

OCTOBER 2023

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# the ELBOW scene

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Cover Photo by Syed Adeel Hussain



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



## Mls Status: Active (19)

|        | Beds | Baths | SqFt  | List Price  | Close Price | SP/LP | Current Price/SqFt | DOM |
|--------|------|-------|-------|-------------|-------------|-------|--------------------|-----|
| Min    | 1    | 1     | 600   | \$178,800   | -           | -     | \$221.27           | 5   |
| Max    | 6    | 5     | 5,602 | \$3,800,000 | -           | -     | \$1,338.57         | 35  |
| Avg    | 3    | 3     | 2,006 | \$1,460,395 | -           | -     | \$668.46           | 18  |
| Median | 4    | 3     | 1,600 | \$1,245,000 | -           | -     | \$680.48           | 15  |

## Mls Status: Pending (7)

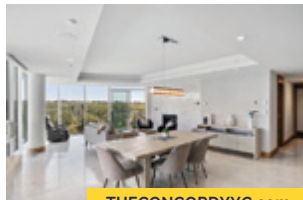
|        | Beds | Baths | SqFt  | List Price  | Close Price | SP/LP | Current Price/SqFt | DOM |
|--------|------|-------|-------|-------------|-------------|-------|--------------------|-----|
| Min    | 2    | 2     | 1,050 | \$399,000   | -           | -     | \$380.10           | 5   |
| Max    | 3    | 4     | 3,004 | \$2,095,000 | -           | -     | \$836.55           | 187 |
| Avg    | 2    | 2     | 1,588 | \$881,543   | -           | -     | \$544.89           | 49  |
| Median | 2    | 2     | 1,169 | \$829,000   | -           | -     | \$418.86           | 15  |

## Mls Status: Sold (39)

|        | Beds | Baths | SqFt  | List Price  | Close Price | SP/LP   | Current Price/SqFt | DOM |
|--------|------|-------|-------|-------------|-------------|---------|--------------------|-----|
| Min    | 1    | 1     | 505   | \$169,000   | \$165,000   | 87.46%  | \$232.08           | 0   |
| Max    | 6    | 6     | 3,669 | \$2,829,000 | \$2,800,000 | 112.42% | \$918.20           | 120 |
| Avg    | 2    | 2     | 1,393 | \$776,085   | \$767,469   | 98.74%  | \$479.87           | 34  |
| Median | 2    | 2     | 1,050 | \$460,000   | \$447,200   | 98.51%  | \$441.36           | 20  |



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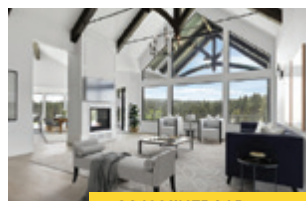
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## ROXBORO COMMUNITY REAL ESTATE ACTIVITY

|           |    | Properties |      | Median Price |             |
|-----------|----|------------|------|--------------|-------------|
|           |    | Listed     | Sold | Listed       | Sold        |
| 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 |
| September | 22 | 1          | 1    | \$1,525,000  | \$1,425,000 |

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      |
| August    | 23 | 11         | 14   | \$225,000    | \$218,750 |
| July      | 23 | 16         | 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 |
| September | 22 | 10         | 5    | \$550,000    | \$522,000 |

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

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**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  
Calgary, Alberta T2R 1J6  
403-244-1880  
[greg.mclean@parl.gc.ca](mailto:greg.mclean@parl.gc.ca)



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

[Ward11@calgary.ca](mailto:Ward11@calgary.ca)  
[www.calgary.ca/ward11](http://www.calgary.ca/ward11)  
403-268-2430



**MLA Samir Kayande**  
**Calgary – Elbow**

205 – 5005 Elbow Drive SW  
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!

