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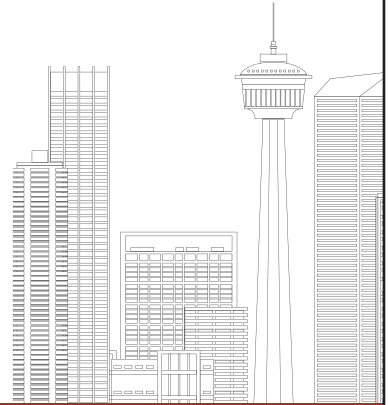


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## REASONS TO BECOME A MEMBER OF

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### NEWSFLASHES

Keep up to date with any happenings in the community including events; meetings; planning; traffic; workshops; Ward news; flood-prevention info and City news.



### VOTE

We represent the voice for both North and South Ertlton. Want your say in how we respond to big developments that are occurring or planning and traffic issues?



### RETAIL DISCOUNTS

Erlton Community Association members get discounts on many food and retail outlets on nearby. Who wants to pay full price?!



### FREE EVENTS

Get a reduced rate or free entry to the many events that the Ertlton Community Association holds each year, whether that be a 'wine and cheese' night or Neighbour Day event.



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Research shows that being part of a community and its association is vital to making sure your community is a great place to live, work, and play.

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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
- Director of Social Committee
- Director of Communications/Social Media



## ERLTON COMMUNITY ASSOCIATION Monthly Meetings

The ECA hosts monthly meetings every second Tuesday of the month at the Repsol 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!

## RESIDENT PERSPECTIVES



### Houseplant Design

by Carolyn Brown. Credits to the Calgary Horticultural Society

Whether you start with your home office, the family room, or the bathroom, create living harmony with the three 'P's of houseplant design: plant, pot, position. For example, plant a bold sansevieria (snake plant) in a solid square pot for impact, utilize a series of similar shaped pots to create flow with say, miniature ferns, or create a planter with varieties of succulents.

Tree-like tropicals like banana and figs bring an element of scale to larger rooms. Have a high ceiling? Climbing philodendron and vines like pothos are a perfect way to create a more intimate space. Do you live in an apartment or basement suite with low light? Try a zebra, snake, or cast iron plant. Choose beautiful pots as these slow growers may be with you for a lifetime!

Typically, the room with highest humidity, such as a bathroom with a window or skylight, is perfect for growing ferns and orchids. Did you know that mirrors will reflect even more light onto your plants? So, go ahead and find cute hanging pots and mini containers to add some 'funk factor' to this small utilitarian space. Have some fun with shape, colour and texture.

How about a string of pearls? Dolphins? Turtles, anyone? These diminutive trailing plants are often referred to as 'plant babies,' adding a touch of whimsy to the kitchen. How about an artillery or candystick plant to spark conversation in the den? Foliage colour can enhance a room or provide contrast within it. Gold, variegated, and deep purple leaves will make a statement or blend in seamlessly.

From big bold leaves to fluffy ferns, incorporating texture adds drama and interest throughout the house. Repeat patterns and plant varieties for a sense of calm and touch of class. Keep these design principles in mind to bring any room to life beautifully.

### Fun Fact

The benefits of green leafy plants are proven to boost mood and the wellbeing of humans and animals alike. A natural air freshener, plants help to remove toxins and improve the quality of the air that we all breathe. With proper selection and care, plants bring pleasing aesthetics to any space when given the right environment.

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	23	6	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
May	22	5	8	\$574,450	\$570,500
April	22	6	4	\$557,000	\$552,000
March	22	4	4	\$424,000	\$410,250
February	22	6	7	\$560,000	\$545,000

To view more detailed information that comprise the above  
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## PARKHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	23	3	2	\$727,400	\$707,500
December	22	0	5	\$869,900	\$840,000
November	22	10	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
May	22	2	5	\$675,000	\$698,300
April	22	8	4	\$612,500	\$603,500
March	22	9	5	\$499,900	\$480,000
February	22	10	7	\$549,900	\$540,000

