences](https://calgary.ca/pets/licences).

## Calgary Summers are Getting Increasingly Hotter and Drier

from the City of Calgary



Extreme heat can put your health at risk, causing illnesses like heat stroke and even death. An extreme heat warning is issued when two or more consecutive days of daytime maximum temperatures are expected to reach 32 degrees Celsius or warmer and nighttime minimum temperatures are expected to be 16 degrees Celsius or warmer.

The following tips will help keep you safe during this extreme heat:

- Avoid working or exercising intensely in the heat or humidity when possible.
- Drink plenty of water to decrease your risk of dehydration.
- Have cool drinks in your vehicle and keep your gas tank full.
- Wear sunscreen.
- Never leave people or pets inside a parked vehicle.
- Close curtains and blinds during the day.
- Open windows for cooler air if safe.
- Avoid using your oven, if possible.
- Take cool showers/baths or go to an air-conditioned public space.
- Look at weather forecasts to know when to take extra care.
- Call 911 if you see an animal left in a hot parked vehicle.
- Look out for your pets. Avoid hot surfaces that might hurt to walk on and ensure that they have plenty of water.
- Heat stroke is a medical emergency. If you experience any symptoms, call 9-1-1 immediately.

To learn more about what you can do to protect yourself and your family, visit [calgary.ca/getready](https://calgary.ca/getready).

## RESIDENT PERSPECTIVES

### Stargazing with Pat J: Indoor Astronomy

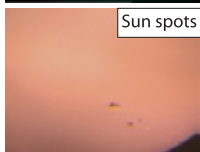
by Patricia Jeffery © 2023, Calgary Centre of the Royal  
Astronomical Society of Canada



Orion nebula: through  
two panes of glass



Sun spots



If you ever find yourself stuck inside due to illness or injury, freezing temperatures, or have simply reached the age where a night at home is more appealing than a night on the town, did you know you can still enjoy the majesty of the heavens without venturing beyond the comfort of your own home?

Yes, I am well aware that hardcore astronomers would not recommend this approach as the multiple panes of glass will distort the image somewhat. But if the alternative is no stargazing at all, I think you'll be pleasantly surprised by what you can see while sitting next to a window. While the images won't be Hubble quality, they can still be pretty darn impressive.

#### Benefits of indoor astronomy

- Every clear night is a stargazing night
- Every clear day is a solar gazing day (Caution: you'll need a special filter for your telescope to safely observe the sun)
- No danger of frostbite (winter) or mosquito bites (summer)
- Jupiter's four largest moons are easily visible with a pair of binoculars
- Use binoculars to examine the moon at first quarter and third quarter, then use pencil and paper to sketch its surface
- Gain familiarity with the night sky with a smart phone astronomy app. Many good ones are free
- On nights when you're too stressed to sleep, instead of staring at the ceiling, try losing yourself in the serenity of the night sky
- When warmer weather returns, or recovery from your physical ailment occurs, you'll be primed and ready to pack up your astronomy gear and head outside
- Or you may discover you enjoy indoor astronomy so much that you've become a year-round convert.

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## MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	23	2	0	\$0	\$0
April	23	2	2	\$1,336,500	\$1,362,500
March	23	1	0	\$0	\$0
February	23	0	0	\$0	\$0
January	23	0	0	\$0	\$0
December	22	0	0	\$0	\$0
November	22	0	0	\$0	\$0
October	22	0	0	\$0	\$0
September	22	1	1	\$1,490,000	\$1,250,000
August	22	1	0	\$0	\$0
July	22	0	0	\$0	\$0
June	22	0	0	\$0	\$0

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
May	23	3	2	\$429,950	\$417,150
April	23	2	1	\$1,675,000	\$1,850,000
March	23	0	1	\$425,000	\$415,000
February	23	2	2	\$237,450	\$229,950
January	23	2	1	\$580,000	\$570,000
December	22	0	0	\$0	\$0
November	22	0	2	\$2,174,400	\$2,041,000
October	22	0	1	\$975,000	\$950,000
September	22	2	2	\$387,450	\$382,500
August	22	1	2	\$329,350	\$297,500
July	22	3	0	\$0	\$0
June	22	2	1	\$199,900	\$198,000

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## The Barron: Calgary's First Skyscraper

by Anthony Imbrogno, a Volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

Calgary's downtown skyline is a mosaic of skyscrapers, providing a variety of views whether you're gazing at it from Scotsman's Hill, the Bow River Pathways, or the Calgary Tower's observation deck.

