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SEPTEMBER STATS: Bel Aire, Britannia, Elbow Park, Elboya, Erlton, Parkhill, Mayfair, Rideau, Roxboro, and Windsor Park



Mls Status: Active (10)

	Beds	Baths	SqFt	List Price	Close Price	SP/LP	Current Price/SqFt	DOM	CDOM
Min	2	2	1,027	\$999,900	-	-	\$480.55	5	5
Max	6	8	5,008	\$4,850,000	-	-	\$1,509.25	25	65
Avg	4	5	3,012	\$2,562,289	-	-	\$872.13	17	23
Median	4	4	2,760	\$2,620,000	-	-	\$849.69	18	18

Mls Status: Pending (1)

	Beds	Baths	SqFt	List Price	Close Price	SP/LP	Current Price/SqFt	DOM	CDOM
Min	4	5	4,226	\$2,498,000	-	-	\$591.06	3	3
Max	4	5	4,226	\$2,498,000	-	-	\$591.06	3	3
Avg	4	5	4,226	\$2,498,000	-	-	\$591.06	3	3
Median	4	5	4,226	\$2,498,000	-	-	\$591.06	3	3

Mls Status: Sold (14)

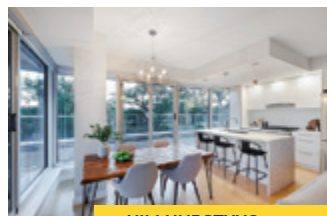
	Beds	Baths	SqFt	List Price	Close Price	SP/LP	Current Price/SqFt	DOM	CDOM
Min	2	2	1,138	\$995,000	\$995,000	88.78%	\$386.72	0	200
Max	6	7	3,990	\$2,999,000	\$3,250,854	108.4%	\$1,189.36	200	200
Avg	4	4	2,488	\$1,813,136	\$1,763,275	97.01%	\$735.82	47	51
Median	3	4	2,450	\$1,797,000	\$1,730,000	97.36%	\$670.31	22	22



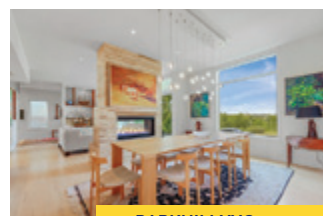
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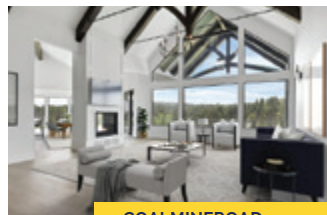
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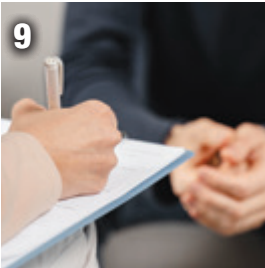


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BEL-AIRE



ERLTON



ELBOW PARK



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AGM - November

The Erlton Community Association 2023 AGM will be held at the MNP Center, Riverview Room on November 14, 2023, at 7:00 pm.

Come on out and hear what we have been working on in the last year. A Board position, Committee member or Volunteer position may interest you. It's a great way to meet some new friends, have some fun and make a positive impact in our community.

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 with the position that interests you (descriptions can be found at www.erltoncommunity.com).

- Vice-President
- Director of Membership



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!

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The Fruit That Made It into the News

by Kosha Vaidya, MBBS, CH

Chinese gooseberries are also known as kiwi fruit. Since they have made it into the news, kiwi fruits are becoming more popular.

Kiwi fruit is a good source of vitamin C; it's been said that they have the same amount of vitamin C as an orange, if not more. Kiwis have a good amount of fibre and are beneficial for people suffering from constipation. They are also a good source of potassium, which has been known to prevent strokes and to provide other health benefits as well. This fruit also has many antioxidants such as lutein and has been shown to be good for the prevention of age-related macular degeneration.

