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*Cover Photo by Syed Adeel Hussain*



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4. **MAKE IMPROVEMENTS** BY ACCESSING **HOME EQUITY**
5. **CONSIDER A LIFESTYLE CHANGE**
6. **GET PERSPECTIVE** BACKED BY EXPERIENCE

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## ROXBORO COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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	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

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
March	23	16	14	\$279,400	\$271,000
February	23	10	9	\$229,900	\$229,900
January	23	8	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

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

# CONTENTS

- 7 JOIN THE ERLTON COMMUNITY ASSOCIATION
- 18 RESIDENT PERSPECTIVES: THE BENEFITS OF BEING A CAMP COUNSELOR
- 23 RECIPE: TUNA TOSTADAS
- 26 SAFE AND SOUND: WINDOW AND BALCONY SAFETY
- 28 BUSINESS CLASSIFIEDS



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

BEL-AIRE

ERLTON

ELBOW PARK



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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



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

445 – 1414 8 Street SW  
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**Councillor Kourtney Penner**  
**Ward 11**

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403-252-0346  
[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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# Erlton Community Garden

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## Erlton 2023 Community Garden – Join Us!

Our Community Garden is beneficial to the health and well-being of our community and the environment. Our members have met new friends, shared tips and tricks for successful growing seasons, and have been rewarded with fresh vegetables, herbs, fruits, and fun social events at “The Garden.”

Join us for another fulfilling year of gardening and fun at the Erlton Community Garden (24 Avenue and Erlton Road SW).

Contact [ErltonParks@gmail.com](mailto:ErltonParks@gmail.com) for information.



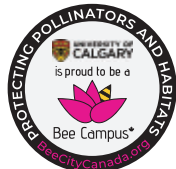
# How to BEE a Community Scientist

## Help us document the different pollinators in Calgary!

- 1 Go to **inaturalist.ca** or download the app.
- 2 Look around your favourite park or backyard for any **insects visiting a flower**.
- 3 Take at least **2 clear photos of an insect**, preferably from multiple angles.
- 4 Take at least **1-2 photos of the plant** where you can see (1) the flower, and (2) the leaves/whole plant.
- 5 Upload your photos to iNaturalist. **Tip:** Create a separate observation for the insect and plant.
- 6 Add your insect observations to the Calgary Pollinators Project. **Tip:** Link your insect and plant observations together.



Alberta is home to hundreds of different pollinators - more than 330 kinds of bees, as well as flies, beetles, wasps, and other insects that are critical to our local food supply. We want to get to know the pollinators that call Calgary home and what plants best support them, and you can help! **Community science** involves the collaboration between scientists and the general public to collect and analyze data. The data you uploaded to iNaturalist can be used in research around the world, and close to home!



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iNaturalist

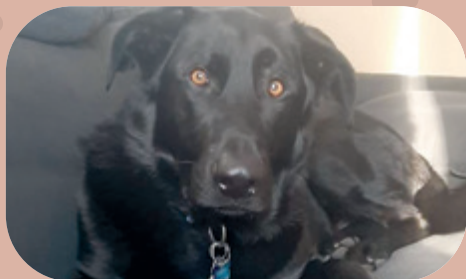


✉ [sustain@ucalgary.ca](mailto:sustain@ucalgary.ca) 📷 [@dollecology](https://www.instagram.com/dollecology)

# Cats, Canines, & Critters of Calgary



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Riley, Dover



Rigby, Huntington Hills



Whiskey, Walden

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

## ERLTON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	23	6	7	\$395,000	\$390,000
February	23	4	2	\$407,400	\$442,500
January	23	4	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

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
March	23	6	2	\$748,500	\$804,500
February	23	4	3	\$234,900	\$245,000
January	23	3	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
May	22	2	5	\$675,000	\$698,300
April	22	8	4	\$612,500	\$603,500

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

### Limit Sugar for a Sweet Smile

April is Oral Health Month in Canada. Regular brushing and flossing are good habits to help reduce tooth decay. However, limiting added sugar is also an important way you can prevent tooth decay and protect overall health.