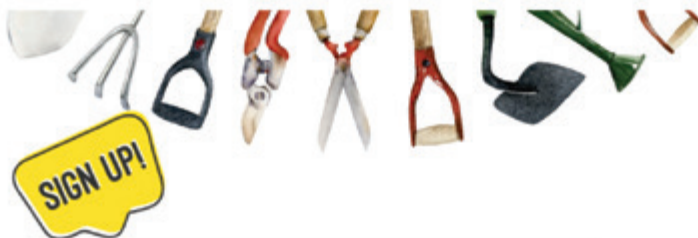
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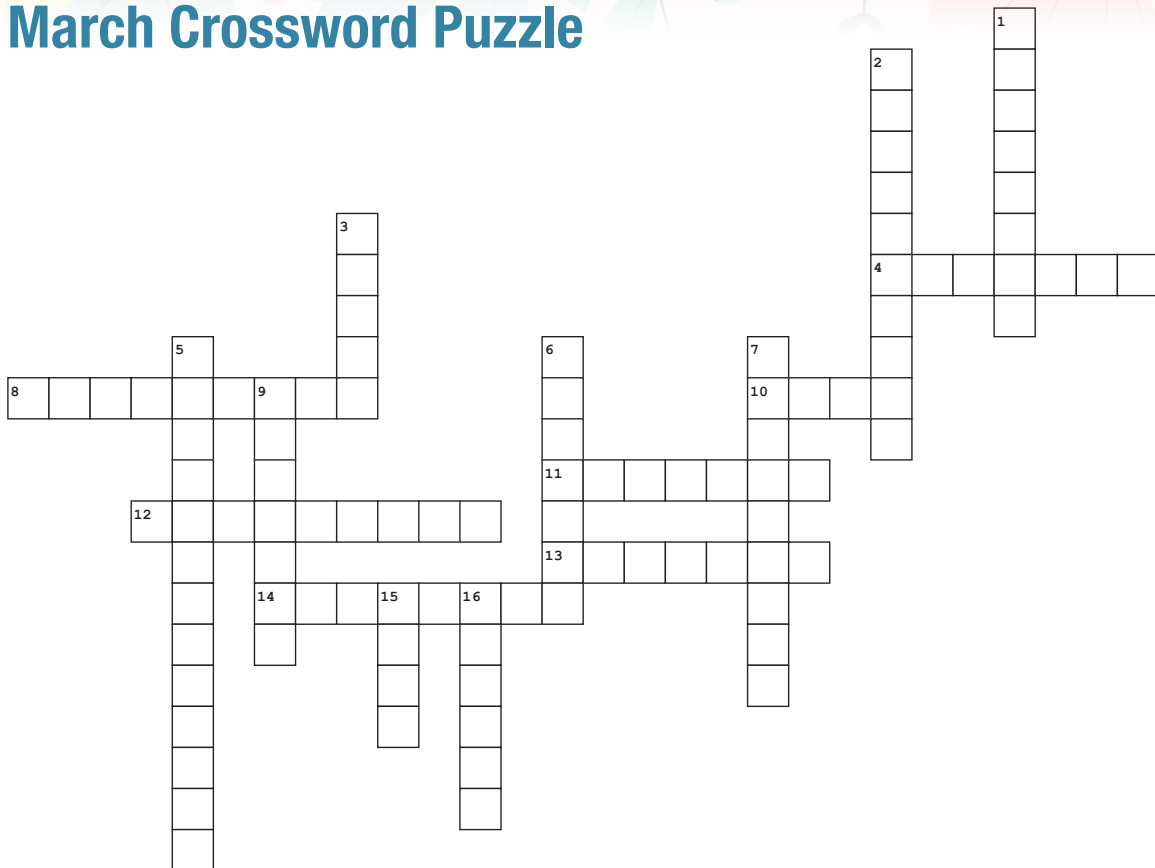
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# March Crossword Puzzle



## Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

## Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR  
THE ANSWER KEY**



## Two Sides

by Jennifer Puri

They say there are two sides to everything, and this is particularly true of side dishes.

A side dish refers to a smaller portion and can add vitamins, minerals, nutrients, and flavours that you may not get from the main dish.

Garden or fruit salads, sautéed or roasted veggies, mashed potatoes or couscous, corn on the cob or garlic bread; all of these are side dishes that excite our taste buds and can in some cases serve to soak up sauces and gravies.

French beans and rainbow carrots are available to be enjoyed year-round. They pair well with grilled, baked, or roasted chicken, meat, or fish entrees.