**SOCIAL  
EVENTS**

**COMMUNITY  
GARDEN**

**RIVER  
CLEAN UP**

**IMPROVEMENT  
PROJECTS**

**NEIGHBOUR  
DAY**

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## ERLTON COMMUNITY REAL ESTATE ACTIVITY

|           |    | Properties |      | Median Price |           |
|-----------|----|------------|------|--------------|-----------|
|           |    | Listed     | Sold | Listed       | Sold      |
| August    | 23 | 3          | 6    | \$549,950    | \$571,250 |
| July      | 23 | 7          | 4    | \$779,900    | \$784,000 |
| June      | 23 | 10         | 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 |
| September | 22 | 8          | 3    | \$475,000    | \$460,000 |

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      |
| August    | 23 | 4          | 3    | \$469,900    | \$471,000 |
| July      | 23 | 9          | 4    | \$484,900    | \$533,587 |
| June      | 23 | 6          | 11   | \$399,900    | \$405,000 |
| May       | 23 | 10         | 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 |
| September | 22 | 8          | 3    | \$184,900    | \$184,900 |

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



# Signs You May Have Depression

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

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

### Some differences in symptoms you may see in teens and children:

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



### Differences in symptoms seen in older adults:

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.

## RESIDENT PERSPECTIVES

### Stargazing with Pat J

#### The Tunguska Event

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



At 7:17 am on June 30, 1908, an object travelling at 54,000 kilometres per hour entered the Earth's atmosphere over a sparsely populated region of eastern Siberia.

Locals reported seeing a bluish light, nearly as bright as the Sun, moving across the sky. As the object's tremendous speed compressed and heated the air in front of it; a shock wave was generated that caused the object to explode at a height of five to ten kilometres above the ground. The blast was so powerful; it scorched and flattened an estimated 80 million trees in an area covering 2,150 square kilometres of forest bordering the Tunguska River. In addition to the trees, thousands of animals perished, but due to the remoteness of the site, only three people are thought to have died.

Tunguska is the largest impact event in recorded history and debate still rages as to the exact nature of the object. Initially, it was thought to be a comet. Current scientific theory leans more toward an asteroid 50 to 80 metres in diameter, but no crater or asteroid fragments have ever been found. Whatever it was, the energy released was calculated at 1,000 times more powerful than the atomic bomb dropped on Hiroshima, Japan.

Due to the rotation of the Earth, had the object struck five hours later, it would have destroyed the Russian capital of St. Petersburg, killing over a million people including the Tsarist royal family, heads of government, and its military command. It would have altered world history.

On February 15, 2013, an asteroid 18 to 20 metres in size plunged through the atmosphere above the southern Ural region of Russia.



The object exploded at a height of 29.7 kilometres with a release of energy equivalent to 26 to 33 times that of Hiroshima. Because the object detonated at a much higher altitude, no one was killed, but 7,200 buildings were damaged and nearly 1,500 people received injuries from broken glass.

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## Halloween Safety

from Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

### Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

## Share your thoughts on the future of your community

# West Elbow Communities Local Area Planning

**Get involved  
now until  
October 24, 2023**

- Provide input online at [calgary.ca/WestElbowPlan](https://calgary.ca/WestElbowPlan)
- Check your mailbox for an engagement booklet which includes a feedback form that can be mailed in with prepaid postage included.
- Attend an in-person or virtual engagement session – check out the schedule online at [calgary.ca/WestElbowPlan](https://calgary.ca/WestElbowPlan)

## Apply to join a West Elbow Working Group

### We Need you!

Interested in getting involved at a deeper level? Apply to join one or both working groups:

- 1. The West Elbow Local Area Planning Working Group** will provide feedback on a wide range of topics connected to the entire West Elbow Communities area.
  - 2. The West Elbow Heritage Guidelines Working Group** will provide feedback on heritage guidelines, so that new developments complement identified heritage assets within the West Elbow area.
- Apply online by October 24, 2023 at [calgary.ca/WestElbowPlan](https://calgary.ca/WestElbowPlan)