Choosing too many foods and drinks with added sugar can increase your risk for tooth decay. Acid is produced when the bacteria in your mouth eat sugar. The acid dissolves the tooth surface (enamel) and can lead to tooth decay. Added sugar also adds calories without any nutrients, and can contribute to other diseases such as diabetes, obesity, and cardiovascular disease.

Added sugars are found in processed foods and drinks and can also be used to preserve foods such as jams and jellies. They can be added for taste, texture, and colouring. Sugary drinks are the main source of added sugars in most people's diets. Examples include pop, fruit-flavored drinks, flavoured milks, sport drinks, and specialty coffees. Other foods high in added sugar are sweetened baked goods and desserts, chocolate and candy, and condiments like ketchup and jam.

The good news is that when we eat and drink less sugar, we lower the risk of tooth decay.

**Here are some tips to limit added sugar for healthy teeth and overall health:**

#### **At the grocery store:**

- Read the ingredient list. Words ending in "ose" such as sucrose and fructose, or words such as syrups, honey, molasses, fruit juice, and puree concentrate are sugars. When they appear at the beginning of the list, the food is higher in sugar. Choose these foods less often.

#### **When cooking and baking:**

- Choose recipes with little or small amounts of added sugar.
- Try cutting down on the sugar, syrup, molasses, and honey in your recipes. For example, instead of 1 cup (250 mL) use 1/2 or 3/4 cup (125 or 175 mL).

- Flavour foods with spices, herbs, lemon, or vinegars, such as balsamic and cider, instead of bottled, premade sauces.
- Ready-made sauces such as sweet and sour, honey garlic, and ketchup contain sugar. Use them less often and in smaller amounts.

#### **At home and when eating away from home:**

- Drink water to quench your thirst.
- Limit the amount of sugar you add to foods and drinks during preparation or at the table.
- Limit the number of sugary drinks you have, such as pop, fruit-flavoured drinks, flavoured milks, sport drinks, and specialty coffees.
- When choosing a snack, pick vegetables or fruits that do not contain added sugar.

Learn more at [ahs.ca](http://ahs.ca) by searching "all about sugar."





### Calgary's Birding Heritage

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

World Migratory Bird Day is celebrated on the second Saturday of May across North America. With over 200 bird species living in or visiting Calgary throughout the year, birds have been an integral part of the region's heritage since human habitation of Moh'kinsstis.

Certainly, the Inglewood Bird Sanctuary comes to mind. Colonel James Walker homesteaded the area in 1883. In 1929, his son, Selby, successfully applied to designate the area a federal migratory bird sanctuary given the variety of species found year-round. It was the first natural area protected in Calgary and has been managed by the City since 1970. Wetland restoration and the building of the Nature Centre took place in 1996. Soon, the area will become part of Bend in the Bow Park, which will connect the Sanctuary to Pearce Estate Park.

Pearce Estate was founded by William Pearce, a federal civil servant who helped survey Red Deer and the international boundary. In 1884, he moved to Calgary to become Superintendent of Mines and built a sandstone house in 1889 (it was torn down in 1957). On the Estate, Pearce experimented with urban forestry and river weirs, and promoted irrigation for agriculture. In 1929, he donated land to the City, where nature interpretation facilities continue to explore and preserve nature in the heart of Calgary.

Calgary's bird heritage continues to this very day. In 2021, the City was named one of Canada's first certified Nature Canada "Bird Friendly Cities". The certification will help to mitigate threats to birds, such as from lights and pets, support habitat maintenance and restoration, and increase outreach and education.

And in May last year, Calgarians voted on designating the City's official bird, the Black-capped Chickadee. At its unveiling, Corinne Eagletail-Frazier, councillor for the Tsuut'ina Nation, said birds are valuable to many First Nations, "We see them as messengers and healers."