### Glazed Rainbow Carrots

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Servings:** 4

#### Ingredients:

- 1 lb organic rainbow carrots
- 2 tbsps olive oil
- 2 tsps sugar
- 2 tbsps fresh thyme
- ¼ tsp salt
- 1 cup water

#### Directions:

- Peel and wash carrots and place in a large pan.
- Add water, olive oil, sugar, thyme, and salt and then cover and cook over medium heat until carrots are tender, about 10 to 12 minutes.
- Allow carrots to continue cooking another five minutes or until they are glazed and lightly browned.
- Serve immediately.



### French Beans with Red Pepper and Onion

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Servings:** 4

#### Ingredients:

- 1 lb French beans with ends trimmed
- 1 red bell pepper, thinly sliced
- 1 white onion, thinly sliced
- 2 tbsps olive oil
- 1 tbsp butter
- 2 garlic cloves, finely chopped
- 1 tbsp lemon zest (optional)
- Salt and black pepper to taste

#### Directions:

- Cook French beans in salted water until tender. Then drain and set aside.
- Melt butter and olive oil in a pan and then add the red pepper, onion slices, and garlic, and sauté until tender.
- Add the beans, salt, and pepper and stir for a couple of minutes until heated through.
- Sprinkle with lemon zest and serve.

Bon Appétit!

## The Full Worm Moon

The third full moon of 2023 occurs in March! It is aptly named the 'Full Worm Moon' as March signals the start of spring, thawed grounds, and the return of earthworms!





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		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
May	22	3	2	\$817,000	\$806,000
April	22	4	7	\$1,395,000	\$1,349,500
March	22	5	4	\$949,950	\$950,000
February	22	5	2	\$1,648,950	\$1,674,000

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
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	11	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
May	22	5	3	\$1,059,000	\$1,015,000
April	22	8	4	\$1,347,500	\$1,397,500
March	22	8	7	\$1,450,000	\$1,425,000
February	22	8	5	\$1,085,000	\$1,277,000

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# The Imposter Syndrome: What It Is, Why It Matters, and How to Overcome It

by Lynn C. Cox

I remember the first time I came to understand what imposter syndrome is and I'll never forget it, even though it was over 15 years ago. I was early in my career as a public relations professional, and I had landed my dream job as an agency consultant with a well-respected international firm. I was so very green and desperate to succeed. I was worried about impressing my bosses, clients, and colleagues. And I was terrified that at any moment, the penny would drop and my bosses who hired me would 'figure out' that they made a mistake in hiring me.

My three former bosses are outstanding human beings and phenomenal coaches. They were being mentored by two prominent business leaders in corporate Calgary – one oil and gas executive and the other, a president of a public relations firm. The PR executive was a trailblazing woman in the field, and it was rumoured that she was behind the strategy of some of the most profitable companies. I was in very good hands.

One day, when I must have been expressing my lack of confidence in my abilities to perform, one of my bosses told me something I will never forget. She told me that her mentor (the ball-busting, PR maven genius who had been rocking the industry for at least 20 years) had confided this to her and I will quote second hand: "You know, after all of this time, I still have a fear that one day the phone is going to ring and the person on the other end is going to tell me that they know that I don't know what the hell I'm doing."

What?! I couldn't believe my ears that a widely respected, industry leader with decades of proof under her belt could possibly feel that way! How could that be, I wondered?

### Enter The Imposter Syndrome...

That poised, intelligent, accomplished, and capable PR executive was like nearly 70 to 80 % of high achievers. They too, suffer from this feeling of being found out to be a fraud, an imposter, and don't think they deserve the accolades, prestige, salary, or opportunities that they, in reality, worked so hard for.

These people who suffer from the imposter syndrome will attribute their success to others potentially, or just dumb luck. Or they'll think that others around them who admire and respect them have simply been fooled by their confident exterior and made an error in judgement. And it couldn't be further from the truth.

### So, Why Does Imposter Syndrome Matter?

It matters a lot because it is downright debilitating. It causes stress, anxiety, low self-confidence, shame, and in some cases, even depression. Those are the mental, emotional, and psychological impacts. We also now know that our mental and emotional state is directly correlated to our physical health; this Imposter syndrome can now impact your health.

And, what about other areas of your life such as career and relationships? If you don't feel that you have much to offer; how likely are you to put yourself forward for career-growing projects, assignments, and promotions?

If you feel that there is something inherently wrong with you and it's just a matter of time before the phone rings and the sinister voice on the other end says, "I've got your number, I know you're a fraud," how willing are you going to be to be brave and vulnerable in your relationships? Imposter syndrome matters. And it matters a lot!

