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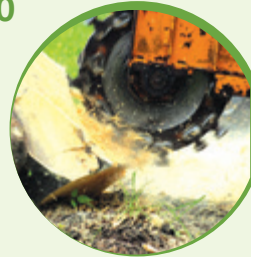


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## ROXBORO COMMUNITY REAL ESTATE ACTIVITY

	Properties	Median Price			
		Listed	Sold	Listed	Sold
March	26	0	0	\$0	\$0
February	26	0	1	\$3,595,000	\$3,555,000
January	26	3	2	\$2,799,950	\$2,825,500
December	25	0	0	\$0	\$0
November	25	0	0	\$0	\$0
October	25	2	3	\$1,660,000	\$1,750,000
September	25	2	1	\$1,495,000	\$1,465,000
August	25	1	1	\$2,200,000	\$2,225,000
July	25	0	0	\$0	\$0
June	25	0	0	\$0	\$0
May	25	0	1	\$1,599,900	\$1,475,000
April	25	2	1	\$3,620,000	\$3,595,000

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
March	26	12	10	\$250,000	\$241,950
February	26	18	7	\$329,000	\$320,000
January	26	14	7	\$335,000	\$335,000
December	25	2	7	\$235,000	\$225,000
November	25	7	12	\$457,450	\$445,500
October	25	12	6	\$491,950	\$486,500
September	25	14	11	\$229,900	\$222,500
August	25	10	2	\$800,950	\$786,750
July	25	12	6	\$347,000	\$336,000
June	25	11	6	\$239,900	\$234,950
May	25	6	10	\$337,394	\$332,500
April	25	12	13	\$299,999	\$298,000

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

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**BEL-AIRE**



**ERLTON**



**ELBOW PARK**



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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

## Join the Erlton Community Association

Join the Erlton Community Association and take advantage of local discounts, meet some new friends at a social event, stay informed of community planning and development projects, and find out what's happening in traffic and parks news. Members are welcome to join us at our monthly meeting. Yearly membership fees are very reasonable, and seniors can join for free! Email [erltonsecretary@gmail.com](mailto:erltonsecretary@gmail.com), [erltonpresident@gmail.com](mailto:erltonpresident@gmail.com), or [erltonmembership@gmail.com](mailto:erltonmembership@gmail.com) for more information.



## 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!

## Erlton Business Owners

The Erlton Community Association (ECA) Board of Directors recognizes the challenging environment that small business owners in Calgary are facing, and we would like to provide an opportunity to our Erlton business owners to introduce their business to our membership.

If you are interested and would like more information, please contact Lorraine at [Erltoncommunications@gmail.com](mailto:Erltoncommunications@gmail.com). We can't wait to meet you!

## Erlton Community Association Board of Directors Vacant Position

The Erlton Community Association is seeking a volunteer to fill a vacant position on the Board of Directors. Board positions are one-year terms, ending in November. If you are interested in volunteering your time, please email [Erltoncommunications@gmail.com](mailto:Erltoncommunications@gmail.com) or [Erltonpresident@gmail.com](mailto:Erltonpresident@gmail.com).



## Memberships

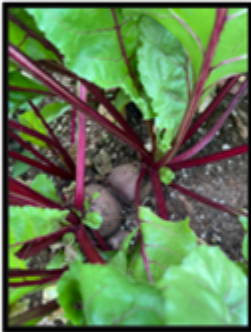
2025 ECA memberships expired at the end of November 2025. The cost to renew is \$10 per member, seniors 65 years and over are free. Active members are eligible for some really great discounts offered by local businesses. Payment accepted at our meetings or by e-transfer to [erltonpresident@gmail.com](mailto:erltonpresident@gmail.com).