Wood Ducks (CHI)



Colonel Walker House (CHI)

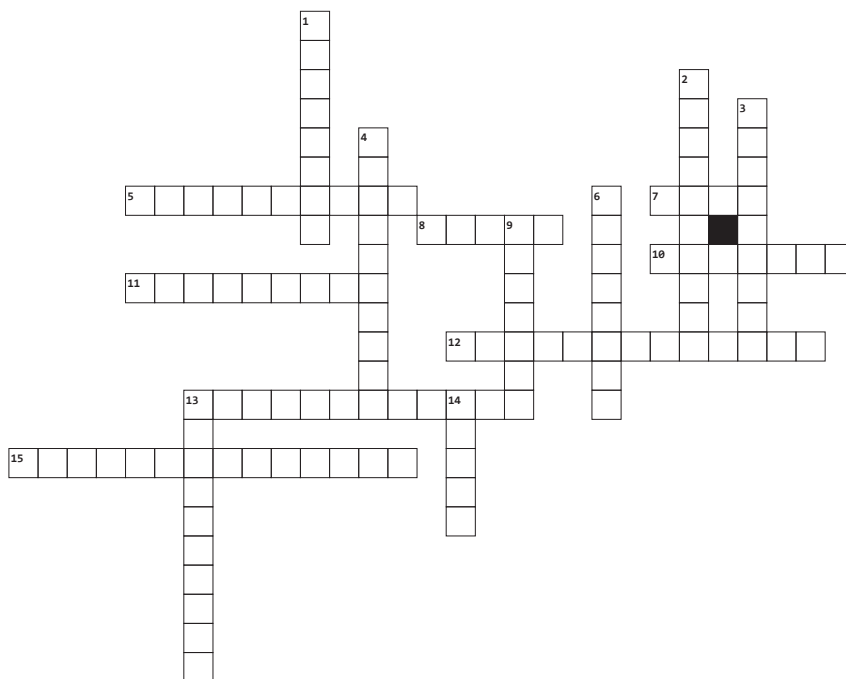


Inglewood Bird Sanctuary Sign ca. 1940 (Libraries and Cultural Resources Digital Collections, University of Calgary)



Inglewood Bird Sanctuary 1929(CPL Postcards from the Past)

# May Crossword Puzzle



## Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World \_\_\_\_\_ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

## Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved \_\_\_\_\_'s theory of general relativity.
9. Canada's first \_\_\_\_\_ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of \_\_\_\_\_ was taken.

SCAN THE QR CODE FOR  
THE ANSWER KEY



## Data Privacy

from the Better Business Bureau

The possibility of a cyberattack by a foreign country has gone from being the stuff of science fiction to a common threat that is often reported in the news.



While it may seem like there is nothing an individual can do to stop a cyberattack, there are some best practices that consumers and businesses can do to help guard against losing important personal information to cyber thieves. When online, safeguard your information to help avoid scam fraud, and identity theft. Periodically, it is a good idea to review who has your information. The Better Business Bureau and the National Security Alliance offer the following tips to help secure the privacy of critical information.

- **Share with care.** Posts on social media last a long time. Consider who will see the post, how readers might perceive it, and what information it might reveal about the individual posting it.

- **Manage privacy settings.** Check the privacy and security settings on web services and apps and set them to your comfort level for information sharing. Each device, application, or browser used will have different features to limit how and with whom you share information.
- **Personal info is like money. Value it. Protect it.** Personal information, such as purchase history, IP address, or location, has tremendous value to businesses – just like money. Make informed decisions about whether or not to share data with certain businesses by considering the amount of personal information they are asking for and weighing it against the benefits you may receive in return.
- **Make your passwords long and strong.** Use long passwords with a combination of upper- and lower-case letters, numbers, and symbols – eight characters for most accounts and twelve characters for email and financial accounts. Don't use the same password for multiple accounts, especially email and financial. Keep a paper list of your passwords in a safe place, not on or near your computer. Consider using a password vault application. See BBB's tips for creating a strong password.