According to research, kiwi fruit has beneficial effects in relation to lowering blood pressure in people suffering from high blood pressure. In these studies, people who ate three kiwis a day for eight weeks had a drop of upper/systolic blood pressure by 3.6mm. Therefore, including them in a healthy diet plan of getting five to seven servings of fruits and vegetables per day would be beneficial. However, I would be careful eating three kiwis a day as that would add up to 21 kiwis per week.

Kiwi fruit, like other fruits, should be eaten in moderation. This Chinese gooseberry contains oxalates, so people with oxalate kidney stones or gallbladder stones should limit kiwi intake. Some people may be allergic to them, and oddly, others who are allergic to latex are more prone to being allergic to kiwi fruit as well.

Whenever possible, try to buy organic kiwis. The best ones are not too firm or too soft.

I used to love to decorate cakes and fruit salads with kiwis as they add a nice colour contrast, which appealed to me. I guess after hearing the latest news about them, I will be adding them for all their known health benefits too!





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BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
September 23		1	1	\$2,095,000	\$1,860,000
August 23		0	0	\$0	\$0
July 23		0	0	\$0	\$0
June 23		0	0	\$0	\$0
May 23		3	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		3	0	\$0	\$0
October 22		1	1	\$1,350,000	\$1,300,000

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

BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
September 23		2	1	\$1,850,000	\$1,850,000
August 23		5	5	\$1,700,000	\$1,650,000
July 23		2	3	\$2,099,000	\$2,100,000
June 23		4	1	\$899,900	\$875,000
May 23		1	1	\$1,649,900	\$1,600,000
April 23		3	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

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



Seven Ways to Break Free of a Trauma Bond

Nancy Bergeron, R.Psych. | info@nancybergeron.ca

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

Here are seven ways to break free from a trauma bond:

Educate Yourself – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

Zero Contact – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

Examine the Evidence – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

Practice Self-Compassion – don't blame yourself. This was not your fault. You are not stupid.

Personal Affirmations – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

Mindfulness – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

Professional Help – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.



FEDERATION OF
CALGARY COMMUNITIES

November 11, Remembrance Day

A message from the Federation of Calgary Communities



As November unfolds, we come together to honour and remember the sacrifices of those who served and continue to serve our nation. On November 11, Remembrance Day, we pause to reflect on the bravery and resilience of our heroes who fought for peace and freedom.

Remembering Our Heroes

Remembrance Day holds a profound significance, reminding us of the countless lives lost and affected by war and conflict. It's a day to pay tribute to the courage and dedication of the men and women who have given their all, ensuring our safety and defending the values we hold dear.

As we commemorate this day, let us take a moment of silence to remember the sacrifices made by our armed forces, acknowledging the debt of gratitude we owe to them and their families. Their sacrifice is a beacon of courage and a reminder of the importance of unity, peace, and harmony in our world.

Poppies: A Symbol of Remembrance

The poppy, a symbol deeply ingrained in Remembrance Day, serves as a poignant reminder of the bloodshed and sacrifice endured by our military personnel. The red poppy, inspired by the poem *In Flanders Fields*, has become an enduring emblem of hope and remembrance. We encourage you to wear a poppy and share its symbolism, fostering awareness and respect for our veterans.

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Yielding to Emergency Vehicles

by Alberta Health Services

For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- Move right or left to the nearest curb on one-way streets.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

When operating a vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.



Beaver Moon

Traditionally, the full moon in November is called the Beaver Moon because, in need of warm furs for the winter, people in the Colonial Era set beaver traps to catch them before the lakes froze over. This year, the Beaver Moon will be on November 27!



The Chinook Communities
Local Area Plan will set the vision for
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Phase 2, EXPLORE, of the Chinook Communities Local Area Planning project kicks off Nov. 14, 2023.