# IT'S GARDENING SEASON 2026

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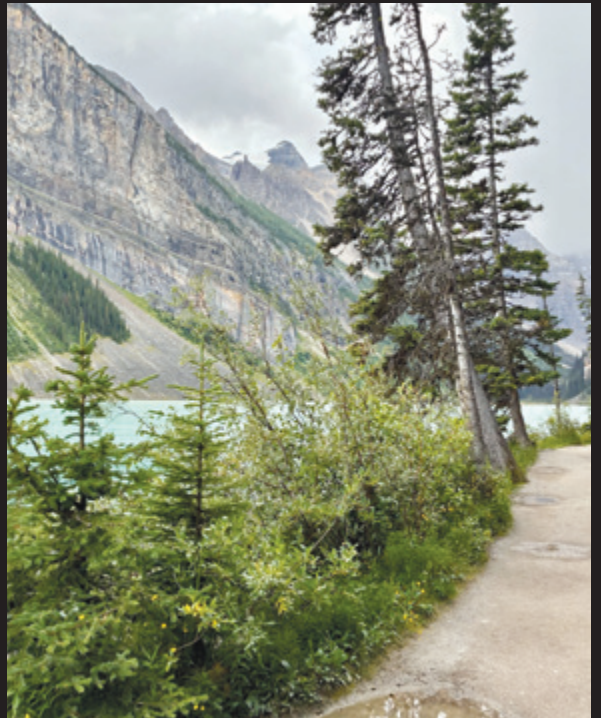
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- Small Group Interventions



# Photo Gallery

Images by Syed Adeel Hussain



# Window and Balcony Safety

by Alberta Health Services



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

### Windows and Screens

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

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and

decks can be used to climb resulting in falls over the railing.

- Ensure that your balcony railings are not more than ten centimetres (four inches) apart. This will eliminate access between the vertical bars of a balcony, or deck.

### Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of ten centimetres (four inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

## Join the Parkhill Community Association

Join the Parkhill Community Association (PCA) and take advantage of local business and retail discounts, meet new friends, contribute to your community, stay informed of community developments and planning, and help give back! We cannot do it without your help – can you offer one to five hours a year – we hope so! Members are welcome to join our monthly meeting where we discuss social event planning, development permits, traffic, safety, and more! Yearly membership fees are incredibly reasonable and are earned back almost immediately with our retail discounts! Email [hallmanager@parkhillstanleypark.ca](mailto:hallmanager@parkhillstanleypark.ca) for more information or access this QR code.



## Join the Parkhill Community Garden

Parkhill has a fantastic new garden with several boxes becoming available, after a mid-May expansion. Please email [secretary@parkhillstanleypark.ca](mailto:secretary@parkhillstanleypark.ca) if you are interested in renting a box.



## Parkhill Community Association Board

The PCA is seeking volunteers to fill a vacant position on the Board. We meet about ten times a year and help Parkhill with development, traffic, and safety concerns, as well as community engagements, such as events and the Parkhill Community Garden. Email [president@parkhillstanleypark.ca](mailto:president@parkhillstanleypark.ca) for more information.



## Parkhill Business Owners

The PCA offers local businesses an opportunity to introduce your business to our membership. We allow you to advertise on our PCA website (<https://parkhillstanleypark.ca>). Email [hallmanager@parkhillstanleypark.ca](mailto:hallmanager@parkhillstanleypark.ca) for more information.



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## ERLTON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	26	7	3	\$725,000	\$730,000
February	26	4	5	\$750,000	\$732,500
January	26	4	2	\$817,450	\$815,000
December	25	3	1	\$429,900	\$405,000
November	25	0	3	\$478,000	\$470,000
October	25	1	2	\$543,400	\$535,250
September	25	5	5	\$535,000	\$516,000
August	25	12	5	\$599,900	\$611,000
July	25	3	5	\$469,900	\$457,500
June	25	4	4	\$682,400	\$662,944
May	25	3	8	\$557,000	\$546,250
April	25	11	5	\$749,900	\$731,000