### So Why Do So Many of Us Experience Imposter Syndrome?

Essentially, all of the issues we experience, from imposter syndrome to addictions to anxiety and phobias, have a root cause belief underlying them. Here are the three most common:

1. I am different and what I want isn't available to me.
2. I am different and can't connect/don't believe.
3. I am not enough.

I am quoting the wisdom of my teacher, Marisa Peer. In her experience, every issue boiled down to those three core beliefs, and always, always, #3 – I'm not enough. In my experience, I've seen the same. So, can you see how if one or more of your core underlying beliefs about yourself is #1, #2, #3, or all of them, how you just might, maybe, experience the imposter syndrome? I thought so.

### Beliefs Guide Actions, Actions Reinforce Beliefs

Here are a few more reasons why and how this occurs.



## Spring Cleaning Your Way to Better Health

by Nina Wilder



Our beliefs, always, always guide our actions and who we think we are in the world. Some of us are better at hiding feelings of inadequacy (e.g., high achievers who experience imposter syndrome), but rest assured, that imposter syndrome is being expressed in other ways (e.g., stress, anxiety, retreating).

### The Antidote

It's simpler than you think, and this is most often the case. The most effective solutions are the most elegant and simple. You have to do a few things and only a few.

- 1. Get real and honest with yourself.** Honestly admit to yourself: "I feel like an imposter at times." It's helpful to jot down a few recent examples of when you felt that way.
- 2. Understanding is power.** You cannot overcome what you don't understand. There, I just told you what you need to know in the paragraph before this.
- 3. Take action to change your beliefs and your perception of yourself.** There are many ways to do this. Meditation, writing, affirmations, exercise, coaching, therapy, Rapid Transformational Therapy, and hypnotherapy.

### Summary

- It's normal to experience imposter syndrome – you are not alone.
- It's messing with you, even if you don't think so. Emotionally, psychologically, intellectually, or physically.
- Understanding is power,
- Changing your beliefs and perceptions is the antidote.

To your health, joy, and success!

March is here and we all know what that means: time for spring cleaning! This time of year is all about hitting that 'refresh' button and tackling the chores

that we have been putting off. But this tradition doesn't have to just be about dusting the blinds and decluttering our garages, it can also be a great opportunity to set our environment up to support healthy habits.

To form new habits, we must make them attractive, easy, and satisfying. We can do this by cleaning and organizing our homes in such a way as to encourage us to do certain behaviours. For example, if we want to increase our activity and aren't interested in going to a gym, we can create a designated activity space in our home. We can clear out a corner or – if you have the luxury – an unused room and make it appealing for activity: set out a music player, hang up motivating images or quotes, and lay out equipment in an organized and accessible way. The more appealing the room is, the more you'll want to use it!

Conversely, to kick a bad habit, we must make it harder to do, unattractive, and unsatisfying. If our goal is to eat less junk food, we can start by reorganizing the kitchen. We can declutter our pantries and fridges of things that tempt us and put them somewhere harder to reach such as that cupboard in the garage, or the freezer downstairs. We can also organize the contents in our fridge so that healthier snacks are more towards the front so they're easier to grab and give us a strong visual reminder to go for those instead. If you find yourself throwing out uneaten vegetables and fruits that have gone bad, stop putting them in the fridge drawer, out of sight!

With a little elbow grease, we can not only make our homes cleaner and more organized, but also conducive to having better health. How's that for a new tradition?

### Orange Vegetables Are Healthy and Delicious

*from Alberta Health Services*



Canada's Food Guide Plate encourages Canadians to make half their plate vegetables or fruit. One recommendation is to have orange vegetables a few times a week.

Orange vegetables contain carotenoids. These are plant compounds that convert into Vitamin A in your body. Vitamin A helps promote healthy vision and helps your eyesight in dark lighting. It also promotes the growth and health of cells in your body, and it helps regulate your immune system.

Orange vegetables that grow in Alberta are carrots, peppers, pumpkins, squash, and even sweet potatoes.

#### **Here are a few ways to add orange vegetables to your meals:**

- Choose sweet potato instead of regular potatoes.
- Serve roasted butternut squash.
- Serve sliced carrots or peppers as a snack.
- Roast carrots or peppers as a side dish.
- Add pureed pumpkin to regular mashed potatoes, soups, and sauces. Or add it into muffin or cookie batter when baking. For a fall treat, try it in a smoothie with cinnamon and nutmeg.

