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ERLTON

ELBOW PARK



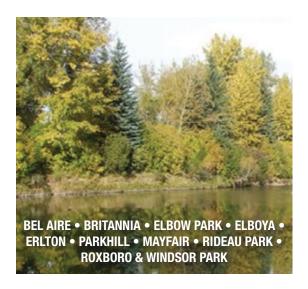






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Erlton Community Association Board Vacancies

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 with the position that interests you (descriptions can be found at 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



Councillor Kourtney Penner Ward 11 Ward11@calgary.ca 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



Councillor Courtney Walcott Ward 8 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.

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PROJECTS

Erlton

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- Crash Lawyers
- Welfare for Animals
- Anytime Fitness (Beltline

NEIGHBOUR

· And more!





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Back-to-School Safety Tips

A message from the Federation of Calgary Communities

The school year should be safe and educational for everyone – kids and parents should be aware of the following safety tips before the start of the semester.

Safety Tips for Your Child:

Make sure that your child knows the following:

- Their full name, age, address, area code, home phone number, and parents' work/cellphone number(s).
- How to contact police, fire, and EMS in an emergency (9-1-1) and in a non-emergency (403-266-1234).
- To use the same route to and from school.
- Where the safe places are to play (front and backyards, playgrounds).
- What places to avoid (vacant lots or dark, wooded, bushy areas).

If your child is being followed by a person or car, make sure that they know to do the following:

- Turn and run in the opposite direction;
- Get a description and licence plate number of the stranger's vehicle if possible;
- Run to the closest safe place; and,
- Stay in open areas that are visible.

Remember to tell them that uniformed police officers are friends who can be trusted.

The Stranger Rules

Familiarize your child with "the stranger rules." These rules will help keep them safe.

- Never talk to strangers.
- Never take anything from strangers.
- Never go anywhere with a stranger.
- Do not be fooled by tricks or phoney conversation.
- If a stranger tries to grab you, yell, scream, and kick.
- Never tell a stranger that you are by yourself or that your parents or guardian are not home.
- It's a good idea to implement a difficult to guess, but easy to remember, "code word" that an adult must share with your child before your child trusts/goes anywhere with them (e.g., the colour of their shirt, what they had for breakfast that morning, etc.).









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ROXBORO COMMUNITY **REAL ESTATE ACTIVITY**

		Properties		Median Price		
		Listed	Sold	Listed	Sold	
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	
August	22	0	0	\$0	\$0	

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

WINDSOR PARK COMMUNITY **REAL ESTATE ACTIVITY**

		Prope	erties	Media	n Price
		Listed	Sold	Listed	Sold
July 2	23	16	14	\$284,450	\$284,250
June 2	23	17	13	\$234,900	\$232,400
May 2	23	14	17	\$214,000	\$209,200
April 2	23	17	12	\$224,950	\$217,250
March 2	23	16	14	\$279,400	\$271,000
February 2	23	9	9	\$229,900	\$229,900
January 2	23	8	5	\$225,000	\$220,000
December 2	22	5	3	\$700,000	\$700,000
November 2	22	5	4	\$219,950	\$213,500
October 2	22	6	9	\$588,888	\$580,000
September 2	22	10	5	\$550,000	\$522,000
August 2	22	4	5	\$600,000	\$575,000

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



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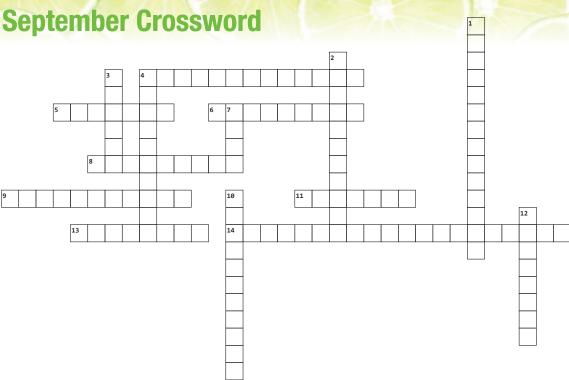
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On September 20, 1519, explorer Ferdinand Magellan, with five ships and 270 men, set sail from Spain in search of a route to Indonesia. After three treacherous years, 18 men and one ship, *The Victoria*, remained. Captained by Juan Sebastian Elcano, *The Victoria* became the first ship to circumnavigate the globe!