## PARKHILL COMMUNITY REAL ESTATE ACTIVITY

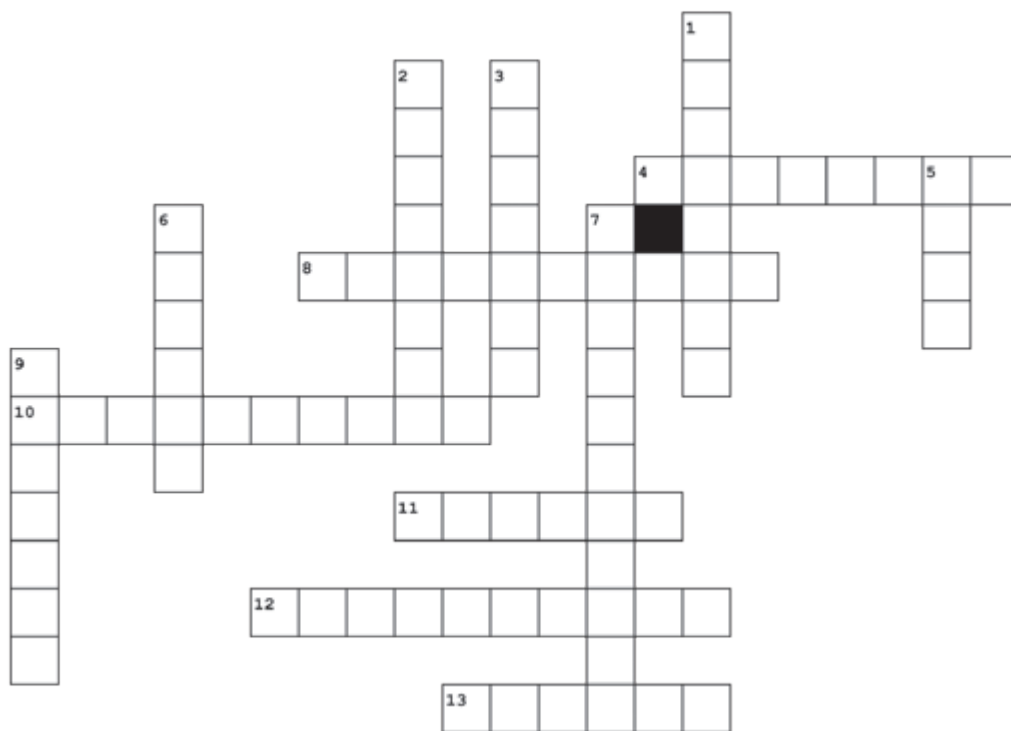
		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	26	3	2	\$543,950	\$535,000
February	26	1	4	\$444,450	\$421,000
January	26	6	1	\$895,000	\$760,000
December	25	2	4	\$409,950	\$387,500
November	25	2	3	\$899,900	\$825,000
October	25	6	4	\$812,450	\$797,500
September	25	2	1	\$333,000	\$312,500
August	25	3	3	\$339,900	\$325,000
July	25	4	3	\$619,000	\$605,000
June	25	6	5	\$1,450,000	\$1,450,000
May	25	4	2	\$921,700	\$900,000
April	25	3	2	\$261,950	\$253,500

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

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

# May Crossword

To mom



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

## Across

4. This popular Sci-Fi series is unofficially celebrated on May the fourth.
8. May's full moon is often referred to by this floral nickname.
10. This holiday was founded by American activist Anna Jarvis in 1908.
11. On May 25, citizens of Gloucestershire, England, race this edible item down a steep hill.
12. This famous bridge in San Francisco was opened on May 24, 1987.
13. Twilight star \_\_\_\_ Pattinson, was born on May 13, 1986, in London, England.

## Down

1. This flowering shrub is just one of May's birth flowers!
2. May 24 marks a Canadian national holiday celebrating this former Queen of England.
3. April showers bring May \_\_\_\_.
5. May 2 marks the birthday of Dwayne the \_\_\_\_ Johnson.
6. The \_\_\_\_ brothers patented their Flying Machine on May 22, 1906.
7. On May 1, 1931, this famous building was opened to the public in New York, New York.
9. This green gem is the birthstone of May.

# Age-Friendly Calgary Essential Numbers for Seniors in Calgary

## 9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

## 403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

## 8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

## 403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

## 3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. [www.calgary.ca](http://www.calgary.ca).

## 403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

## 2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. [www.ab.211.ca](http://www.ab.211.ca).

## 403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

# GRANDPARENT SCAM ALERT

## WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

## BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



“Court appointed” couriers don’t exist. If someone asks to come to your home to pick up payment, it’s a scam.



If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

CALGARY  
POLICE  
SERVICE

If you have lost money or the scam is in progress, contact the Calgary Police Service at **403-266-1234**

To report a scam in general, contact the Canadian Anti-Fraud Centre at **1-888-495-8501**

## GAMES & PUZZLES

### Mythology Trivia

1. Who is the Greek goddess of the rainbow?
2. In Norse mythology, what is the name of the world tree?
3. Which animal is the symbol of the Egyptian god Bast?
4. The Aztec capital, Tenochtitlan, was founded after which bird's landing?
5. In Chinese mythology, which season does the Azure Dragon represent?
6. According to Blackfoot legend, what is the name of the spirit that caused the splitting of the Okotoks Erratic?