We want to hear from you about the past, present, and future of your community and the surrounding West Elbow Communities: **Altadore, Bankview, Cliff Bungalow, Elbow Park, Erlton, Garrison Woods, Lower Mount Royal, Mission, North Glenmore Park (north of Glenmore Trail SW), Richmond (east of Crowchild Trail SW), Rideau Park, Roxboro, Scarboro (east of Crowchild Trail SW), South Calgary, Sunalta, and Upper Mount Royal.**

Your input will help shape a plan for your local area (a local area plan) to guide the evolution of these communities over the next 30 years. The local area plan will provide guidance and direction when ideas for new development, investment, and community improvements are proposed or considered within this area in the future.

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

- 1. PAST:** what is important for people to know about the area's history.
- 2. PRESENT:** opportunities and challenges that exist within the area today.
- 3. FUTURE:** what's important to you and for future generations when thinking about how the area could evolve.



## Save Today for Their Tomorrow



### What is a Registered Education Savings Plan (RESP)?

An RESP is a smart way to begin saving for your child's or grandchild's education after they finish high school. It's a savings plan that's meant for the long term.

- Parents, grandparents, and family friends can open a no fee RESP account to save for a child's future.
- Families can receive up to \$2,000 free from the Canadian Government.

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For more information,  
call 403-536-6558 or email  
[FinancialWellness@CaryaCalgary.ca](mailto:FinancialWellness@CaryaCalgary.ca).



## Nature's Philosophy

by Victor Timmons



Nocturnal birds in sibilant causerie

Forest creatures in distant revelry

While nature's blanket dims their rivalry

And stills the air to peaceful reverie

How brief is this tranquillity

As hostile meetings in darkened shrubbery

Remind, if only momentarily

That man alone enjoys in camaraderie



**Joke of the Month**

How do you tell if  
a vampire is sick?  
*By how much  
she is coffin.*





## Beware of Post-Disaster Document Replacement Scams

*from the Better Business Bureau*

When coping with a disaster like flooding, wildfires, tornadoes, and other weather events, victims are at a loss for where to begin rebuilding and replacing belongings. Replacing vital documents like birth certificates, driver's licenses, Social Security cards, etc., is another task that can seem daunting. Better Business Bureau warns victims to beware of unsolicited offers of assistance in replacing these essential documents for an upfront fee. You could be dealing with a scammer.

### How the Scam Works

Consumers have submitted reports to BBB Scam Tracker about "lookalike" websites that offer to help with everything from updating postal addresses to renewing or replacing ID cards and documents for an upfront fee. In many instances, they later discovered they could have accomplished their goal for little or no money and have provided personal information to an unknown third party.

Scammers continue to call and text people stating they need to replace Medicare, Medicaid, or Social Security cards. Those agencies do not operate that way! BBB warns you to be mindful of any links you click when searching for information so you are not led to a site pretending to be the official agency.

### How to Avoid Falling Victim to a Fake Document Replacement Scam

**Confirm the URL before entering personal and financial information.** It can be easy to click on a sponsored ad or imposter website without noticing. Before typing any sensitive information, double-check that the website and the link are secure. Secure links start with 'https://' and include a lock icon on the purchase page.

**Be wary of third-party websites.** There are legitimate passport assistance services, but check with BBB.org first to ensure you aren't sharing your personal or financial information with a scammer.

**Make online purchases with a credit card.** Users can dispute fraudulent charges on a credit card, which might not be true with other payment methods. Unfortunately, there is no way to get back the personal information you may have shared.

Some provincial and federal agencies will replace certain documents free of charge when an emergency is in effect. See the Government of Canada's Help Centre to replace stolen, lost, or destroyed documents.

If you have been the victim of this or another scam, make others aware by filing a report on [BBB.org/ScamTracker](https://www.bbb.org/ScamTracker) and contacting the Canada Revenue Agency.