Across

- 4. On September 23, 2023, also known as the and day are approximately the same length.
- 5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
- 6. Published by John Ronald Reuel on September 21, 1937, this novel is a preguel to one of the most popular fantasy series of all time.
- 8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as _
- 9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
- 11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
- 13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
- 14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called Le Gaulois but has also been adapted into a film and musical.

Down

- 1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
- 2. On September 12, 1970, the was the first to launch a robotic probe that brought back rock samples from the Moon to Farth.
- 3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
- 4. On September 13, 1899, the first ever recorded fatal crash occurred in the United States.
- 7. This iconic Enrique Iglesias song was released on September
- 10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
- 12. International Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.

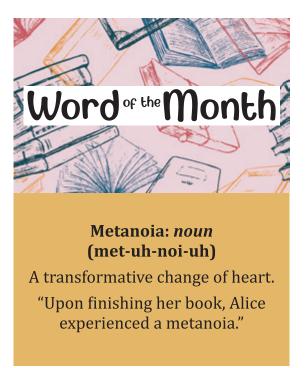


GAMES & PUZZLES

Guess That Animal!

- 1. Male ______ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
- 2.This tree-hugging marsupial's fingerprints are almost indistinguishable from humans,' which has confused some forensic crime scene investigators.
- 3. This monogamous species mates for life and courts one another by gifting each other pebbles.
- 4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
- 5.The ______ is the only mammal that can truly fly and not simply glide.
- are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.







While some countries and nations are hundreds of years old, some are barely older than a decade! This is the case for South Sudan in Africa; in 2011, they gained independence from Sudan, making them the youngest country on Earth! Other young countries include Kosovo (2008), Montenegro (2006), and Serbia (2006).

BRAIN GAMES			S	SU	D	<u>O</u>	(U	
	7			2			4	6
	6					8	9	
2			8		3	7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3		5	8			7	



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ERLTON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Media	n Price
		Listed	Sold	Listed	Sold
July	23	8	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
August	22	3	5	\$359,900	\$342,000

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

PARKHILL COMMUNITY **REAL ESTATE ACTIVITY**

		Properties		Mediar	1 Price
		Listed	Sold	Listed	Sold
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
August	22	6	3	\$189,900	\$180,000

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

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ELBOYA COMMUNITY **REAL ESTATE ACTIVITY**

		Properties		Median Price		
		Listed	Sold	Listed	Sold	
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	
August	22	3	0	\$0	\$0	

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

ELBOW PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price		
		Listed	Sold	Listed	Sold	
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	
August	22	6	0	\$0	\$0	

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

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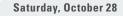
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Choosing the Best Plant-Based Beverages

by Alberta Health Services



Someone may choose to drink plant-based beverages because of allergies, a vegetarian diet, intolerance to cow milk, or cultural or personal taste preferences. These beverages look like milk and are often called "milks" but the nutrients they provide may be different.

Plant-based beverages are made from legumes, nuts, seeds, and grains, such as oat, soy, coconut, cashew, or almond.

Guide to Choosing a Plant-Based Beverage

With so many options, it is important to pick a plantbased beverage that meets your nutritional needs. Read the Nutrition Facts table on beverages before you buy and then select a beverage that:

- Is unsweetened or has less than 15 percent daily value (less than 15g) of sugar per one cup (250 ml).
- Has at least six grams of protein per one cup (250 ml).
- Has at least 23 percent daily value of calcium per one cup (250 ml).
- Has more than 10 percent daily value of vitamin D per one cup (250 ml).

Read the ingredient list to see if vitamins and minerals have been added to the drink. If they have been added,

the drink has been fortified. This information usually appears on the ingredient list as "Vitamin and Mineral Blend."

If you choose plant-based beverages, serving advice is as follows:

Children under the age of two

Plant-based beverages do not contain enough fat, calories, and nutrients to help children's brains and bodies grow and develop. Feed your child breastmilk or infant formula.

For others

- Offer two cups of a fortified plant-based beverage daily to children aged two and up.
- Older adults can meet their needs with one to two cups of a fortified plant-based beverage while also eating other protein foods as part of their diet.
- •Two cups of a fortified plant-based beverage and a daily vitamin D supplement of 400 IU will help meet your nutrient needs when pregnant.

In addition to selecting a nutritious plant-based beverage, choose a variety of protein foods for meals and snacks. Try beans, lentils, tofu, eggs, nuts, and seed butter, fish, poultry, and lean meats.