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## PUBLIC SERVICE ANNOUNCEMENT

Homes in the Elbow Park area tend to share the same concerns:

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## Coyotes in Calgary

by H.N Wells



Coyotes are a common concern for many Calgarians—particularly for those with small children or pets—and an understanding of coyote habits and behaviours can make all the difference.

Coyotes can be found in most natural environments in the city—including Nose Hill Park, Fish Creek Provincial Park, and Edworthy park, to name a few. The City will often post signage warning patrons about increased coyote activity in these areas. While direct contact with wildlife in these areas is rare, it is very important to be aware of your surroundings.

At this time, most coyotes have entered their denning season and may behave more territorially. Coyotes are most active at dusk and dawn, but as head into May, we might see increased daytime hunting. In Calgary, coyotes are a valuable asset for natural pest control. They are opportunistic omnivores, and their diet can vary greatly by region. Urban coyotes, particularly weakened or ill ones, may forage through human scraps.

Preventing wildlife encounters is the best way to keep everyone safe. Following these quick tips can help to achieve this goal:

- Where possible, avoid interacting with coyotes. This advice is true for all wildlife. An animal that is desensitized to human presences may encroach into human spaces more frequently, which can prove harmful to both you, your dependants, and the animal itself.
- Keep pets on-leash in on-leash areas and keep them close by in off-leash areas. While smaller pets, such as cats and small dogs, are at greater risk, larger animals can also be injured by coyotes.
- Do not leave garbage or food out for animals to eat. Again, this behaviour encourages coyotes to encroach into human-dominated spaces and will only increase the frequency of human-coyote encounters.

If you do encounter a coyote, do not run away and do not turn your back to it. Maintain eye contact and back away. Most coyotes will not approach you. If one does, make yourself look bigger by raising your arms and try to scare it away by yelling. You may also throw rocks, sticks, or shoo it away with a walking stick.

Any concerns regarding coyote activity can be reported to 3-1-1.

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\*Terms and Conditions apply.

## ELBOYA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	26	3	2	\$2,150,000	\$2,287,750
February	26	4	2	\$1,562,000	\$1,492,750
January	26	0	1	\$2,585,000	\$2,500,000
December	25	2	2	\$1,459,900	\$1,306,500
November	25	2	0	\$0	\$0
October	25	0	0	\$0	\$0
September	25	1	1	\$849,000	\$845,000
August	25	2	3	\$3,390,000	\$3,258,888
July	25	0	1	\$2,270,000	\$2,170,000
June	25	3	3	\$2,898,900	\$2,750,000
May	25	2	2	\$969,500	\$900,000
April	25	3	2	\$3,349,450	\$3,275,000

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

## ELBOW PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	26	5	2	\$1,774,500	\$1,857,500
February	26	5	6	\$2,172,000	\$2,275,000
January	26	4	3	\$1,799,900	\$1,790,000
December	25	2	1	\$1,595,000	\$1,450,000
November	25	4	2	\$1,361,800	\$1,409,300
October	25	3	6	\$2,442,450	\$2,385,000
September	25	5	5	\$2,999,000	\$2,950,000
August	25	4	3	\$1,750,000	\$1,680,000
July	25	7	5	\$1,695,000	\$1,655,000
June	25	6	3	\$1,350,000	\$1,300,000
May	25	9	9	\$2,100,000	\$2,025,000
April	25	3	3	\$1,890,000	\$1,829,000

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

# Joke of the Month

What did one ocean say to the other?

Nothing. It just waved.



# Koala Fingerprints

Koalas are the only non-primates with fingerprints - and they're nearly identical to human ones. However, there is no evidence that we've ever mistaken a koala print for one of ours.



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## Is Your Relationship Boring? Congratulations.

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



When you're in a healthy relationship, things shouldn't be constantly bothering you. No anxiously checking your phone every five minutes (or sneaking a peek at theirs), decoding texts, or wondering where you stand in the relationship daily. There are no emotional roller coasters, no high-stakes arguments that leave you questioning everything.

At first, that can feel underwhelming. But what it actually means is that your nervous system is at rest. You're not

surviving love, you're living in it. You have space to focus on your career, invest in yourself, and show up for friends and family, because your relationship isn't consuming all of your emotional energy.

