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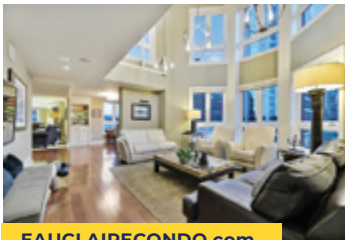
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ELBOW PARK



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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).



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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Save Our Parklands: Glenmore Reservoir

by Jennifer Baldwin and Karen Arndt



Our city is rapidly changing with new development and considerations for what the future will look like. The city has to make room for new development as the demand for housing increases, but what does smart city planning look like? The City of Calgary has set forth numerous planning guidelines to ensure that the future of our city is flourishing and sustainable, yet these principles are being compromised as Calgary's parks and greenspaces are under threat by development. Parks and greenspaces are natural assets and are quintessential for the health and well-being of citizens.

The Municipal Development Plan is a guiding document the City of Calgary uses as a blueprint for Calgary's future. It focuses on prioritizing ecological protection for natural areas, open spaces, and parks (pg. 63), improving the aesthetic quality and sense of place for all communities and landscapes, (pg. 63) reducing disruption and fragmentation of habitat (pg. 64), protecting, restoring, and expanding Calgary's urban forests, providing adequate space and environmental conditions for forests to thrive, (pg. 74) and including parks and natural assets as part of Calgary's heritage, natural history, and identity (pg. 64).

The Biodiversity Strategic Plan is a ten-year framework for the city's commitment to protecting and restoring the natural environment. "Our vision is to value Calgary's diversity and richness in wildlife, vegetation, and landscapes (pg. 39). It is about greening the city, prioritizing maintaining biodiversity and landscape diversity. It is clear that Calgarians want a healthy

natural environment and aspire to a lifestyle that will reduce their ecological footprint (pg. 16).

The Calgary Climate Strategy states the city plans to "improve the climate resilience of natural infrastructure" [which includes trees and parks that help sequester carbon dioxide] ... "to provide a thriving landscape into the future (e.g., restoring underutilized spaces, selecting native species and drought tolerant vegetation ... and maintaining green stormwater infrastructure)" (pg. 72). "Calgary has already experienced significant climate events (e.g., flooding, severe storms, extreme heat, and wildfires)" which "are expected to increase in frequency, intensity, and variability" (pg. 52 and 53). "Climate change threaten[s] the health and well-being of communities and ecosystems" and comes at a financial cost (pg. 54).

Currently, this cost is averaging \$1.9 billion per year and is projected to be between \$30 to \$62 billion by the 2050s. (pg. 52). "According to the Global Commission on Adaptation, every dollar invested in climate adaptation will have an averaged six dollar return on investment" (pg. 54). Calgary's plan to double the tree canopy by 2060 would require planting 3,500 to maintain numbers and another 4,000 for expansion. Calgary is far behind this goal and from 2000 to 2022, it has substantially lost its greenspace from being at 54.1% to 37.6% (Stats Can).

It's our duty to protect these lands, once greenspace is gone, we can no longer buy it back. We understand the city's need to densify, but must it come at the cost of our precious greenspaces and parklands?

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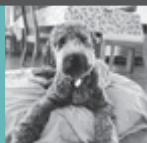
The 10 Sara Scout Hall in Rideau is looking for scouters, Beavers (ages 5 to 7) and Cubs (8 to 10). Our group has roots back to 1914 and is welcoming new volunteers and youth. Come and join the adventure. We also accept hall rentals and bottle donations! Contact me at cerichw@yahoo.ca or scouts.ca.



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From the Heart: Show Your Cardiovascular System Some Love This Valentine's Day

From The Primary Care Network

Love is in the air and with February being Heart Month, there's no better time to show your cardiovascular system some love.

Heart disease is the second leading cause of death in Canada – luckily the Canadian Heart and Stroke Foundation says up to 80% of premature heart disease and stroke can be prevented through lifestyle choices.