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- **The Draft Vision and Core Values for the Chinook Communities**
The big ideas, hopes and priorities for the area's evolution.
- **Potential Focus Areas for Moderate-to Large-Scale Growth**
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**Share your thoughts from
Nov. 14 – Dec. 11, 2023**

- Tell us what you think via **online engagement** at calgary.ca/Chinook
- Check your mailbox for an **engagement booklet** or pick one up at an Engagement Station (see map online) starting Nov 14. Each engagement booklet includes a feedback form that can be mailed in with prepaid postage included.
- Join an **engagement session**. Check out the schedule and register at calgary.ca/Chinook



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ERLTON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
September 23		12	11	\$555,500	\$502,000
August 23		4	6	\$549,950	\$571,250
July 23		7	4	\$779,900	\$784,000
June 23		9	5	\$424,900	\$424,900
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

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

PARKHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
September 23		10	5	\$700,000	\$705,000
August 23		5	3	\$469,900	\$471,000
July 23		8	4	\$484,900	\$533,587
June 23		5	11	\$399,900	\$405,000
May 23		9	5	\$279,000	\$273,000
April 23		6	5	\$799,000	\$785,000
March 23		6	2	\$748,500	\$804,500
February 23		3	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

To view more detailed information that comprise the above
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Still Working Remotely? Here's What You Need to Know

by Better Business Bureau

People were working from home before the pandemic, but the events of 2020 made a perk into a necessity. Teams made the shift; now, not everyone wants to go back. For many, remote work makes sense. It's not a fad, it's here to stay. Here's what you should know whether you're an employer or an employee.

Who is still working remotely?

Younger workers, ages 25 to 54, were more likely to telework than other age groups. Women were more likely to work remotely than men because of the pandemic. However, the numbers of remote workers were much lower when job responsibilities included manual work or physical labour.

Benefits of working remotely:

- Improved work-life balance – People spend less time commuting. They have more control over their schedule, so they can more effectively juggle personal and professional tasks.
- Fewer work-related expenses – Workers save on transportation costs. They can prepare food at home rather than eating out and may need less work-related attire.
- Reduced stress – Healthier eating, no racing to work in heavy traffic, and a more balanced schedule can mean better physical and mental health.
- Increased productivity – Not everyone fits in the same nine-to-five cubicle. Remote work allows staff to pick their own most productive schedules and environments. Improved autonomy can lead to increased engagement.

Problems reported by telecommuters.

Some workers found themselves surprised by some harsh realities of remote work. While most people envisioned laid-back hours working from the beach or cozy on the couch while the dog napped at their feet, the reality was something very different.

Remote workers started reporting high levels of stress and signs of impending burnout for many reasons.

- Work schedules blurred. Because employees had flexible schedules, some felt they needed to be available for longer hours.
- Personal interaction became scarce. Video meetings don't provide the same level of interaction as seeing co-workers face to face daily.

Drawbacks for employers

Companies can also need help when staff shift to part- or full-time remote work. Communication is more complicated when everyone is rarely together in one place. Company culture is more challenging to maintain and convey when onboarding new employees. Security is more challenging because employees access data using off-site networks and devices.

Bosses trying to manage teams with disparate schedules can become overworked and exhausted. While some employers save money because they don't have to maintain as much office space, others spend more because they must divert resources to multiple locations.