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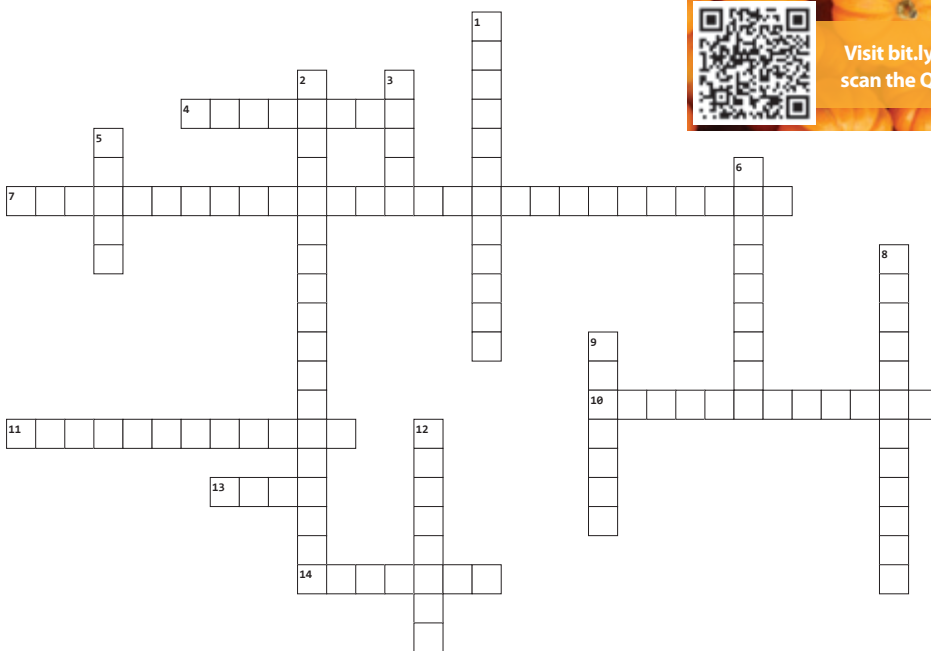
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# October Crossword



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers

## Down

1. In October of 2018, the longest postseason Baseball World Series game took place; the LA Dodgers beat the \_\_\_\_\_ after 7 hours and 20 minutes.
2. Every fall, these majestic, winged insects migrate 4,000 kilometres from Canada to Mexico.
3. Born on October 24, 1986, this Canadian rap artist rose to fame on the television drama, *Degrassi*.
5. In the Middle Ages, this was used to sweeten candy.
6. This traditional Halloween candy was originally called 'Chicken Feed.'
8. Hailing from Transylvania, Vlad the Impaler served as inspiration for novelist Bram Stoker's blood-thirsty protagonist, \_\_\_\_\_.
9. In North America, this fruit becomes very popular in October.
12. Harvested in October and November in Canada, these legumes are a complete protein, meaning that they have all nine essential amino acids.

## Across

4. Published on October 27, 2016, this novel by Naomi Alderman depicts a world where females develop the ability to release an electrical charge from their fingers, thus becoming the dominant sex.
7. Released on October 29, 1993, this stop-motion film, written by Tim Burton, is a Halloween classic.
10. Born on October 9, 1823, \_\_\_\_\_ was the first woman to own and publish her own newspaper, *The Provincial Freeman*, in Canada.
11. Observed on October 11, International \_\_\_\_\_ aims to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face.
13. October's official birthstone and Australia's national gemstone.
14. This 2,000-year-old Celtic festival marks the end of harvest and honours the spirits that are believed to walk the Earth on this day.



## Fall Candle Care: How to Prevent Tunneling

*by Evermore Handmade, Local Candle Business*



Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep “tunnel” around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

### **Prevention**

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle’s life as wax has a “memory” so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

### **The Fix**

If you have an old candle that’s already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!