Here Are Some Tips for Improving Heart Health:

- **Prioritize a Healthy Diet** – Maintaining a heart healthy diet is an important factor in heart health. Navigating all options and information can be challenging. Calgary Foothills PCN has a team of register dietitians and nurses and offers workshops.
- **Set Health Goals** – Set achievable health goals with the support of health management nurses. Incorporate exercise into your daily routine, manage stress, quit smoking or vaping, and get assistance with access to services for high cholesterol.
- **Focus on Mental Health** – Stress can cause the heart to work harder and increase your risk of heart disease and stroke. The Calgary Foothills PCN mental health team offers one-on-one counselling and workshops.

Register for free support online at cfpcn.ca. If you're not sure where to start, talk to your family doctor who can help with your care plan.



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	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 23	0	1	\$780,000	\$760,000
November 23	0	1	\$1,800,000	\$1,825,000
October 23	3	0	\$0	\$0
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

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

WINDSOR PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 23	3	7	\$215,000	\$228,000
November 23	16	17	\$239,900	\$248,650
October 23	15	13	\$199,500	\$200,000
September 23	11	4	\$492,400	\$494,000
August 23	11	14	\$225,000	\$218,750
July 23	12	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

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

Eggplant and Sundried Tomato Pasta

by Jennifer Puri

Simple, healthy, delicious eggplants, also referred to as aubergines or brinjals are used in the cuisines of many countries around the world, especially in China (Sichuan Eggplant) and India (baingan bharta).

Glossy, purple, green, or white in colour, the eggplant is a member of the nightshade family and has white flesh and small edible seeds. Due to its “meaty” texture it is sometimes used as a meat substitute in vegan and vegetarian dishes.

Eggplants are a high fibre, low-calorie food rich in nutrients and vitamins, which can help control blood sugar and aid in weight loss. Antioxidants such as lutein, which may help prevent age-related macular degeneration and zeaxanthin, along with natural plant chemicals called polyphenols are also present.

There are many tasty ways to eat eggplant as it can be steamed, stir fried, roasted, stewed, curried, pickled, or added to pasta noodles with whipped ricotta cheese and sundried tomatoes as shown in the recipe below.

Prep Time: 20 minutes

Cook Time: 30 minutes

Servings: 3 to 4

Ingredients:

- 1 large eggplant
- 2 small shallots, finely chopped
- 3 garlic cloves, finely chopped
- 1 small jar oil packed sundried tomatoes
- 1 cup extra virgin olive oil
- 500 g cooked spaghetti (al dente)
- 1 cup whipped ricotta cheese
- ½ cup fresh basil leaves
- 2 medium sized tomatoes chopped
- Salt to taste
- Black pepper to taste
- 1 tsp red chilli flakes
- 1 cup shaved parmesan cheese



Directions:

- Heat oven to 425 degrees Fahrenheit.
- Arrange eggplant slices on a foil lined baking tray. Brush each slice with a little olive oil and then flip over and repeat. Place the tray on the middle rack of the oven and bake for about 20 minutes or until eggplant slices turn a light brown. Remove tray from oven and set aside.
- Add 2 tbsp of olive oil, chopped shallots, and garlic to a large frying pan and sauté on medium heat for two minutes. Separate the sundried tomatoes from their oil, slice each piece in half and add to the pan along with the fresh chopped tomatoes and a few basil leaves. Stir fry for about two minutes then add the ricotta cheese, red chilli flakes, and salt and pepper to taste.
- Finally, add the cooked spaghetti to the pan and gently blend with the sauce. Remove from heat and garnish with shaved parmesan cheese, a few basil leaves, and serve.

Bon Appétit!



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February is Heart Month

by Alberta Health Services

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.