For more information go to [BBB.org](http://BBB.org).



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## The Orient Express



In 1883, a luxurious passenger train called the Orient Express began serving the European continent and did so successfully for almost a century. Sadly, the emergence of air travel meant that it had to shorten its routes. On May 20, 1977, the Orient completed its last direct trip from Paris to Istanbul, the endpoints on their line.





**Bidding opens:** May 9  
**Bidding closes:** May 14

**Auction's Preview:**

Thursday, May 11 | noon-6pm  
 Friday, May 12 | noon-5pm  
 Saturday, May 13 | noon-5pm

Check online for more info.  
 \*Actual items may vary.



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**Share your thoughts on the future of your community**

## Chinook Communities Local Area Planning

We want to hear from you about the past, present and future of your community and the surrounding **Chinook Communities: Bel-Aire, Britannia, Elboya, Manchester, Mayfair, Meadowlark Park, Parkhill, Windsor Park, a south portion of Manchester Industrial, and a small eastern portion of Glenmore Park.**

Your input will help shape a local area plan that will guide the evolution of these communities over the next 30 years and provide direction when ideas for new development, investment and community improvement are proposed.

Through this first phase of engagement, ENVISION, we're discussing the following:

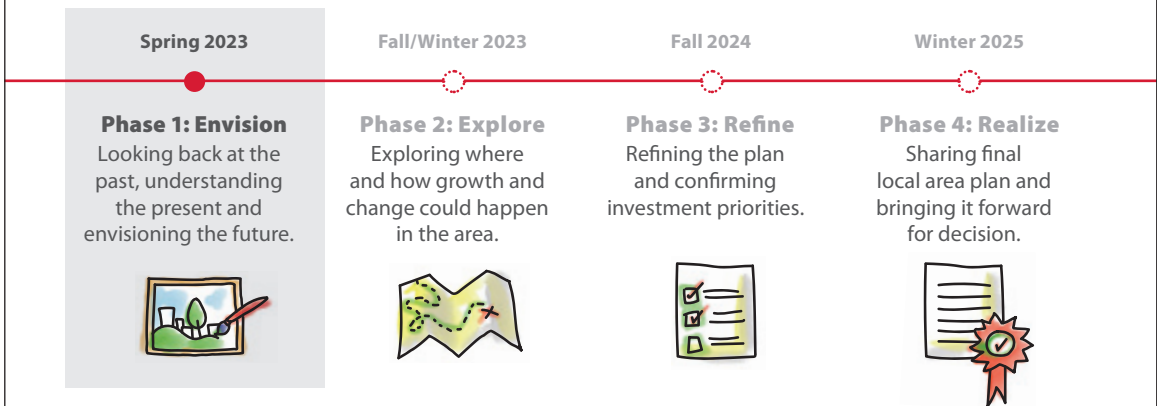
- ☐ **PAST:** what is important for people to know about the area's history.
  - ☐ **PRESENT:** opportunities and challenges that exist within the area today.
  - ☐ **FUTURE:** what's important to you and for future generations when thinking about how the area could evolve.
- Get involved now until May 23, 2023**
    - ☐ Learn more and provide input online at [calgary.ca/Chinook](https://calgary.ca/Chinook)
    - ☐ Check your mailbox for an engagement booklet. Each engagement booklet includes additional information and a feedback form that can be mailed in (prepaid postage included).
    - ☐ Attend an in-person or virtual engagement session—check out the schedule online at [calgary.ca/Chinook](https://calgary.ca/Chinook)
    - ☐ Apply to join the Chinook Communities Working Group if you're interested in getting involved at a deeper level – details online at [calgary.ca/Chinook](https://calgary.ca/Chinook)

## Why do we need to plan for growth, change and redevelopment?

Change will happen with or without a plan in place to guide it. There's a stage in each community's life cycle when the rate of change starts to increase – generally as homes and buildings reach 50+ years old and the choice to rebuild or redevelop becomes more common.