SAFE & SOUND

Prevent the Risk of Strokes

from Alberta Health Services

Risk factors such as high blood pressure, diabetes, smoking, high cholesterol, physical inactivity, age, family history, and more put you at a higher risk of experiencing a stroke.

What is a Stroke?

A stroke occurs when a blood vessel in the brain bursts or is blocked. Without blood and the oxygen that 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.

Symptoms of a stroke happen quickly, and brain damage can begin within minutes. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

The acronym FAST is a simple way to remember the main symptoms of stroke. FAST stands for:

Face – Is it drooping?

Arms - Can you raise both?

Speech – Is it slurred or jumbled?

Time - Call 911 immediately.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services right away. A stroke can't be self-managed at home. To learn more, visit www.ahs.ca/heartandstroke.

How Can I Identify My Risk for Stroke?

Knowing your personal risk can help you act to lower your risk. You and your healthcare provider can look at things that put you at risk for a heart attack and stroke. He or she might look at many things, such as:

- Your cholesterol levels
- Your blood pressure
- Your age
- Your race
- · Whether you are male or female
- · Whether or not you smoke

Learn about cardiovascular disease risk screening or visit the risk calculator tool.



How Can You Prevent a Stroke?

You can make some lifestyle changes that can reduce your risk of stroke and improve your overall health. It's important to know that if you've had a stroke, you are at risk of having another one. You can work with your healthcare provider to help identify your risk and create a plan to help manage any health conditions. Examples are as follows:

Treat any health problems that you have:

- Manage high blood pressure or high cholesterol by working with your doctor.
- · Manage diabetes. Keep your blood sugar levels within a target range.
- · If your doctor recommends taking aspirin or a blood thinner, take it.
- Take your medicine exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- Get the influenza (flu) vaccine every year.

Adopt a healthy lifestyle:

- Don't smoke or allow others to smoke around you.
- Limit alcohol.
- Stay at a healthy weight. Being overweight makes it more likely that you will develop high blood pressure, heart problems, and diabetes. These conditions make a stroke more likely.
- Be active. Ask your doctor what type and level of activity is safe for you. If you are in a stroke rehab program, your rehab team can make an exercise program that is right for you.
- · Eat heart-healthy foods. These include fruits, vegetables, high-fibre foods, fish, and foods that are low in sodium, saturated fat, and trans fat.

For more information on strokes, please speak with your family doctor or call Health Link at 811 to speak with a registered nurse.

Call for Help with Child Development Questions

from Alberta Health Services

Parents, guardians, and caregivers who have concerns about their child's development and well-being can now receive free advice and guidance through a new phone service.

By calling Health Link at 811, Albertans with concerns about their child's development — including speech, movement, and hearing — can be redirected to the new pediatric rehabilitation line and speak with an occupational therapist or another appropriate allied health professional.

The new pediatric rehabilitation line provides advice to parents and caregivers of infants, children, and youth (birth to 18 years of age) who have concerns about developmental milestones in areas such as:

- Moving and playing (crawling, walking, coordination, playing with toys, using utensils)
- Talking and listening (babbling, using words and sentences, speech sounds, understanding directions, stuttering, voice quality)
- Taking care of self (dressing, toileting, sleeping)
- Managing emotions (calming self, becoming overwhelmed or overstimulated)
- Difficulty eating or swallowing (coughing, gagging)
- Hearing (responding to sounds, noise, voices, words)

The pediatric rehabilitation line can also help callers who are looking for local services and/or current rehabilitation resources (e.g., links to information or webinars), or need support to help a child or youth recover from COVID-19.

AHS also offers free webinars that cover developmental topics for children and youth from birth to 18 years of age. Topics range from toilet training and tummy time to emotional regulation and speech development.

Hosted by pediatric rehabilitation professionals, the AHS webinar series is designed for all parents and caregivers. It may be especially beneficial for those with children and youth who may be developing differently or who have medical conditions that are affecting their development.



Most sessions are live, meaning participants can ask questions during the session. Some sessions are prerecorded.

Each webinar is free of charge and will focus on a specific developmental skill such as walking, talking, listening, and more. Parents and caregivers will build skills and gain confidence by learning practical ways to help children and youth improve their skills while supporting development.

The free webinars are delivered on Zoom and require registration in advance. Information and registration for the free webinars can be accessed at myhealth. alberta.ca/pediatric-rehabilitation/webinars. You may also find information by searching "pediatric rehab" at together4health.albertahealthservices.ca.