What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Leapers and Leaplings Special Day

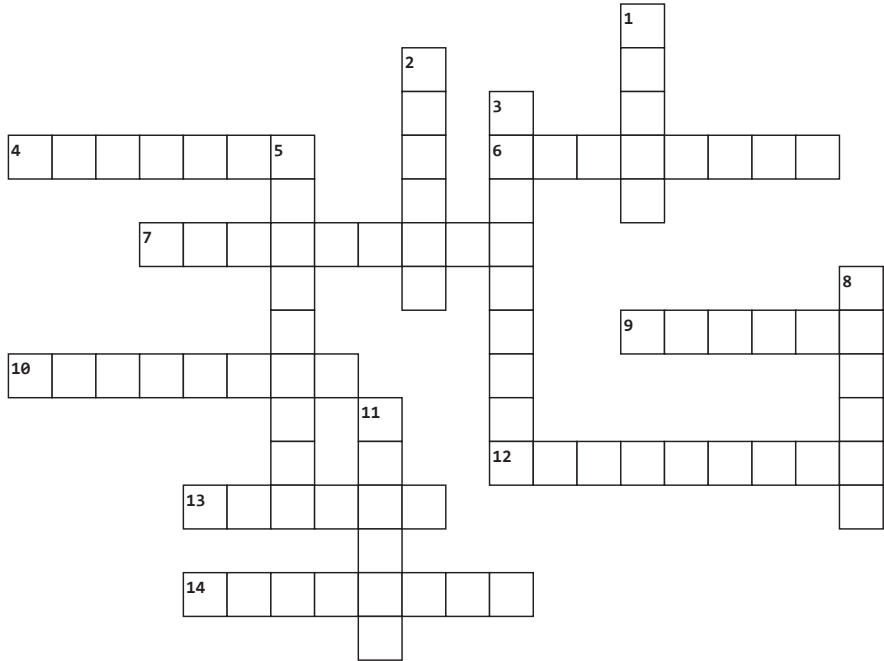
Four million leap day babies? Did you know the odds of being born on February 29 is one in 1,461! Leap day babies are better-known as 'leapers' or 'leaplings'. Hats off to these time-defying, once-in-a-blue-moon birthday legends!



February Crossword



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answers or scan
the QR code for the
answers



Across

4. This historical fiction novel was released on February 10, 2009, and made into a major motion picture starring Viola Davis, Octavia Spencer, and Emma Stone.
6. A ring made with this birthstone had a carved image of Cupid and is said to be worn by St. Valentine.
7. This American painter, well-known for his artwork "American Gothic" was born on February 13, 1891.
9. On February 15, 1965, this country officially received its flag, 100 years after becoming a country.
10. Tessa Virtue and Scott Moir won gold in this category in February 2010 at the Vancouver Winter Olympics.
12. This well-known annual league championship takes place every year on the second Sunday in February. It will be played on February 11 at Allegiant Stadium in Las Vegas this year.
13. The official flower that represents birthdays in February.
14. The popular heart-shaped candies with cute messages were originally used as _____.

Down

1. This dwarf planet was discovered on February 18, 1930, and was named by 11-year-old, Venetia Burney.
2. February 10, 2024, marks the beginning of the Year of the _____.
3. This festival, which takes place on the same day as Shrove Tuesday, celebrates the end of the pre-Lenten season with colourful masks and parades.
5. Released in February 1940, this Disney motion picture featuring the beloved character Figaro, was the first animated feature to win a competitive Academy Award.
8. In 1990, the Lieutenant Governor of Alberta, Helen Hunley, introduced this day to celebrate and honour loved ones.
11. Abel Makkonen Tesfaye, better known as The _____, was born on February 16, 1990, in Scarborough.

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ERLTON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
December	23	2	0	\$0	\$0
November	23	5	2	\$569,900	\$575,500
October	23	2	8	\$489,000	\$482,000
September	23	11	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

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
December	23	2	3	\$499,900	\$499,900
November	23	10	5	\$850,000	\$890,000
October	23	12	7	\$460,000	\$450,000
September	23	6	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	5	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

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

Seven Key Things to Make Your Relationship Work

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



What can you do to create a lasting relationship? Get a copy of John Gottman's *Seven Principles for Making Marriage Work*. Below is a sneak peek:

Enhance your love maps. Happy couples are very familiar with their partner's world. According to Gottman, these couples have "a richly detailed love map — my term for that part of your brain where you store all the relevant information about your partner's life." You know everything from your partner's favourite movies to what's currently stressing them out, you know some of their life dreams, and they know yours.