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## ELBOYA COMMUNITY REAL ESTATE ACTIVITY

|           |    | Properties |      | Median Price |             |
|-----------|----|------------|------|--------------|-------------|
|           |    | Listed     | Sold | Listed       | Sold        |
| 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 |
| September | 22 | 3          | 2    | \$1,723,500  | \$1,677,500 |

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

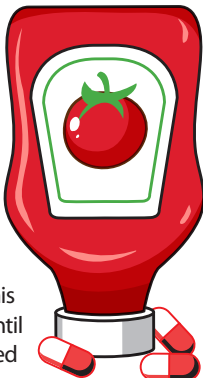
## ELBOW PARK COMMUNITY REAL ESTATE ACTIVITY

|           |    | Properties |      | Median Price |             |
|-----------|----|------------|------|--------------|-------------|
|           |    | Listed     | Sold | Listed       | Sold        |
| August    | 23 | 8          | 4    | \$2,147,450  | \$2,139,950 |
| July      | 23 | 6          | 1    | \$3,250,000  | \$3,323,428 |
| June      | 23 | 11         | 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 |
| September | 22 | 10         | 8    | \$1,399,000  | \$1,290,000 |

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

# The Medicinal Condiment

Ketchup is one of the most popular condiments in Canada, with 87% of us having a bottle in our fridge! But did you know that ketchup was once thought to have healing properties? In the 1830s, Dr. John Cook Bennett claimed that it could cure indigestion and jaundice and sold his recipe in pill form. It wasn't until the 50s that such claims turned out to be false.



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

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## Pan Fried Salmon with Beans Almondine

by Jennifer Puri

Our modern Pacific Salmon appeared four to six million years ago and have been part of the spiritual and cultural identity of the Indigenous people of the Pacific Northwest for centuries. Salmon is part of their social network, their history, and their employment. Generally associated with long life and wisdom, the salmon is also a primary food source for the Indigenous people and considered an important gift of food from the Creator.

Chinook or King salmon is the largest species, averaging 30 lbs, though there are some that could weigh as much as 100 lbs. On the opposite end of the scale, Pink salmon weigh less than 5 lbs.

Classified as an oily fish, salmon is a popular food choice due to its rich, buttery flavour. It is also considered to be healthy and is high in protein, Omega 3 fatty acids, and Vitamin D content. The Omega 3s in salmon can help protect our skin from the aging effects of the sun, decrease inflammation, and support brain, eyes, and heart health.

Wild salmon is overall better for health, particularly Pacific Salmon of which there are five types in North America – Chinook, Coho, Chum, Sockeye, and Pink.

The flesh of fresh salmon fillets should be orange or bright pink in colour with no darkening, discolouration, or drying around the edges. Salmon should appear moist rather than dried out as dryness is an indication that the fish is old or was not handled correctly.

**Prep Time:** 12 minutes

**Cook Time:** 12 minutes

**Servings:** 4

### Ingredients:

- 4 5oz salmon fillets with skin
- 3 ½ tbsps. of extra virgin olive oil
- Rock salt to taste



- Coarse black pepper to taste
- 1 lb cooked whole green beans
- 4 shallots, finely chopped
- 2 garlic cloves, finely chopped
- ½ cup sliced almonds
- ¼ cup lemon juice
- 3 tbsps honey
- 1 tbsps Dijon Mustard
- ½ cup extra virgin olive oil

### Directions:

- Season salmon fillets with salt and black pepper. Over medium heat, warm 2 tbsps of olive oil in a large non-stick skillet. Add the salmon fillets skin side up and cook for about 4 minutes. Turn fish over and cook for an additional 5 minutes or until skin is crisp.
- Prepare citrus dressing by combining lemon juice, honey, half the chopped shallots, ½ tsp each of salt and black pepper, and ½ cup of olive oil in a small bowl. Mix well and set aside.
- Prepare beans almondine: In a frying pan or wok, sauté garlic and remaining shallots in 1 ½ tbsps. of olive oil for a couple of minutes. Add cooked green beans and cook for another couple of minutes. Add sliced almonds and salt and pepper to taste and cook for two minutes or until beans are warmed through.
- Place cooked salmon fillets on plates and top each one with a little citrus dressing. Serve with beans almondine and a side of Spanish or coconut rice if desired.