The first skyscraper was built in 1885 in Chicago, but Calgary didn't have one until the Barron Building's construction in 1951. At 11 storeys, the Barron just surpasses a skyscraper's general definition, which is a building over 10 storeys tall (or about 100 metres or 330 feet).



"Opening day of the second screen at the Uptown Theatre," March 1973, Bill Onion Fonds, City of Calgary Archives, Item CaLA 2011-006-6119.

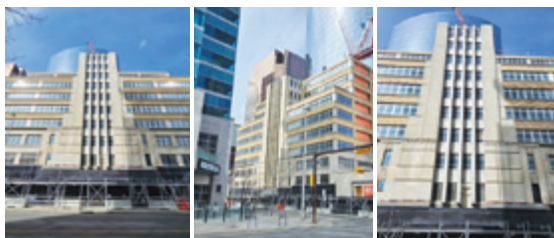
The Barron is located at 610 – 8 Avenue SW. It's a limestone building designed by Jack Cawston, a pioneer of art moderne style in Alberta, which is visible in the stark appearance of the Barron's central tower. It was built by J.B. Barron, a local lawyer, to take advantage of oil companies seeking office space in Alberta following the discovery of oil in Leduc in 1947. It also contained a penthouse that Barron occupied until he died in 1965. On the ground floor was a theatre, the Uptown. It was unusual to have a building of mixed uses at the time, but Barron valued and had a passion for theatre.



"View of the Barron Building showing Uptown marquee, Calgary, Alberta," 1952-08, (CU1111123) by Calgary Herald. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

The Barron shifted Calgary's downtown westward, past Eaton's department store, and brought office space development to the area. It was first known as the Mobil Oil Building and housed other well-known names in the business, such as Shell and TransCanada Pipelines. More oil companies established their offices or headquarters in Calgary and a new era was born for the city. In 1989, the theatre was closed by Odeon, but it reopened in 1993 as an art house cinema and live theatre until burst water pipes forced its closure in 2011.

Afterwards, the Barron sat empty and deteriorated. It ended up on The National Trust's "List of Top 10 Endangered Places," which made it ideal as a filming location for *The Last of Us*. It will have a new life off-screen as an office-conversion project worth approximately \$100 million. This will create 118 residential spaces in the core, thus preserving in stone the history of Calgary's transition to today's global energy capital.



Barron Building undergoing renovations, 2023 (Anthony Imbrogno)

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## Know the Signs of Testicular Cancer

from Alberta Health Services



Testicular cancer is the most common cancer among young men.

Testicular cancer occurs when cells that aren't normal grow out of control in the testicles (testes). It is highly curable, especially when it is found early.

The most common symptoms of testicular cancer include:

- A lump or swelling in the scrotum that may or may not be painful.
- A heavy feeling in the scrotum.
- A dull pain or feeling of pressure in the lower belly or groin.

Experts don't know what causes testicular cancer. But some problems, such as having an undescended testicle or Klinefelter syndrome, may increase a man's risk for this cancer. Most men who get testicular cancer don't have any risk factors.

### How is testicular cancer diagnosed?

Most men find testicular cancer themselves by chance or during a self-examination. Or a doctor may find it during a routine physical examination.

Because other problems can cause symptoms like those of testicular cancer, your doctor may order tests to find out if you have another problem. These tests may include blood tests and imaging tests of the testicles such as an ultrasound or a CT scan.

If these tests show signs of cancer, you will have surgery to remove the testicle. Surgery is the only way to know for sure if you have testicular cancer and what kind of cancer it is. This information also helps in planning any other treatment you may need.