In a "boring" relationship, you know how your partner will show up. What to expect. They call when they say they will. Disagreements don't turn into emotional warfare. Love isn't something you have to earn or worry about losing on a bad day.

Predictability gets a bad reputation, and consistency is underrated. There is something deeply comforting about being chosen, not impulsively, but steadily on ordinary days. And those ordinary days? They are what make up a healthy relationship.

What many people label as “chemistry” is often unresolved attachment wounds. The push-and-pull dynamic, the intensity, the emotional highs and lows. These feelings can feel magnetic or exciting because they are unconsciously familiar. When that intensity disappears, it can feel like something is missing. But often, what’s missing is the anxiety, not the love.

In a healthy relationship, love doesn’t spike your stress levels or leave you questioning your worth. It doesn’t require emotional gymnastics to stay connected. Instead, it feels steady and sometimes even quiet. And if you’ve been conditioned to equate love with intensity, that steadiness can feel unfamiliar at first.

One of the biggest green flags of a “boring” relationship is the space it creates. You don’t have to shrink yourself to keep the peace. You’re not walking on eggshells. You can simply be who you are, and feel accepted in that. No chasing, seeking affirmations, or changing who you are. That’s what creates a sense of grounding and safety.

Secure love allows room for growth. You can have bad days, need space, or evolve as a person without it threatening the relationship. This kind of love doesn’t feed on chaos, it supports calm.

It may not look exciting from the outside. It looks like grocery shopping, cleaning the house together, quiet nights, knowing how each other takes their coffee, and being able to sit in comfortable silence. It’s choosing each other again and again, not through grand gestures, but through mutual respect, reliability, and care. There is romance in that, it’s just not performative or overt.

Healthy relationships thrive on shared routines, inside jokes, and even predictable disagreements. The love doesn’t have to be loud to be deep and real.

Maybe “boring” is actually the greatest form of love these days. In a world hooked on instant gratification and emotional extremes, choosing calm, steady love is almost radical. A relationship that doesn’t drain, confuse, or exhaust you is incredibly valuable.



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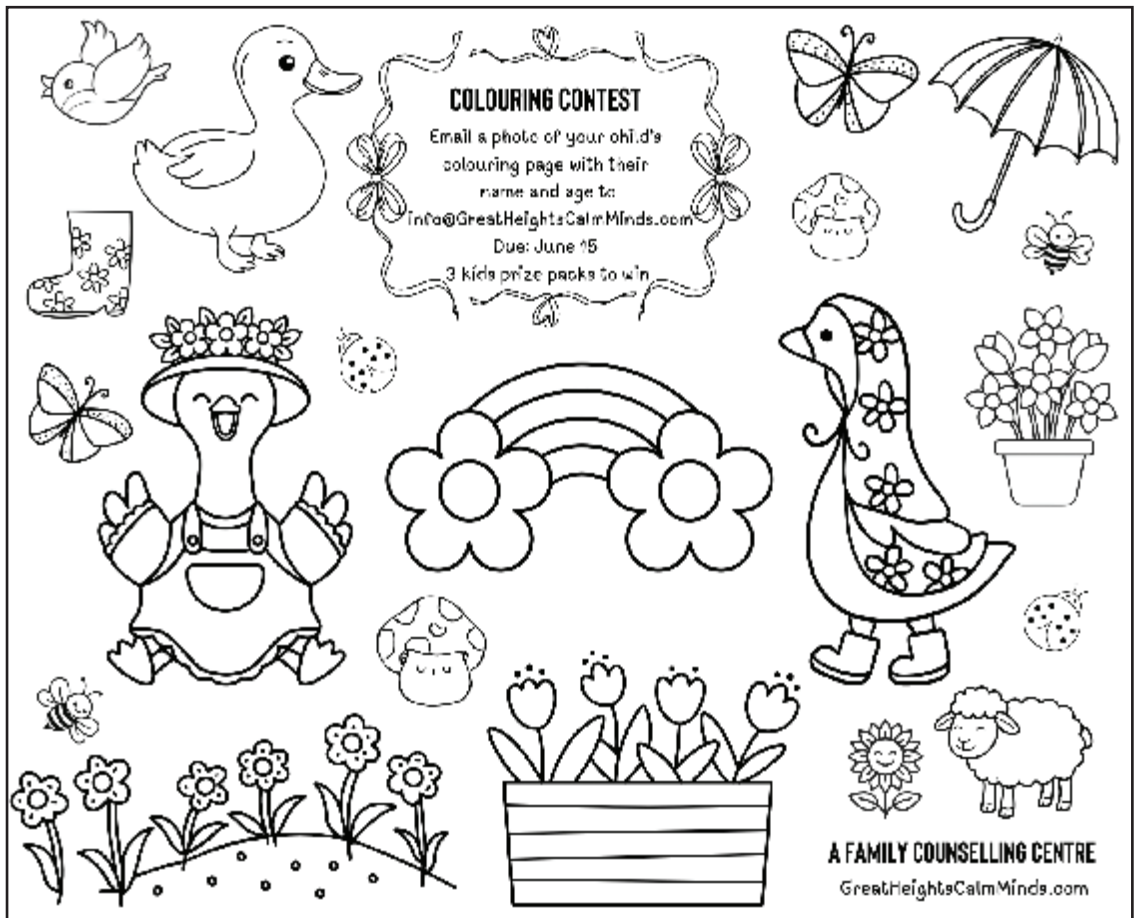
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## MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	26	0	0	\$0	\$0
February	26	0	0	\$0	\$0
January	26	0	0	\$0	\$0
December	25	0	0	\$0	\$0
November	25	0	0	\$0	\$0
October	25	0	0	\$0	\$0
September	25	1	2	\$1,764,450	\$1,707,500
August	25	1	0	\$0	\$0
July	25	0	0	\$0	\$0
June	25	1	1	\$1,100,000	\$1,100,000
May	25	0	1	\$1,499,900	\$1,500,000
April	25	1	0	\$0	\$0