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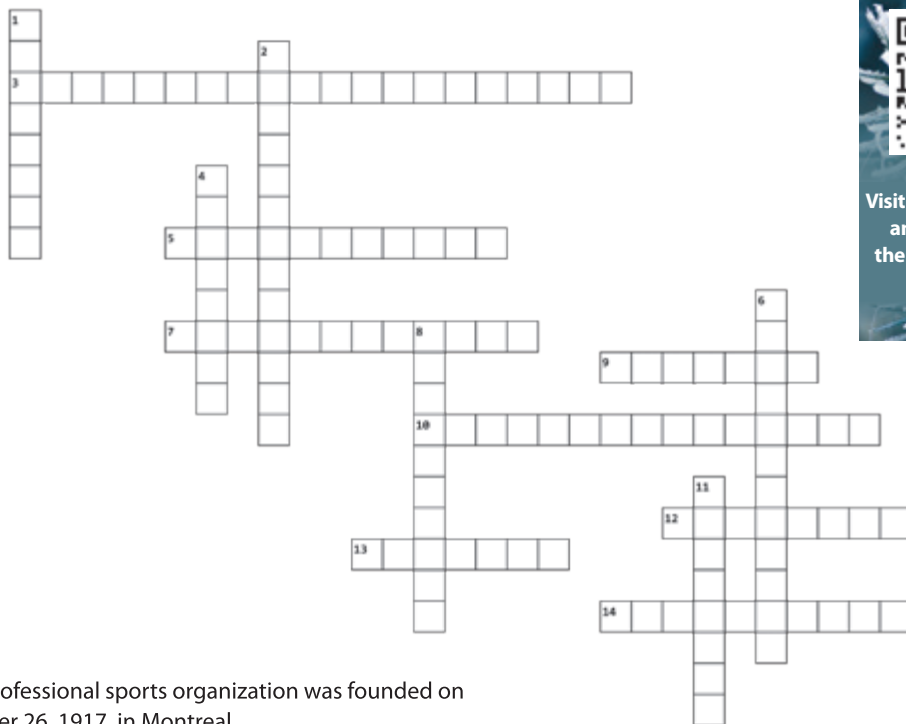
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November Crossword



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answers

Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.

5. Born on November 12, 1980, but he's just Ken.

7. November is National _____ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.

9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto _____.

10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.

12. This month is the only month used in the 26-letter NATO phonetic alphabet.

13. Pink Floyd's iconic 11th album, _____, was released on November 30, 1979.

14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male _____ onboard; thankfully, he survived the three hour and 20-minute space flight.

Down

1. On World _____ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.

2. November's official flower, which originates from East Asia.

4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.

6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.

8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.

11. The reason people grow moustaches in November.



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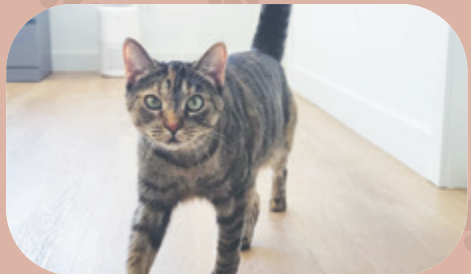
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ELBOYA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
September	23	3	6	\$789,450	\$714,000
August	23	3	2	\$909,950	\$905,000
July	23	5	3	\$999,000	\$1,000,000
June	23	4	2	\$1,024,950	\$973,500
May	23	4	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

ELBOW PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
September	23	5	6	\$1,435,000	\$1,375,000
August	23	8	4	\$2,147,450	\$2,139,950
July	23	5	1	\$3,250,000	\$3,323,428
June	23	9	11	\$1,990,000	\$2,200,000
May	23	10	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

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1. This sweet treat was invented by dentist William Morrison and confectioner John C. Wharton in 1897 in Nashville, Tennessee.
2. Greek immigrant Sam Panopoulos created this controversial type of pizza in Chatham, Ontario.
3. The first food planted in space.
4. This chocolatey cereal dessert is thought to have been invented by Alfred James Russell in Red Deer, Alberta.
5. US president, Thomas Jefferson, and his chef, James Hemings, brought this classic dish to America from Paris.
6. A Québec staple, this dish was invented in 1957 and is Québécois slang for a "mess."



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What is Dyslexia?

by Alberta Health Services

Dyslexia is a specific learning disorder in reading. It means a person has difficulty reading, recognizing, and understanding words.

Having dyslexia doesn't mean that you or your child's ability to learn is the problem. It means that you learn in a different way. Not being able to read easily can make many areas of learning harder.

What causes it?

Experts don't know for sure what causes dyslexia. But it often runs in families. Learning issues can also develop after a brain injury.