For a satisfying fall dish and other health recipes, you may want to try the sweet potato and carrot crisp recipe at [ahs.ca/recipes](https://ahs.ca/recipes).

### Reducing the Salt in Your Diet

*from Alberta Health Services*



Reducing salt in your diet is one way to improve your heart health. Eating too much salt (sodium) may cause high blood pressure. If you lower your blood pressure, you may lower your risk of heart attack, heart failure, and stroke.

The top sources of sodium in our diets include ready-made bread, crackers, and muffins, as well as takeout pizza and lasagna, and processed meats such as deli meat and sausages. Cheese, soups, and condiments such as soy sauce and ketchup are also very high in salt. If you reduce the amount of processed, fast food, takeout food, and restaurant meals you eat, you may reduce the sodium in your diet.

Another way to lower sodium is to prepare food at home. When cooking at home, you can use little or no salt. Try flavouring your food with garlic, onions, herbs, spices, lemon juice, and vinegar instead of salt.

Do you need some tips on cooking with less sodium? The AHS South Health Campus Wellness Kitchen in Calgary will host "Low Sodium Tasty Tips and Tricks", a free online cooking demonstration. A registered dietitian will lead the two-part series, which will include information on reading labels, lower sodium substitutions, and preparing healthy lower-sodium foods that still taste great. Anyone in Alberta is welcome to sign up.

To register, visit [ahs.ca/shcwellness](https://ahs.ca/shcwellness) or email [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca).

For more information on this topic, search "heart health" at [ahs.ca/nutritionhandouts](https://ahs.ca/nutritionhandouts).





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### Houseplant Design

by Carolyn Brown. Credits to the Calgary Horticultural Society

Whether you start with your home office, the family room, or the bathroom, create living harmony with the three 'P's of houseplant design: plant, pot, position. For example, plant a bold sansevieria (snake plant) in a solid square pot for impact, utilize a series of similar shaped pots to create flow with say, miniature ferns, or create a planter with varieties of succulents.

Tree-like tropicals like banana and figs bring an element of scale to larger rooms. Have a high ceiling? Climbing philodendron and vines like pothos are a perfect way to create a more intimate space. Do you live in an apartment or basement suite with low light? Try a zebra, snake, or cast iron plant. Choose beautiful pots as these slow growers may be with you for a lifetime!

Typically, the room with highest humidity, such as a bathroom with a window or skylight, is perfect for growing ferns and orchids. Did you know that mirrors will reflect even more light onto your plants? So, go ahead and find cute hanging pots and mini containers to add some 'funk factor' to this small utilitarian space. Have some fun with shape, colour and texture.

How about a string of pearls? Dolphins? Turtles, anyone? These diminutive trailing plants are often referred to as 'plant babies,' adding a touch of whimsy to the kitchen. How about an artillery or candystick plant to spark conversation in the den? Foliage colour can enhance a room or provide contrast within it. Gold, variegated, and deep purple leaves will make a statement or blend in seamlessly.

From big bold leaves to fluffy ferns, incorporating texture adds drama and interest throughout the house. Repeat patterns and plant varieties for a sense of calm and touch of class. Keep these design principles in mind to bring any room to life beautifully.

#### Fun Fact

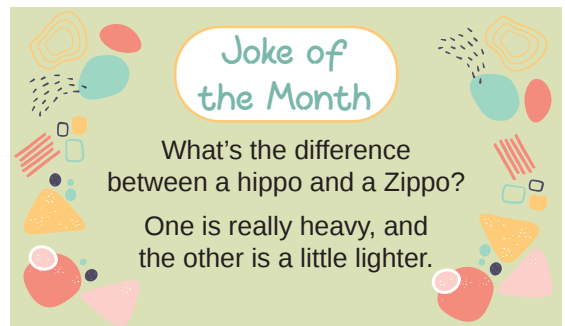
The benefits of green leafy plants are proven to boost mood and the wellbeing of humans and animals alike. A natural air freshener, plants help to remove toxins and improve the quality of the air that we all breathe. With proper selection and care, plants bring pleasing aesthetics to any space when given the right environment.

### Business Map: Online Map Shows Calgary Businesses and Business Licence Information

from the City of Calgary



Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.