### How is it treated?

For some people, surgery to remove the testicle may be all the treatment they need. The type and stage of your cancer will help your doctor know if you need more treatment.

Treatment after surgery may include surveillance, chemotherapy, or radiation therapy. Chemotherapy is often used for cancer that has spread to other parts of the body. In some cases, surgery is used to remove that kind of cancer.

### How will having testicular cancer affect you?

In most cases, removing a testicle doesn't cause long-term sexual problems or make you unable to father children. But if you had these problems before treatment, surgery may make them worse. And other treatments for cancer may cause you to become infertile. You may want to think about saving sperm in a sperm bank. Talk to your doctor if you have any questions or concerns about sexual problems or whether you can father children.

# Why Calcium Matters

from Alberta Health Services



Calcium keeps your bones and muscles—including your heart—healthy and strong.

Your body needs vitamin D to absorb calcium. People who do not get enough calcium and vitamin D throughout life have an increased chance of having thin and brittle bones (osteoporosis) in their later years. Thin and brittle bones break easily and can lead to serious injuries. This is why it is important for you to get enough calcium and vitamin D at every age.

Your body also uses vitamin D to help your muscles absorb calcium and work well. If your muscles don't get enough calcium, then they can cramp, hurt, or feel weak. You may have long-term (chronic) muscle aches and pains.

## How much calcium do you need?

How much calcium you need each day changes as you age. Here are the recommended dietary allowances (RDAs) for calcium:

- Ages one to three years: 700 milligrams
- Ages four to eight years: 1,000 milligrams
- Ages nine to 18 years: 1,300 milligrams
- Ages 19 to 50 years: 1,000 milligrams
- Males 51 to 70 years: 1,000 milligrams
- Females 51 to 70 years: 1,200 milligrams
- Ages 71 and older: 1,200 milligrams

If you are pregnant or breastfeeding, you need the same amount of calcium as other people your age.

## How can you get enough calcium?

Calcium is in foods such as milk, cheese, and yogurt. Vegetables such as broccoli, kale, and Chinese cabbage also contain calcium. You can also get calcium if you eat the soft edible bones in canned sardines and canned salmon. Foods with added (fortified) calcium include some cereals, juices, soy beverages, and tofu. The food label will show how much calcium was added.

You can figure out how much calcium is in a food by looking at the percent daily value section on the nutrition facts label. The food label assumes the daily value of calcium is 1,100 mg. If one serving of a food has a daily value of 20 percent of calcium, that food has 220 mg of calcium in one serving.

Two common calcium supplements are calcium citrate and calcium carbonate. Calcium carbonate is best absorbed when it is taken with food. Calcium citrate can be absorbed well with or without food. Spreading calcium out over the course of the day can reduce stomach upset and allows your body to absorb it better. Try not to take more than 500 mg of calcium supplement at one time.

For more information, call Health Link toll-free at 811.

# Scam Alert: Watch Out for Fake Coupons on Social Media

*from the Better Business Bureau*

Everyone loves a good deal, and scammers know it. Counterfeit coupons are a popular way for scammers to steal your identity and money. Motives and methods vary, but phony coupons often mean serious losses for retailers, consumers, or both.

### How the Scam Works

You come across a website, either through a web search or an ad on social media, for coupons from major retailers. Usually, fake coupons are worth much more than real ones, offering steep discounts like 80% off. By using brands' official logos, it's nearly impossible to tell if it's fake or not.

In some cases, getting the "coupons" requires subscribing to a coupon service and paying a monthly membership fee. Once you sign up, the service promises to either send you digital coupons or paper coupons in the mail. You may never receive any coupons, or you might receive coupons that are fake. Plus, by signing up, you've handed over your personal details and possibly your credit card information to a dishonest stranger.

You may also come across coupons that offer deals in exchange for sharing a link on social media. Don't do it! The link leads to a third-party website where visitors enter personal information in exchange for the coupon. In most cases, after signing up, you never receive any coupons. Instead, you've given your personal details to scammers.

### How to Avoid Coupon Scams

Don't fall for deals that are too good to be true. Be skeptical. If a coupon is valued near or above the retail price of an item, consider it a red flag.