Creating a plan to guide change increases predictability and certainty about how an area might evolve over time. A local area plan will help inform decisions about new development, investment and community improvements (such as enhancements to public spaces).

## This is the first of many opportunities to get involved and provide input.



## Apply to join the Chinook Communities Working Group

Are you passionate about helping shape your community for you and future generations? Are you interested in working with fellow citizens, Community Association members, local builders/developers and City Planners to discuss growth and change in the Chinook Communities?

The Working Group includes people from a range of backgrounds who provide feedback, consider input provided by the broader community, and discuss concepts and ideas with City Planners as the local area plan is created. The Working Group will participate in approximately eight focused workshops over two years.

### We're looking for a broad and diverse range of people to join the Working Group, including:

Local residents – owners and renters, people of all ages – from youth and young professionals to seniors, local business owners, members of community-based groups, and more.

Don't be shy, apply at [calgary.ca/Chinook](https://calgary.ca/Chinook) by May 23, 2023.



# The Benefits of Being a Camp Counselor

by Jessica Miller Switzer

Spring is finally coming and students are looking for summer jobs. Due to pandemic closures, there is one amazing summer opportunity that many may have forgotten about: being a summer camp counselor! There's a reason there are so many movies about summer camp. They provide unforgettable life experiences for campers and staff.

Being a camp counselor can provide a range of benefits, including:

**Leadership experience:** As a camp counselor, you will be responsible for leading and guiding a group of campers. This provides an opportunity to develop leadership skills, such as communication, problem-solving, and decision-making.

**Personal growth:** Being a camp counselor can also help you develop personally by challenging you to step outside of your comfort zone and try new things. You may also develop greater empathy and understanding as you work with campers from diverse backgrounds and with different needs.

**Positive impact on others:** As a camp counselor, you have the opportunity to make a positive impact on the lives of the campers you work with. You can help them develop new skills, build confidence, and create lasting memories.

**Teamwork and collaboration:** Camp counselors often work closely with other counselors and staff members to plan and implement activities for campers. This provides an opportunity to develop teamwork and collaboration skills, which can be valuable in many different settings.

**Networking and career opportunities:** Working as a camp counselor can also provide networking opportunities and help you build valuable connections in the field of education, recreation, or youth development. It can also be a great way to gain experience and build skills that can be applied to future careers in teaching, coaching, or other related fields.



## Would I make a good camp counselor?

There are a few traits that make for a good camp counselor:

**Enthusiasm:** A positive attitude and genuine excitement for the camp experience can go a long way in creating a fun and memorable summer for campers.

**Responsibility:** As a camp counselor, you will be responsible for the safety and well-being of your campers. Being responsible and reliable is crucial to being a successful counselor.

**Patience:** Campers may not always behave perfectly, and it's important to remain patient and calm in challenging situations.

**Flexibility:** Summer camps are dynamic environments, and unexpected situations may arise. Being flexible and adaptable is key to being able to handle these situations effectively.

**Creativity:** Campers often enjoy activities that are creative and unique. Having the ability to think outside of the box and come up with fun and engaging activities can make for a great summer experience.

**Communication skills:** Being able to communicate effectively with campers, fellow counselors, and camp leadership is important for creating a positive camp environment.

If you possess many of these skills and enjoy working with children and young people in an outdoor setting, then being a summer camp counselor could be the ideal summer job for you!

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## ELBOYA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
May	22	3	2	\$817,000	\$806,000
April	22	4	7	\$1,395,000	\$1,349,500

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
March	23	8	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
May	22	5	3	\$1,059,000	\$1,015,000
April	22	8	4	\$1,347,500	\$1,397,500

To view more detailed information that comprise the above  
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### Do You Know the Signs of a Stroke?

*from Alberta Health Services*

A stroke occurs when a blood vessel in the brain is blocked or bursts. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Brain damage can begin within minutes. That's why it's important to know the symptoms of stroke and to act fast. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

#### **What are the symptoms?**

Symptoms of a stroke happen quickly. A stroke may cause:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services immediately.