Nurture fondness and admiration. Happy couples respect each other and have a general positive view of each other. Fondness and admiration are two of the most important elements in a satisfying and long-term relationship. If these elements are completely missing, the marriage can't be saved. A helpful activity to remind couples of the partner they fell in love with is called "I appreciate." List three or more of their partner's positive characteristics along with an incident that illustrates each quality. Then read your lists to each other.

Turn toward each other. Romance isn't a Caribbean cruise, an expensive meal, or a lavish gift. Rather, romance lives and thrives in the everyday, little things. "Real-life romance is kept alive each time you let your partner know they are valued during the grind of everyday life." For instance, romance is leaving an encouraging text for your partner when you know they are having a bad day. Or romance is when you are running late but take a few minutes to listen to your partner's bad dream and saying that you'll discuss it later (instead of saying "I don't have time"). This might seem boring but turning toward each other in these ways is the basis for connection and passion. Couples that turn toward each other have more in their "emotional bank account." This account distinguishes happy marriages from miserable ones. Happy couples have more goodwill and positivity stored in their bank accounts, so when rough times hit, their emotional savings cushions conflicts and stressors.

Let your partner influence you. Happy couples are a team that considers each other's perspective and feelings. They make decisions together and search out common ground. Letting your partner influence you isn't about

having one person hold the reins, it's about honouring and respecting both people in the relationship.

Solve your solvable problems. There are two types of marital problems: conflicts that can be resolved and perpetual problems that can't. It's important for couples to determine which ones are which. According to Gottman, "One way to identify solvable problems is that they seem less painful, gut-wrenching, or intense than perpetual, gridlocked ones." Solvable problems are situational, and there's no underlying conflict. Gottman devised a five-step model for resolving these conflicts that can be found in his book.

Overcome gridlock. The goal with perpetual problems is for couples to "move from gridlock to dialogue." What usually underlies gridlock is unfulfilled dreams. "Gridlock is a sign that you have dreams for your life that aren't being addressed or respected by each other." Happy couples believe in the importance of helping each other realize their dreams. The first step in overcoming gridlock is to determine the dream or dreams that are causing your conflict. The next steps include talking to each other about your dreams, taking a break (since some of these talks can get stressful), and making peace with the problem. "The goal is to 'declaim' the issue, to try to remove the hurt so the problem stops being a source of great pain."

Create shared meaning. "Marriage isn't just about raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together. A culture rich with rituals, and an appreciation for your roles and goals that link you, that lead you to understand what it means to be a part of the family you have become." And that's what it means to develop shared meaning. Happy couples create a family culture that includes both of their dreams. Being open to each other's perspectives and opinions, happy couples naturally come together.

Bonus: Intentional date nights. If you struggle with ideas for date nights, grab a copy of Gottman's *Eight Dates*. Being intentional about having regular date nights is an important factor to continued connection.


If you need some help along the way, look for a level three trained Gottman therapist to keep you accountable and help your relationship thrive.

BRAIN
GAMES

SUDOKU

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November 23	0	1	\$2,999,990	\$2,775,000
October 23	2	3	\$990,000	\$990,000
September 23	2	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	4	4	\$945,000	\$921,000
January 23	0	1	\$1,100,000	\$965,000

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
December 23	3	4	\$2,546,500	\$2,475,000
November 23	5	3	\$1,950,000	\$1,932,500
October 23	5	6	\$1,572,500	\$1,562,000
September 23	4	5	\$1,075,000	\$1,000,000
August 23	6	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

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

Help Reduce Single-Use Items Waste

by the City of Calgary

The best way to reduce single-use items waste is to stop using them whenever possible. Using less single-use items will help reduce garbage and litter. Calgary's new Single-Use Items Bylaw started January 16.

It focuses on waste reduction by encouraging Calgarians to avoid single-use items where practical, ask for items as needed, or choose reusable options. Businesses will be required to charge a minimum fee on new paper and reusable bags and provide foodware accessories (utensils, napkins, straws, chopsticks, etc.) by request only.