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

## RIDEAU PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	26	6	3	\$1,299,000	\$1,360,000
February	26	2	1	\$3,450,000	\$3,465,000
January	26	2	1	\$3,899,900	\$4,000,000
December	25	0	0	\$0	\$0
November	25	1	1	\$1,069,000	\$998,000
October	25	1	1	\$419,900	\$405,000
September	25	2	4	\$437,450	\$387,500
August	25	5	2	\$2,286,900	\$2,187,500
July	25	4	3	\$349,500	\$330,000
June	25	7	6	\$691,500	\$687,500
May	25	4	0	\$0	\$0
April	25	0	2	\$399,450	\$392,500

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Waste and mismanagement contribute to our challenges staying healthy. The government increased the number of health ministers from one to four. From one health CEO to eleven. This bloated bureaucracy costs taxpayers' money and reduces health care effectiveness.

The province's recently passed budget adds billions to Alberta's debt and increases our taxes, while reducing the quality of the critical health care services we rely on. How can this happen? The answer is: your tax money is being wasted.

As your elected representative, I want to hear what you think about healthcare and the direction you hope to see it go in Alberta.

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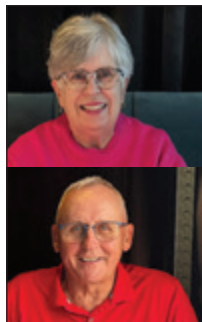
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## BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	26	0	0	\$0	\$0
February	26	1	1	\$2,000,000	\$2,100,000
January	26	1	1	\$2,900,000	\$2,750,000
December	25	0	0	\$0	\$0
November	25	0	0	\$0	\$0
October	25	2	1	\$5,400,000	\$5,400,000
September	25	0	0	\$0	\$0
August	25	0	0	\$0	\$0
July	25	0	0	\$0	\$0
June	25	0	0	\$0	\$0
May	25	1	2	\$4,324,440	\$4,266,940
April	25	2	0	\$0	\$0

## BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	26	1	1	\$2,950,000	\$2,850,000
February	26	1	2	\$2,487,450	\$2,655,000
January	26	1	0	\$0	\$0
December	25	0	0	\$0	\$0
November	25	2	2	\$4,275,000	\$3,875,000
October	25	1	2	\$3,375,000	\$3,422,500
September	25	2	0	\$0	\$0
August	25	0	1	\$525,000	\$510,000
July	25	1	1	\$324,900	\$320,000
June	25	4	5	\$1,780,000	\$1,800,000
May	25	3	3	\$1,299,999	\$1,245,000
April	25	4	6	\$1,574,950	\$1,540,000

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