Brunch Asparagus with Goat Cheese

by Jennifer Puri

Native to the Mediterranean, the roots of the asparagus plant can be traced back to the ancient Egyptians,



Romans, and Greeks. Records show it was a prized vegetable in Rome during the Middle Ages. Asparagus saw a rise in popularity in France during the reign of Louis XIV and was enjoyed by fashionable society across Europe. Asparagus was always considered a luxury item until recent times.

Asparagus or "sparrow grass" has been referred to as the King of Vegetables and is low in calories, high in fiber and folate, and rich in vitamins, minerals, and antioxidants.

There are 300 species of asparagus and people have been eating these dark green vegetable spears with tiny leaves on top for centuries. Asparagus has a distinct flavour and is related to onions, leeks, and garlic. Green asparagus is eaten worldwide. White and purple asparagus are sweeter and more flavourful.

Contrary to popular belief, thickness is not an indication of toughness or tenderness. Asparagus stalks are thick or thin from the moment they spring from the ground.

Asparagus can be steamed, sautéed, grilled, or roasted as it is in the following brunch asparagus with goat cheese recipe.

Prep Time: 20 minutes **Cook Time:** 25 minutes **Servings:** 3 to 4

Ingredients:

- 1 lb. Asparagus spears
- 1 tbsp. Dijon mustard
- 2 tbsp. rice wine vinegar
- ½ tsp. salt
- ½ tsp. coarse ground black pepper
- ½ cup extra virgin olive oil
- 2 cups of cubed white, brown, or multigrain bread
- 2 cups of cherry tomatoes
- ½ cup of crumbled goat cheese or feta cheese
- 2 tbsp. of finely chopped parsley, basil, or chives

Directions:

- Prepare marinade by combining mustard, vinegar, salt, pepper, and olive oil in a small bowl. Stir until all ingredients are blended and form a smooth mixture.
- Heat Oven to 375 degrees Fahrenheit.
- In a medium size bowl, toss together bread cubes, cherry tomatoes, and 2 tbsp. of the marinade. Spread the bread cubes and cherry tomatoes in a single layer on a baking tray. Place tray on the middle rack of the oven and bake until bread cubes turn a light brown and cherry tomatoes have softened (approximately 12 minutes).
- Remove from oven and set aside.
- Increase oven heat to 400 degrees Fahrenheit.
- Prep the asparagus spears by rinsing under cold water and patting dry with paper towel. Remove and discard the tough bottom parts of the spears and then spread them in a single layer on a foil lined baking tray. Drizzle remaining marinade over the spears and then place on the middle rack in oven. Bake time is 8 to 10 minutes for thin spears, 10 to 12 minutes for medium spears, and 12 to 14 minutes for thick spears.
- Remove asparagus when cooked and arrange on a serving platter. Top with croutons, cherry tomatoes, crumbled goat cheese, and garnish with chopped fresh parsley, chives, or basil leaves.

Brunch asparagus with goat cheese can be served at lunch or brunch and pairs well with eggs, roast ham, chicken, or turkey.

Bon Appétit!



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MAYFAIR COMMUNITY REAL ESTATE ACTIVIT

		Prope	erties	Media	n Price
		Listed	Sold	Listed	Sold
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
August	22	1	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**

		Prope	erties	Median Price		
		Listed	Sold	Listed	Sold	
July	23	6	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	
August	22	1	2	\$329,350	\$297,500	

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

TAKE ON WELLNESS

Starting Fall SMART

from Alberta Health Services



Fall is the time to set goals! Goals help us make positive changes in our day-to-day lives that move us towards our hopes for the future. Goals are like a map – they guide us. They provide us with a sense of ease and comfort knowing that we have a plan. Setting them gives us an opportunity to reflect and prioritize what we find most meaningful. Goals that we share and work on with our family, friends, or colleagues can also build stronger relationships and closer connections.

Goal setting should not have to be overwhelming or leave us feeling trapped, which is why many reframe it and call it "intention" setting. Intention is rooted in our beliefs and values but focuses on present actions rather than far-off outcomes. Whether we set goals or intentions, we need to give ourselves the freedom to change our minds and adjust our goals as we move towards them.

One tool that can support your process in setting goals is using the SMART strategy.

Specific – What exactly would you like to do? What is your aim?

Measurable – How will you know if you are moving towards your goal? What will you see?

Achievable – Can you act to reach your goal? Is it something you can do?

Relevant – Does this goal have meaning for you?

Time – When would you like to reach this goal?