Calgarians can do their part by asking for only the bags and foodware accessories they need, and by bringing their own bag to avoid the fees. This bylaw applies to in-store, take-out, drive-thru, delivery, and online ordering. Learn more at calgary.ca/singleuse.



Help Us Shape Calgary's Future Floodplain Policies and Regulations

by the City of Calgary

Calgary's river valleys are essential to our city—they're at the core of our city's identity and its appeal as a place to live, work, and play.

As Calgary is vulnerable to flooding, making careful decisions about how we plan, develop, and build in the floodplain is fundamental to protecting and enhancing the value of our river valleys while strengthening our overall resilience to the impacts of flooding.

With the province's recent release of draft updated Flood Hazard Area maps reflecting the latest understanding of flood risk across Alberta and a new approach to flood hazard area zones, it's now up to municipalities to decide how to develop and regulate in these areas.

The City is planning for the future of our river valleys, including our flood hazard areas, through the Calgary River Valleys Project, which will shape how we plan, develop, and build in our river valleys.

Your input on how we make decisions on the use, conservation, and development of our river valleys and communities is important. This month, we're talking to Calgarians about the future of our floodplain policies and regulations. Visit calgary.ca/RiverValleys to join in the conversation.



Silly Goose



Dating back 7,000 years, the earliest bird to ever be domesticated (well, oldest domesticated poultry species) is actually the goose! Although many believe it to be chickens, research found that geese were actually domesticated roughly 2,000 years before chickens.

Love on a Shoestring

by Danielle Robbertze



Valentine's Day can be expensive. We would all like to give our partner the world to show our appreciation, especially on the day dedicated to love. But that is not always possible. Valentine's Day is said to be the fifth largest consumer spending event in the world. It is estimated that \$25.9 billion (USD) was spent on Valentine's Day in 2023!

There are a few ways in which you can show your love without breaking the bank. Firstly, it would probably be wise to ask your partner what they would like for Valentine's Day. This may take away the surprise element of the day, but you could be surprised about what they want and how cost-effective it could be. Often you will see that all they want is some quality time. So set up a movie night at home or a lovely homecooked dinner. It is often the romantic gestures that count more than a diamond necklace or bouquet of roses.

Valentine's Day on a budget is a time to think creatively. Test out those DIY skills. You never know how much a handcrafted gift could mean to a loved one. Check out ideas online on how to make the perfect gift. You could make a special collage or photo album of all your favourite moments together. As cheesy as it might seem,

you can never go wrong with a heartfelt love letter, one that your partner will cherish for years to come.

It is important to set a budget for yourself and your partner. This way you do not create too high of expectations for yourself or your partner. Plan ahead and plan together. The day is dedicated to spending time together so why not put in some money together to do something truly special like a weekend getaway or a romantic dinner at a swanky restaurant.

Consider celebrating the weekend after February 14, that way you and your partner can score some great deals with marked off items. This may seem unconventional, but it could be more special to set out your own Valentine's Day, away from the hustle and the bustle of the actual day.

There are so many ways in which you can save money on Valentine's Day whilst still expressing your love. Take away the pressure and expectations of stereotypical gifts and set your own path to celebrate this day. A path as unique as your relationship and love for your partner. Love is not chocolates, roses, or jewellery. True love is being with one another and cherishing that person for everything they are, flaws and all.

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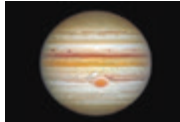
Stargazing with Pat J: The Gas Giants – Jupiter and Saturn

by Patricia Jeffery © 2024, Calgary Centre of the Royal Astronomical Society of Canada

Jupiter and Saturn are in essence failed stars. Consisting mainly of hydrogen and helium gas, the primary building blocks of all stars, neither planet was massive enough to ignite a thermonuclear reaction at its core (lucky for us).