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## MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	23	1	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
May	22	0	0	\$0	\$0
April	22	0	0	\$0	\$0
March	22	0	0	\$0	\$0
February	22	1	1	\$1,100,000	\$1,100,000

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
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	3	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
May	22	1	2	\$796,000	\$834,500
April	22	3	2	\$379,950	\$379,000
March	22	0	1	\$675,000	\$650,000
February	22	2	5	\$365,000	\$365,000

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

## The Children of Weather

by Ananya Mirok, Grade 5



Icicles are like shards of glass growing on the windowpane  
Wind whirls around it as it goes  
Trees put on its coat of snow  
The pine dances in the air  
Doing the waltz with the snow  
The frost lands lightly on the hill  
Chilly wind sways the trees and bends the leaves  
Sparks of snow, fall so bright  
Glittering even in the night  
The only colour is grey and white  
Throughout the day and in the night

The snow is now melting  
Frost is all gone  
Ice is slipping off the bark  
And now it's dawn  
Sprouts and beans are growing now  
The butterflies are flying around  
Petals are growing but not here yet  
People are planting, knees on the ground  
Seedlings are hatching, growing right now  
Caterpillars are crawling around  
Eating every leave in sight  
With the butterflies in the sky  
They wish they could take to flight

Petals in the sky  
Blossoms in my eye  
Day as bright as light  
As well as in the night  
Sky as blue as the sea  
But is lighter than thee  
Birds are coming back  
And that is a fact  
In the warmth and light  
The sun comes very bright  
At the beach we play  
In the hotness of the day  
Greenest grass in all the land  
Same with the trees and leaves  
Summer is coming to an end  
That means school will start again  
  
The smell of apple pie walks through the air  
Filling our nostrils with the scent of cinnamon  
We see streaks of colour hitting the ground  
All the leaves floating around  
Autumn is leaving us once more  
Winter is now walking through the door

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## ROXBORO COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	23	0	0	\$0	\$0
December	22	0	0	\$0	\$0
November	22	1	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
May	22	0	0	\$0	\$0
April	22	0	0	\$0	\$0
March	22	0	3	\$1,695,000	\$1,651,000
February	22	4	3	\$2,450,000	\$2,375,000

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

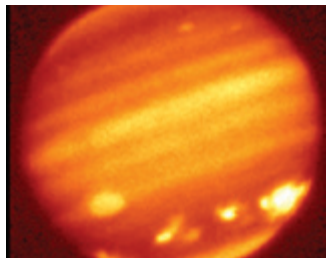
		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	23	9	5	\$225,000	\$220,000
December	22	6	3	\$700,000	\$700,000
November	22	5	4	\$219,950	\$213,500
October	22	6	9	\$588,888	\$580,000
September	22	10	5	\$550,000	\$522,000
August	22	4	5	\$600,000	\$575,000
July	22	6	6	\$190,250	\$184,225
June	22	10	8	\$339,900	\$334,950
May	22	15	18	\$284,450	\$280,950
April	22	16	11	\$519,900	\$545,000
March	22	17	12	\$264,950	\$270,000
February	22	14	12	\$461,450	\$491,250

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

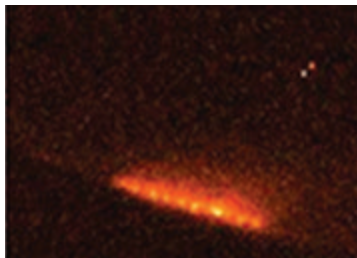
## Stargazing with Pat J

### Jupiter: Our Solar System's Vacuum Cleaner

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada



Impact sites on Jupiter



Shoemaker-Levy 9



Normal Comet

On March 24, 1993, American astronomers Eugene and Carolyn Shoemaker and Canadian David Levy were at the Palomar Observatory in California studying a telescope generated photograph in search of NEOs (Near Earth Objects). What they discovered was not an asteroid but a very strange comet. They named it Shoemaker-Levy 9 as it was the ninth comet that they had discovered with an orbit of 200 years or less.

SL9 wasn't orbiting the Sun, it was orbiting Jupiter and instead of one nucleus, it seemed to have several of them. Only after reviewing older photos did the astronomers learn that their new comet had been kidnapped by Jupiter 20 to 30 years earlier when it had ventured too close to the massive planet while on its way toward the Sun. SL9's orbit was egg-shaped, bringing it very near to Jupiter at times.