What are the symptoms?

Signs of dyslexia may include:

- Difficulty reading or sounding out words.
- Having a hard time with spelling or writing.
- Reading slower than what is expected at your child's age.
- Difficulty remembering number facts.

After a child starts school, signs of dyslexia include:

- Problems reading single words, such as a word on a flash card.
- Trouble sounding out words.
- Understanding is better if someone reads to them, rather than reading the material themselves.
- Having to read something many times to understand it.
- Losing their place when they read or skipping words.
- Problems linking letters with sounds.
- Confusing small words, such as "at" and "to."

Dyslexia is not caused by vision problems or other conditions.

How is it diagnosed?

A doctor or school professional may ask you and your child's teachers what signs of dyslexia you've noticed. An educational evaluation can be done through your school. Another option is to have a psychologist do an assessment to look at how your child thinks and learns. This can happen through your school, at a health clinic, or in the community.



How is dyslexia treated?

Dyslexia will never fully go away, but early treatment during childhood can help. Support from family, teachers, and friends is also important.

The first step is to talk with your school to find the areas that are difficult for your child. An assessment by a psychologist can look at how your child learns, which can help in creating a learning plan for your child's needs.

Help your child

Children who have dyslexia may need emotional support for challenges they face. Here are some ways parents and caregivers can offer encouragement.

- Learn about dyslexia. Learning more can help you better understand and help your child.
- Recognize and teach to your child's areas of strength. For example, if a child understands more when listening, let the child learn new information by listening to an audiobook. If you can, follow up with the same story in written form. Text-to-speech applications on tablets or computers can also support learning.
- Encourage your child to keep trying. There may be things they will struggle with. Help them understand that struggles can lead to success.
- Help your child learn how to cope with school. Your child may need to learn how to manage their schedule, organize work, and complete multiple assignments and long-term projects.
- Consider counselling if your child needs more support. If you think your child has self-esteem problems related to dyslexia, counselling may help.

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
September 23		1	1	\$1,799,000	\$1,710,000
August 23		2	0	\$0	\$0
July 23		1	0	\$0	\$0
June 23		1	1	\$1,995,000	\$1,979,500
May 23		1	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

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

RIDEAU PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
September 23		2	2	\$1,864,500	\$1,760,000
August 23		2	5	\$549,000	\$540,000
July 23		5	2	\$337,500	\$338,000
June 23		2	3	\$438,800	\$438,800
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

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

Calgary's Portuguese Heritage

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



Grandview district, 1909 (Glenbow Library and Archives Collection)

Portugal's era of seafaring exploration is tied to Canada's history. Portuguese ships were in the waters near Newfoundland by the 1450s. In 1498, João Fernandes o Lavrador reached the coast of North America, with many expeditions following.

A major influx of Portuguese people to Canada occurred in the 1950s and 1960s. Many were from the Azores, a group of volcanic islands about 1500 km off the European coast. They are tropical outposts in the middle of the Atlantic Ocean, with rich soils and mild weather. Before the rise of the services economy and tourism, agriculture and fishing were the main economic drivers.



Street Parking, Ramsay, 1959 (City of Calgary Archives)

Ottawa's official sponsorship of Portuguese immigration began in 1953. Canadian government officials on the islands actively recruited and assessed Azoreans to fill labour shortages on farms and the railways. With their skills in the trades and agriculture, Alberta was a natural destination for many, including my grandparents. Whereas immigration to Canada had previously taken place by boat, many from the Azores used a newer technology: the airplane.



Lilydale poultry plant, Ramsay, 2023 (Anthony Imbrogo)



Lilydale poultry plant, Ramsay (looking east along 21 Ave SE), 2023 (Anthony Imbrogo)

For 17 years, my grandmother, and mother for a summer, worked at Pinecrest (later under the Lilydale brand) poultry plant in Ramsay. It opened in 1943 with community permission when the neighbourhood (formerly called Grandview) was a mix of residential and industrial activity, particularly since it was also a stockyard for the railway. The City acquired the land in 2022 and the plant will be demolished to make way for Green Line LRT construction and new developments. A modern and efficient poultry plant now operates in Dufferin North Industrial Park.