Jupiter

- Fifth planet from the sun
- If the sun is at a football field's goal post and Earth is on the two-yard line, Jupiter is at the 10.5-yard line
- Biggest planet, 1300 Earths could fit inside
- Brightest planet
- Rotates on its axis in 9.97 hours. Takes 11.6 years to orbit the sun
- Takes sunlight 43 minutes to get there
- Lacks a hard surface. Mean temperature: -110 degrees Celsius
- Has 95 moons; its biggest moon Ganymede is larger than Mercury
- Has four rings but they are faint and difficult to see
- Stormy atmosphere with wind speeds over 500 km/hr
- In July of 1994, Shoemaker Levy 9 was a comet that ventured too close to Jupiter and was torn apart by the planet's powerful gravitational field. The comet's demise highlighted Jupiter's role in protecting the inner planets from space debris by acting as a "cosmic vacuum cleaner".



Saturn

- Sixth planet from the sun
- If the sun is at a football field's goal post and Earth is on the two-yard line, Saturn is at the 19-yard line
- Second largest planet, 764 Earths could fit inside
- Not as bright as Jupiter who follows it across the southern sky each fall
- Rotates on its axis in 10.7 hours. Takes 29.4 years to orbit the sun
- Takes sunlight 1.5 hours to get there
- Lacks a hard surface. Mean temperature: -140 degrees Celsius
- Has 146 moons; its largest moon Titan, is also bigger than Mercury
- Has seven beautiful rings made of 95% water ice; same as Saturn's moons
- Stormier than Jupiter with wind speeds over 1800 km/hr



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MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
December	23	0	0	\$0	\$0
November	23	0	1	\$1,699,900	\$1,570,000
October	23	2	1	\$1,650,000	\$1,650,000
September	23	1	1	\$1,799,000	\$1,710,000
August	23	2	0	\$0	\$0
July	23	0	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

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
December	23	1	1	\$238,000	\$222,500
November	23	3	2	\$322,500	\$308,750
October	23	3	1	\$452,000	\$460,000
September	23	2	1	\$1,250,000	\$1,220,000
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

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

The Importance of Healthy Snacking

by Alberta Health Services

Maintaining a healthy lifestyle, especially in today's fast-paced world, can be a challenge. Busy schedules often lead to rushed meals and unhealthy eating habits.

Packing snacks is a great way to keep you energized and nourished throughout the day. Having a quick bite at work, home, school, or on-the-go can be an important addition to your daily eating habits. Ensuring you always have healthy snacks on hand may also prevent you from stopping at a convenience store or vending machine and purchasing a higher cost food which often is lower in nutritional value and hard on the budget.

Five Reasons to Snack!

1. **Sustained energy levels** – Choosing nutrient-dense snacks provides your body with the energy needed to function optimally throughout the day. Snacks rich in complex carbohydrates, fibre, and healthy fats release energy slowly, helping you maintain steady blood sugar levels and avoid energy crashes.
2. **Nutrient Intake** – Snacks are an excellent way to increase your daily intake of essential nutrients. Opting for snacks like fruits, vegetables, nuts, and whole grains provides your body with vitamins, minerals, and antioxidants crucial for your overall health. These nutrient-rich snacks support your immune system, boost your metabolism, and aid in various bodily functions.
3. **Improved Concentration** – Healthy snacks can have a positive impact on cognitive performance. When the brain is fed with balanced snacks, focus and concentration are enhanced. Nutrient-dense snacks provide the brain with the necessary nutrients for optimal functioning, helping you stay alert and productive throughout the day.
4. **Reduced Cravings** – Packing healthy snacks can reduce unhealthy cravings for sugar, salt, and junk food. By eating nourishing snacks, you feel more satisfied for longer.

5. **Convenient and cost-effective** – Preparing snacks in advance ensures you always have healthy options readily available. This saves not only time but also money, compared to purchasing expensive and, often, unhealthy snacks on the go.

Snack-Making Tips and Ideas

To help make it easier to bring snacks from home, prepare in advance by following these simple tips:

- Plan your week's snacks before heading to the grocery store and include them in your meal preparation.
- Think outside the box! Use a "bento box" filled with a variety of different snacks to keep things interesting.
- Chop extra vegetables and fruit and have them ready in the fridge to grab-and-go.
- Make muffins ahead of time and store them in the freezer.
- Buy hummus when grocery shopping or make some at home.
- Hard boil eggs and keep them in the fridge with the shell on (they will keep for about a week).