Bon Appétit!



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## MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

|           |    | Properties |      | Median Price |             |
|-----------|----|------------|------|--------------|-------------|
|           |    | Listed     | Sold | Listed       | Sold        |
| 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         |
| September | 22 | 1          | 1    | \$1,490,000  | \$1,250,000 |

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        |
| August    | 23 | 2          | 5    | \$549,000    | \$540,000   |
| July      | 23 | 5          | 2    | \$337,500    | \$338,000   |
| June      | 23 | 3          | 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   |
| September | 22 | 2          | 2    | \$387,450    | \$382,500   |

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

## The Calgary Zoo: Past and Present

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

It's autumn – fall colours are out and days are noticeably shorter. Before the snow falls, it's time to visit the Calgary Zoo!

The Zoo is located on St. George's Island. In 1887, the Bow River islands were leased for development as parks. A ferry serviced them from 1891 until St. George's Zoo Bridge was constructed in 1908.

An animal park popped up in 1917, which became the Calgary Zoo in 1929. Dr. Omer Patrick from Ontario practiced medicine in Michigan before arriving in Calgary to develop Drumheller's coal fields. He took an interest in the city's beautification and natural spaces and was the founding president of the Calgary Zoological Society, until 1944.

An early addition to the Zoo was "Dinosaur Gardens." Lars Willumsen (president of the Zoological Society, 1959 to 1965) suggested it to Dr. Patrick after visiting a dinosaur park in Hamburg, Germany. Work on Calgary's Natural History Park began in 1935. German sculptor Dr. Charlie Beil designed the first dinosaurs, with Finnish engineer Aarne Koskelainen and Finnish sculptor John Kanerva constructing them.

The only survivor of these 56 pieces is Dinny the Dinosaur. In 1983, Prehistoric Park was created north across the river to make room for more animal enclosures. The original concrete figures were too costly to move during the recession. They were destroyed and replaced with fibreglass ones. To preserve the 110 tonne Dinny, it was designated a provincial historical resource in 1987 and recently underwent repairs thanks to donations from Calgarians.

Part of Calgary's conservation heritage is the Zoo's work. The Calgary Zoo is the oldest registered charity in Alberta (since 1967). It was among the first in Canada accredited by three zoo associations, who provide support for animal care, conservation, and environmental education. In 2013, the Association of Zoos and Aquariums wrote, "the Calgary Zoo sets itself apart as one of the top zoos in the world."

The Zoo continues its conservation work as part of the Wilder Institute and is a prime destination for enjoyment and education. A favourite is ZOOLIGHTS, a holiday tradition for many that celebrated its 25th anniversary in 2021.

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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1X4XGAO?WS=PackagePres>. "Dinosaur at St. George's Island Natural History Park, Calgary Zoo, Calgary, Alberta," [ca. 1940-1945], (CU1216466) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary.



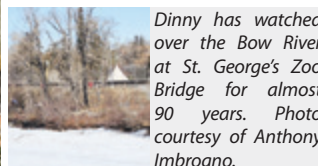
[https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FYT05F?WS=PackagePres&FR\\_1&W=1536&H=656](https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FYT05F?WS=PackagePres&FR_1&W=1536&H=656). "John Kanerva, dinosaur builder, Calgary, Alberta," 1956-11, (CU1139955) by De Lorme, Jack. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary.



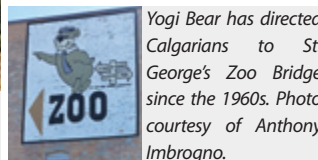
Family outing to the Calgary Zoo, April 2023. Photo courtesy of Anthony Imbrogno.