Two organizations in Calgary celebrate Portuguese heritage. Our Lady of Fatima Church began in 1970, with Father Raymond Voza of Holy Trinity Parish offering monthly Mass for Calgary's Portuguese Catholics. Other services were held at host churches until Fatima Church was constructed in 1996.



Portuguese Folk Group performing at the Calgary Stampede, July 2023 (Anthony Imbrogo)

At the Portuguese Society of Calgary, my grandfather played the tuba in the Filármonica Portuguêsa de Calgary, and dances are performed by the Portuguese Folk Group, established in 1983. Whether through culture or work, Portuguese people continue to add to Calgary's vibrancy and prosperity.

Calgary



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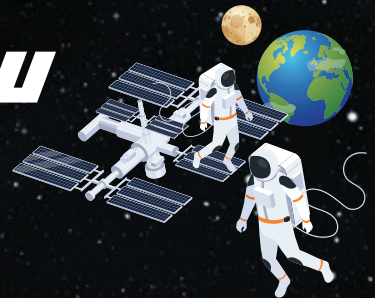
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THE FIRST CREW

On November 2, 2000, the first crew reached the International Space Station. The residing team was made up of NASA Astronaut Bill Shepherd and cosmonauts Yuri Gidzenko and Sergei Krikalev.



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ROXBORO COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
September	23	0	1	\$1,250,000	\$1,255,000
August	23	1	0	\$0	\$0
July	23	0	1	\$3,500,000	\$3,350,000
June	23	1	0	\$0	\$0
May	23	0	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

To view more detailed information that comprise the above
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WINDSOR PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
September	23	13	4	\$492,400	\$494,000
August	23	12	14	\$225,000	\$218,750
July	23	14	14	\$284,450	\$284,250
June	23	17	13	\$234,900	\$232,400
May	23	14	17	\$214,000	\$209,200
April	23	17	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

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

The End of Time

by Danielle Robbortze

It's that time of year again to change all your clocks and timers in the house. It comes every year, yet it doesn't get less annoying or confusing. Of course, I am talking about Daylight Saving Time (DST) which ends November 5, 2023.

This change of time addresses the polarizing seasons in Canada and brings up polarizing opinions. Not everyone in Canada implements Daylight Saving Time to their time zones. But here in Calgary we do. So how did it come to be?

In 1895, George Vernon Hudson, an entomologist, submitted a paper to the Wellington Philosophical Society in New Zealand. In his paper he proposes that there be a two-hour shift forward and backward in October and March respectively. Hudson thought this shift would encourage productivity. But secretly, it gave him more time to chase insects after work (his favourite pastime).

However, there are some indications that Daylight Saving Time had been practiced by ancient civilizations such as the Roman Empire. The Romans utilized water clocks to tell time and would use different scales in different months to suit solar time (a method of recording time using the Sun's movement).

DST was first introduced in Canada in 1908, in Ontario. Other provinces would soon follow suit and adjust their clocks by one hour. And in 1918, DST was formally introduced by the Canadian government to increase productivity during both World Wars.

However it came to be, it is important to remember a few changes that need to be implemented in your home. It is not only the time that is changing but also the season. So, prepare for DST by closing crawl space vents, swapping clothes for winterwear, adjusting your sleep schedule, setting up emergency winter kits, and last but not least, don't forget to change those clocks!



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Joke of the Month

What did the yoga instructor say when his landlord tried to evict him?

Namaste.



World Kindness Day

by Danielle Robbertze

World Kindness Day is being celebrated this year on November 13.