If you have the option to store snacks at your workplace, here are some options that do not need refrigeration:

- Apples, oranges, or canned fruit
- Dry oatmeal
- Canned tuna
- Whole grain crackers
- Nuts, pumpkin, or sunflower seeds

Kids Need Snacks Too!

While adults and teenagers benefit from eating snacks during their busy, activity-filled lives, it's also important for children to consume snacks. They have smaller stomachs than adults and teenagers and may have trouble eating the foods they need at mealtime. Food choices established in childhood often continue into adulthood, so building a healthy foundation is important.

Add Protein

To help satisfy hunger between meals protein provides a sustained release of energy, preventing blood sugar spikes and crashes. To help satisfy hunger between meals, snack on nuts and seeds or hummus and veggies. Pair one or two slices of cheese with a couple of whole grain crackers or cook some hard-boiled eggs for an easy protein-filled snack on the go.

Happy Snacking!

For more snack ideas, check out this snack resource to help you to choose healthy snacks every day. Visit ahs.ca/nutritionhandouts and search for the handout called Snacks.



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BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
December	23	0	1	\$4,450,000	\$4,271,000
November	23	0	0	\$0	\$0
October	23	1	0	\$0	\$0
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

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
December	23	0	0	\$0	\$0
November	23	1	0	\$0	\$0
October	23	2	2	\$2,196,500	\$2,395,000
September	23	3	1	\$1,850,000	\$1,850,000
August	23	4	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

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

The Canadian Rockies' First Ski Hills

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

Skiing is essential to Calgary's culture and connects us to Indigenous peoples who thrive in winter climates. Beginning in the 1700s, marching European troops organized ski races. With the advent of train travel in the 19th-century, mountains became more accessible, and the first downhill ski areas were established.

Sport skiing arrived in the Rocky Mountains from Scandinavian Canadian Pacific Railway (CPR) workers and Swiss and Austrian mountaineers. In 1926, Swedish skier Gus Johnson and colleagues from Banff Ski Club sought the best slopes for a dedicated area to learn skiing. They chose Mt. Norquay, the Rockies' first ski resort.

Built in 1928, Norquay's cabin burnt down in 1938 and was replaced with the North American Lodge in 1940, still standing today. Its first rope tow was installed in 1941, followed by the "Big Chair" lift in 1948.

Other ski areas quickly followed. A CPR cabin near today's Sunshine Village was used as a lodge starting in 1928. In 1929, Mt. Assiniboine Lodge became North America's first backcountry ski lodge. And in 1938, Temple Lodge was built on Whitehorn Mountain, the beginnings of Lake Louise Ski Resort.

Banff arrived on skiing's mainstage after hosting the Dominion Ski Championships in 1937, 1940, and again in 1948, when Dee Read became Ladies Champion. She later coached the University of Calgary women's alpine ski team and helped Calgary win its fourth attempt to host the Olympics. According to a former Canadian alpine racer, "She was the mom to all the ski racers."

For the 1988 XV Winter Olympic Games, Paskapoo Ski Hill (built circa 1960) was renovated for \$200 million and renamed Canada Olympic Park. It hosted bobsleigh, luge, and ski jumping. Canmore Nordic Centre was built for cross-country skiing and biathlon while Nakiska was constructed for alpine events.

Skiing remains a popular winter activity. The value of Alberta's ski areas was \$428 million in 2018-19. Our region also hosts skiing sport excellence. Calgary is home to Canada's Sports Hall of Fame and WinSport,

the Canadian Winter Sport Institute, both preserves our Olympic heritage (the sliding track needs refurbishment) and nurtures tomorrow's Olympians.

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Historic Photos

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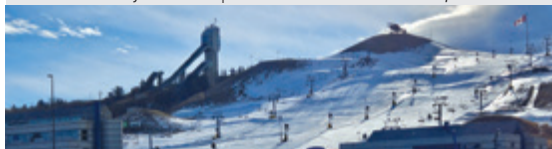
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Canada Olympic Park, looking southeast from Canada Olympic Road SW, November 2023. Photo courtesy of Anthony Imbrogno.

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