All parts of our lives can benefit from setting meaningful goals. Here are a few ideas on where you could get started today:

Attitude – Being positive, hopeful, and grateful or seeing the good.

Physical Health – Being active, eating healthy food, sleeping, and drinking water.

Relationships – Spending more time with family and friends.

Public Service – Volunteering, helping your community.

Taking the time to write, type, or vocalize our goals will set the stage for us to reach them! Another important piece of the puzzle is to celebrate our successes along the way. Focus on all that you have done rather than on things that you still need to do.

Remember to be kind to yourself. This is a good year to think about what is important and fall gently back into our routines again!

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BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price		
		Listed	Sold	Listed	Sold	
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	
August	22	0	1	\$3,450,000	\$3,500,000	

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	
July 2	23	2	3	\$2,099,000	\$2,100,000	
June 2	23	6	1	\$899,900	\$875,000	
May 2	23	1	1	\$1,649,900	\$1,600,000	
April 2	23	3	1	\$1,669,000	\$1,640,000	
March 2	23	0	2	\$1,587,500	\$1,505,000	
February 2	23	1	1	\$1,745,000	\$1,697,000	
January 2	23	1	1	\$3,250,000	\$3,000,000	
December 2	22	0	0	\$0	\$0	
November 2	22	3	0	\$0	\$0	
October 2	22	3	4	\$1,672,500	\$1,682,500	
September 2	22	0	0	\$0	\$0	
August 2	22	1	0	\$0	\$0	

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



MP Calgary Centre Grea McLean 445 - 1414 8 Street SW Calgary, AB T2R 1J6

△ 403-244-1880 **ଢ** 403-245-3468

greg.mclean@parl.gc.ca

Friends.

As we commemorate National Day for Truth and Reconciliation, we must reflect on the ongoing struggles that Indigenous communities in Canada face. Decades of systemic neglect have led to numerous adversities, some as fundamental as the lack of clean water. Indigenous communities often grapple with major problems such as extended water advisories, exacerbating existing health and sanitation issues.

Furthermore, many reserves lack comprehensive sustainable economic opportunities. We need to act and create new opportunities. For instance, this is why the conservatives have proposed constructing pipelines in partnership with first nations groups to foster economic growth.

Lastly, the haunting legacy of residential schools persists. This dark chapter in our history has inflicted intergenerational trauma and continues to impact Indigenous communities in multifaceted ways to this day.

This National Day for Truth and Reconciliation, it is our responsibility to acknowledge these hardships and foster dialogue around solutions that respect the rights and dignity of first nations communities. As we remember the past, we must ensure that the spirit of reconciliation informs our actions for the future.

September also marks our annual Calgary pride celebrations. This is a splendid opportunity to acknowledge the considerable progress made by the LGBT+ community in Calgary and to celebrate those who are living their authentic lives. I have always been a supporter of the 2SLGBTQ+ community and continue to stand with them.

Sincerely,

Greg McLean





MLA Calgary-Elbow Samir Kayande

205 - 5005 Flbow Drive SW T2S 2T6

403-252-0346

✓ calgary.elbow@assembly.ab.ca

Dear Neighbours,

Like everyone else in the city, I'm shaking my head at how fast this summer has flown by. The back-to-school outfits are hanging in the closet and our family is gearing up for Labour Day weekend to enjoy the last of the summer sunshine.

It has been a very special season for me as I have had the chance to connect with so many of you as I settle into my new role. Some particular highlights of the last month include Calgary Fringe Festival, Carifest, and Globalfest. I can't wait to participate in Calgary Pride this coming weekend and to celebrate our wonderful 2SLGBTQ+ community together.

As I have been settling into my role as MLA for Calgary-Elbow, I have been hearing from many of you about the challenges that you face in accessing healthcare. I have heard your stories about waiting months for lab work, the difficulty of finding a family doctor, and being placed on year-long waitlists for life-changing surgeries. Thank you to everyone to has taken the time to share their experiences with me. My caucus colleagues and I are committed to fighting for comprehensive, timely and fully public healthcare and we will never stop advocating for you.

A reminder that my office is located at 205 – 5005 Elbow Drive SW. You can also reach me at calgary.elbow@ assembly.ab.ca or by phone at 403-252-0346. I am always happy to meet with constituents and listen to what is on your mind. Thank you to everyone who has taken the time to call, write and meet with me so far; it is a privilege to serve this community!

Sincerely,

Samir







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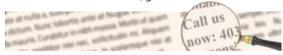
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