The word “kindness” was first used in the year 1201. From the beginning, the word kindness was defined, according to the etymological dictionary, as “friendly, deliberately doing good to others; compassionate”. The word appears in early scriptures and songs of various religions and cultures across the world.

The definition of kindness may differ from one person to another but there is one thing that I think many people can agree on - kindness is an expression of compassion. Kindness is how we show humanity.

There are so many ways we can express kindness to one another especially on this day. Ways which will only take a few minutes out of your day and will not ask too much from you. A simple smile to a stranger, a thank you to a bus driver, an embracing hug to a loved one or an uplifting comment to a coworker.

People may not overtly express their gratitude for your kindness but deep down it is something that could make their day just a little bit better. You never know how your kindness can affect others in positive ways. Expressions of kindness can not only make another person feel better, but they can also make you feel just as special.

Kindness is universal, open to anyone to express or receive. Kindness is not only abstract, it is also physical, spiritual, and visible.

I leave you with these words from the Greek storyteller, Aesop: “No act of kindness, no matter how small, is ever wasted”.





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November 11 is Remembrance Day, a time of reflection and gratitude. The sacrifices made, the lives lost, and the hopes for a peaceful tomorrow are etched in our collective memory. In knowing our past, we pave the way for a brighter future. We pledge to remember, ensuring that such devastation is never repeated.

To the brave souls who served and the indomitable spirit of those affected, we salute and honour you. Your resilience continues to guide us.

They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we will remember them.


The conflict between Russian and Ukraine has continued for over a year and a half now. That tells us a few things: that the world is still subject to conflict between nations who believe that their relative size and strength are more important than people's free will to choose their own way of life; and, despite the relative differences in apparent capabilities, there is no quick subjugation of a people who will fight to uphold their values. The latter is good (in my opinion), but it means that the awful price in lives and destruction will continue. I think the resolve of our free world is being tested, and we must rise to the occasion. If this Russian 'annexation' of an independent and democratic country is not stopped, then this behaviour will continue in the world. There is much at stake, and it is imperative that our support for Ukraine's continued independence remains strong.

This is a moment in history, and we ignore the consequences of complacency at our peril.

Please contact me at Greg.McLean@parl.gc.ca or by phone at 403-244-1880 and keep up to date on my work in Parliament on my website, GregMcLeanMP.ca.

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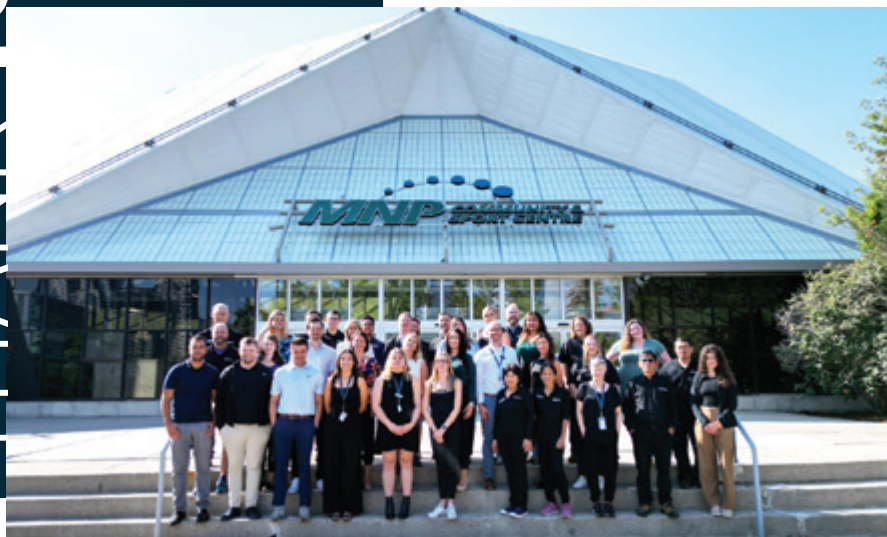
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