Check the source of the coupon. If the coupon doesn't come from a recognized coupon distributor, the manufacturer, or a specific store, be wary. If you aren't sure about a coupon, visit the company's website directly to look for the coupon on their official site or contact their customer service line to inquire.

Think before you click on links in emails. If you receive a coupon via email, hover your mouse over the link without

clicking on it to see where it will take you. If the URL looks like a random assortment of letters and numbers, or if it is a shortened link that doesn't reveal where it's taking you, don't click it. Only visit official websites to avoid downloading malware onto your computer.

Read coupons carefully. If a coupon doesn't have an expiration date, if it looks photocopied, or if it contains spelling and grammar errors, you're probably dealing with a fake.

Don't trade personal information for perks. A real business will not ask for your personal information, such as your credit card number or bank account information, in exchange for a coupon or to enter a giveaway. Promotional offers that ask for personal information are usually scams. You shouldn't have to pay to receive a coupon either.

Do a search for coupon scams. When in doubt, search the coupon offer along with the word "scam." This will often bring up similar offers that are fake and can help you determine whether a coupon is real or not.





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A vibrant red and black poster for a 'Healthy Stamped Breakfast' event. The word 'healthy' is in a cursive script, while 'STAMPED' is in large, bold, distressed white letters with a black outline, and 'BREAKFAST' is in smaller, bold black letters below it. In the top right, it says 'PLUS, MUSIC & ENTERTAINMENT'. On the right side, there is a black silhouette of a cowboy riding a bucking horse against a red sunburst background. The bottom left features the 'MNP COMMUNITY & SPORT CENTRE' logo, the date 'THURSDAY, JULY 13', the location 'NORTH ENTRANCE PATIO', and the time '8AM-11AM'. A circular badge in the bottom center says 'SAVE THE DATE'. To the right of the badge is the date 'JULY 13' in large red letters. The website 'MNP CENTRE.COM' is at the bottom right.

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PLUS, MUSIC & ENTERTAINMENT

**MNP** COMMUNITY & SPORT CENTRE

**THURSDAY, JULY 13**  
NORTH ENTRANCE PATIO  
8AM-11AM

SAVE THE DATE

**JULY 13**

MNP CENTRE.COM



A photograph of a white Ford pickup truck parked on a lawn next to a pond, with a large pink flowering tree in the background. The truck has a yellow tank and a red hose attached. In the top center, the company name 'The Landscape Artist Inc.' is displayed above a logo featuring a grid and a tree. Below the logo is the tagline 'Award-winning design and construction'. In the bottom left corner, there are three circular and hexagonal award logos: '2019 TOP CHOICE AWARD', 'BBB ACCREDITED BUSINESS', and 'BAEUMLER APPROVED'. The bottom of the image has a black banner with white text.

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## BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	23	4	4	\$1,945,000	\$1,925,000
April	23	1	1	\$1,850,000	\$1,800,000
March	23	3	0	\$0	\$0
February	23	0	4	\$3,017,500	\$2,852,500
January	23	1	0	\$0	\$0
December	22	1	1	\$1,869,000	\$1,700,000
November	22	4	0	\$0	\$0
October	22	1	1	\$1,350,000	\$1,300,000
September	22	0	0	\$0	\$0
August	22	0	1	\$3,450,000	\$3,500,000
July	22	3	2	\$2,287,500	\$2,300,000
June	22	1	1	\$1,349,000	\$1,400,000

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
May	23	2	1	\$1,649,900	\$1,600,000
April	23	4	1	\$1,669,000	\$1,640,000
March	23	0	2	\$1,587,500	\$1,505,000
February	23	1	1	\$1,745,000	\$1,697,000
January	23	1	1	\$3,250,000	\$3,000,000
December	22	0	0	\$0	\$0
November	22	3	0	\$0	\$0
October	22	3	4	\$1,672,500	\$1,682,500
September	22	0	0	\$0	\$0
August	22	1	0	\$0	\$0
July	22	0	0	\$0	\$0
June	22	5	5	\$1,200,000	\$1,167,500

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