#### **Remember: FAST**

The acronym "FAST" is a simple way to remember the main symptoms of a stroke. Recognizing these symptoms helps you know when to call for medical help. FAST stands for:

- Face: Is it drooping?
- Arms: Can you raise both?
- Speech: Is it slurred or jumbled?
- Time: To call 911 right away.

It's important to act fast and to call for medical help if you have stroke symptoms. Quick treatment may save your life, and it may reduce the damage in your brain so that you have fewer problems after the stroke.

For more information about a stroke, including the signs and symptoms, visit [myhealth.alberta.ca](http://myhealth.alberta.ca).



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## MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	23	0	0	\$0	\$0
February	23	0	0	\$0	\$0
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

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
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
May	22	1	2	\$796,000	\$834,500
April	22	3	2	\$379,950	\$379,000

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

# Tuna Tostadas

by Jennifer Puri



To fold or not to fold is the difference between a tostada and a taco.

The decision to stuff toppings into a taco or pile toppings on a tostada is up to you.

The early Mexicans determined that the best way to extend the shelf life of a stale tortilla was to toast it. It appears that avoiding food waste was as important then as it is now.

There are many popular Mexican food options, but the taco is an international favourite, and there are few better ways to achieve a combination of flavours in one bite.

A tortilla fried or toasted is a delicious crunch base and can be topped with refried beans, cheese, Mexican rice, lettuce, tomatoes, ground beef, shredded chicken, or ahi tuna used in the recipe for tuna tostadas.

**Prep Time:** 20 minutes

**Cook Time:** 8 minutes

**Servings:** 4

## Ingredients:

- 500 gm ahi tuna
- 2 cups thawed mango chunks
- 1 jalapeno pepper, seeded and chopped
- 3 tbsp. chopped coriander leaves
- ½ cup red onion, finely chopped
- 1 cup chopped cucumber
- 3 tbsp. extra virgin olive oil
- 2 tbsp. freshly squeezed lemon juice
- 6 tbp. mayonnaise
- 2 chipotle peppers in adobo sauce, finely chopped
- 4 x 6-inch corn or flour tortillas
- 4 tbsp. vegetable oil

## Directions:

- Slice ahi tuna into bite size pieces and set aside.
- Cut mango chunks into half-inch pieces and place in a medium size mixing bowl. Add chopped, de-seeded jalapeno, red onion, cucumber, coriander leaves, lemon juice, and olive oil. Now add ahi tuna pieces and gently blend together, cover, and set aside.
- Prepare the adobo mayo dressing by combining the chopped chipotle peppers and a little of the adobo sauce with the mayonnaise.
- In a heated frying pan or skillet, place a tablespoon of vegetable oil and one tortilla. Fry tortilla, flipping once or twice until crispy, approximately one to two minutes. Remove from pan and place on paper towel to drain of any excess oil. Repeat process with remaining tortillas.
- Place individual tostadas on dinner plates and top with ahi tuna mixture. Garnish with a tablespoon of adobo mayo dressing, a few coriander leaves, and serve.

Bon Appétit!





## GAMES & PUZZLES

### Guess That Movie!

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2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



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## Window and Balcony Safety

from Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

### Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

### Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.
- EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.



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## BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	23	4	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
May	22	1	1	\$3,100,000	\$2,900,000
April	22	1	2	\$2,262,500	\$2,192,500

## BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	23	0	3	\$1,425,000	\$1,375,000
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
May	22	6	4	\$1,310,500	\$1,287,500
April	22	0	1	\$3,100,000	\$2,900,000

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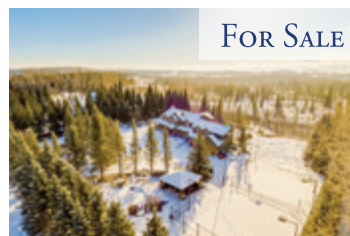
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