On July 7, 1992, as it passed just 40,000 kilometres above its captor's cloud tops, Jupiter's powerful gravitational forces tore the comet apart. In a dangerously unstable

orbit now, the string of 23 fragments, ranging in diameter from a few 100 metres to 2 kilometres, eventually collided one after the other with Jupiter's southern hemisphere between July 16 and 22, 1994, at a speed of approximately 216,000 km/hr.

SL9's demise highlighted Jupiter's role in protecting the inner planets from space debris by acting as a 'cosmic vacuum cleaner.' Earth's collision with a city-sized asteroid 65 million years ago resulted in the extinction of the dinosaurs plus 75% of mammals larger than a rat and half of all plant species. Astronomers speculate that without Jupiter's help, extinction events might've been more frequent on Earth and complex life might never have been able to develop at all.

On July 19, 2009, exactly 15 years after the SL9 impacts, a new spot the size of the Pacific Ocean appeared in Jupiter's southern hemisphere. Scientists believe yet another comet or asteroid had fallen victim to Jupiter's powerful suction.

## Investment Concerns? Complimentary Portfolio Review

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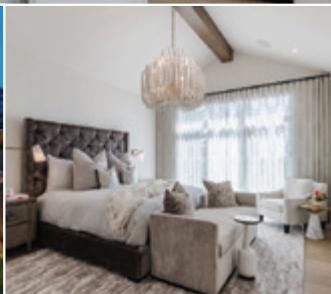
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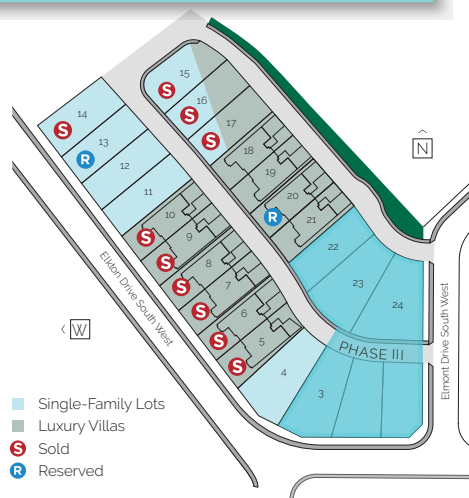
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## BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
May	22	1	1	\$3,100,000	\$2,900,000
April	22	1	2	\$2,262,500	\$2,192,500
March	22	2	0	\$0	\$0
February	22	1	2	\$2,232,500	\$2,182,500

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
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
May	22	6	4	\$1,310,500	\$1,287,500
April	22	0	1	\$3,100,000	\$2,900,000
March	22	1	1	\$129,900	\$125,000
February	22	2	0	\$0	\$0

To view more detailed information that comprise the above  
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## GAMES & PUZZLES

### St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!

1. What country is St. Patrick the patron saint of?
  - a. Canada
  - b. Ireland
  - c. Scotland
2. According to Irish lore, what did St. Patrick drive out of Ireland?
  - a. Snakes
  - b. Rats
  - c. Witches
3. What colour is worn on St. Patrick's Day?
  - a. Blue
  - b. Red
  - c. Green
4. What date in March is St. Patrick's Day?
  - a. March 1
  - b. March 16
  - c. March 17
5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?
  - a. 13,000,000
  - b. 1,300,000
  - c. 1,000,000
6. What is St. Patrick's nickname?
  - a. St. Paddy
  - b. St. Patty
  - c. St. Irish
7. When and where was the first St. Patrick's Day parade held in Canada?
  - a. Quebec City in 1765
  - b. Ottawa in 1870
  - c. Halifax in 1790



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The Boiling Lake

The island of Dominica in the Caribbean Sea is home to a flooded fumarole (a vent for volcanic gases) full of hot, bubbling water and vapour. The hike to this World Heritage Site is treacherous and involves trekking through boiling, muddy forests and sulphuric gas. Although it's beautiful and otherworldly, visitors beware!



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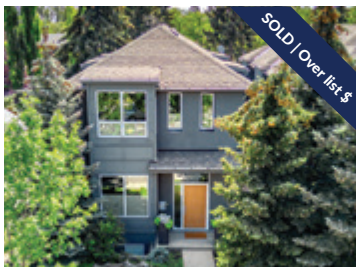


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