Donations from Calgarians have preserved Dinny for future generations. Photo courtesy of Anthony Imbrogno



Dinny has watched over the Bow River at St. George's Zoo Bridge for almost 90 years. Photo courtesy of Anthony Imbrogno.



Yogi Bear has directed Calgarians to St. George's Zoo Bridge since the 1960s. Photo courtesy of Anthony Imbrogno.



<https://www.dreamstime.com/zoo-lights-heralds-christmas-season-calgary-alberta-canada-zoo-lights-heralds-christmas-season-calgary-alberta-canada-image204322376>. ZOOLIGHTS heralds the Christmas season, Calgary, Alberta, no date. ID 204322376 © David Butler | Dreamstime.com. Editorial license paid.



### Changes to Green Cart Collection This Fall: What You Need to Know

*from the City of Calgary*

Starting in November, green cart collection will be once every other week, resuming weekly in the spring. Here's what you need to know:

- **Fill Your Green Cart First:** Leaves, branches, grass, and plants can go directly inside the green cart. If it's full, use paper yard waste bags for extra waste.
- **Extra Yard Waste Bags:** Place them at least 0.5 meters (2 feet) away from your cart. Roll the tops closed to prevent spills, and make sure you can lift the bag with one hand.
- **No Plastic Bags:** They are not allowed in your green cart.

#### Do You Have Too Much Yard Waste?

You can drop off yard waste free of charge at any landfill from Friday, September 22, 2023, to Saturday, November 4, 2023.

Check your schedule at [calgary.ca/collection](https://calgary.ca/collection) and sign up for reminders.

Visit [calgary.ca/waste/drop-off/yard-waste](https://calgary.ca/waste/drop-off/yard-waste) for more information and make your yard clean-up a breeze!



### Flame-Proof Your Kitchen: Fire Prevention Week Puts Safety on the Front Burner!

*from the City of Calgary*

As autumn begins to set in and the cozy scent of comfort foods fills the air, we're reminded of the joys of cooking in our kitchens. With the joy of cooking, it's essential to remember our responsibility for fire safety.

This year, from October 8 to 14, the Calgary Fire Department (CFD) is proud to observe Fire Prevention Week with the theme, "Cooking safety starts with you. Pay attention to fire prevention."

Cooking-related incidents are the leading cause of indoor fires and injuries in Calgary. The CFD urges everyone to prioritize safety in the kitchen.

Never leave cooking unattended and set a timer to remind yourself. If you must leave the kitchen, turn off the burners.

Turn pot handles away from the stove's edge. Keep a lid and oven mitt nearby to smother small grease fires.

Maintain a one-meter "kid- and pet-free zone" around cooking areas. This includes tripping hazards such as toys.

#### Additional tips and reminders:

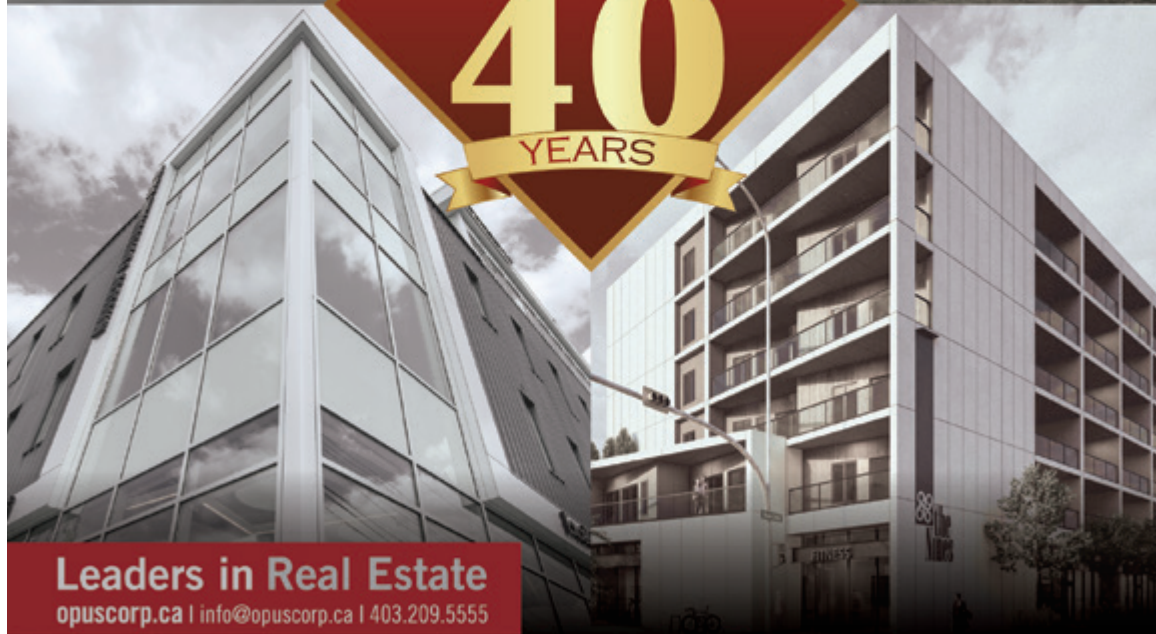
- Keep flammable items away from the stovetop.
- Educate children about hot objects to prevent scalding injuries.
- Grill outdoors, away from structures, with a one-metre safety zone for children and pets.
- Use microwave ovens safely; avoid extension cords and open food cautiously.
- Avoid cooking when tired or after consuming alcohol or medication.

Follow these tips to keep your homes and loved ones safe. Together, we can ensure our kitchens remain places of joy and comfort, free from the risk of fires.

For more information, visit [calgary.ca/firepreventionweek](https://calgary.ca/firepreventionweek) or call 3-1-1.



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## BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

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

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        |
| August    | 23 | 5          | 5    | \$1,700,000  | \$1,650,000 |
| July      | 23 | 2          | 3    | \$2,099,000  | \$2,100,000 |
| June      | 23 | 6          | 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 |
| September | 22 | 0          | 0    | \$0          | \$0         |

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





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**Greg McLean**  
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 ✉ [greg.mclean@parl.gc.ca](mailto:greg.mclean@parl.gc.ca)

Many of you who have spoken to me over the summer – at festivals, when I knocked on your doors, or at random meetings – are deeply troubled by the intensifying inflation and cost of living crisis. This is being felt particularly in the increased cost of housing; cost of a single-family home in Canada has risen over 80% in the past eight years. Nowhere is the failure of bad fiscal and monetary policy of our federal government being felt more profoundly. Let me caution that the worst is not yet upon us. If mortgage interest rates stay high in Canada for two more years, the impact on mortgagors in Canada will be severe. That is because many Canadians re-mortgaged their homes in 2020, when interest rates were at historic lows. And the most popular mortgage term in Canada is the five-year mortgage. If these homeowners face the increased mortgage cost that is coming, it will increase their payments significantly.

It is essential to recognize this as a policy choice. This is not an accident – it is the outcome of incompetent fiscal and monetary policy. There is a price to pay for this profligacy.

It is not just homes. Even school materials and lunches are now burdensome for many. Recently, the average back-to-school expenditure in Canada reached \$700 per student, with school supply costs jumping a staggering 24% in just two years. StatsCan warns parents of skyrocketing lunch box items: bread and rolls by 8.1%, apples 7.8%, and cookies and crackers a staggering 12.4%. Many families are at their breaking point. We need to change this ASAP.

Please contact me at [Greg.McLean@parl.gc.ca](mailto: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](http://GregMcLeanMP.ca).

Sincerely,  
 Greg McLean



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