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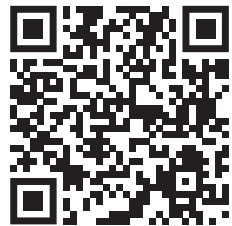
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GREENVIEW



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Heritage In and Around Stampede Park

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

Stampede is chock-full of Calgary's history. But did you know there's plenty of heritage in and around Stampede Park? Let's take a tour.

Named after Guy Weadick, the organizer of the first Stampede, Weadickville is a replica Western streetscape from 1912. Some of its buildings were moved to Enmax Park, including Quirk Cabin, which was built around 1885 and now displays stories from the past. Also, in Enmax Park is Indian Village, designated Elbow River Camp in 2018. Visit a living cultural site of the Treaty 7 First Nations.

While still on the grounds, stop by Victoria Pavilion. Located in the Agriculture Building, the concrete, rectangular-shaped amphitheatre dates back to 1919 and is the oldest functional building in Stampede Park. It hosts dairy shows, bull sales, and livestock judging. It was also the venue for Stampede Wrestling, featuring Stu Hart.

There's more to see around Stampede Park. At Enbridge Plaza, check out Dorothy Hall, a replica of Westbourne Church, containing some of its original windows and bricks. At church in 1915, William Aberhart first delivered Sunday sermons, putting him on course to becoming Alberta's seventh premier.

Across the Plaza is Weston (Golden West) Bakery. It functioned as a bakery until 1989, producing 1,800 loaves per hour when it opened in 1930. Soon to be moved is the Stephenson & Co. building. Built in 1911, it served Victoria Park as a grocery store and post office. And the brand-new Sam Centre houses over 100 years' worth of Stampede history.

At Rundle Ruins are the remains of Calgary's Second General Hospital, circa 1895. Jimmy Smith, a Chinese and Christian businessman, died of tuberculosis and willed to the hospital its first funds. Across the street you can check out a railway worker's Edwardian cottage, built in 1906. For comparison, see how professionals at the time lived at Dafoe Terrace, located beside Cowboys Casino. It's a 1910 wood frame Georgian Revival-style terraced apartment building, which today houses shops and an Italian restaurant.

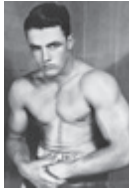
Don't forget to take in the Olympic Saddledome too. It's slated for demolition in the near future. Happy Stamping!

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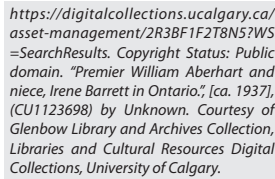
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Westbourne Church in April, just prior to its demolition in June 2017. Calgary Heritage Initiative.



Formerly the Weston (Golden West) Bakery, now the Calgary Arts Academy's Erickson Centre, located at Calgary Stampede's Youth Campus, 2019. Photo courtesy of Karen Paul.

Modern Photos:



Skyline of Calgary during Stampede at sunset, Alberta, Canada, no date. ID 120803367 © Golasza/Dreamstime.com. Editorial license paid.



Rundle Ruins, 631 12 Ave SE, 2023. Photo courtesy of Anthony Imbrogno.

ZOMBIE JELLYFISH

When jellyfish are no longer alive, their stinging cells (called nematocysts) can still release venom. These cells are like tiny, venom-filled harpoons that are activated by touch, not by the jellyfish's brain. So, if you touch a jellyfish, alive or dead, those jellyfish tentacles can still pack a punch!

News from the Friends of Nose Hill

by Anne Burke

The guided free Nose Hill Flower Walk on Tuesday, July 9 at 7:00 pm will meet at the parking lot on 14 Street and 64 Avenue NW. You are also invited to another exciting plan for a pair of weed pulls at the south-end of Nose Hill by the Winter Club, on Saturday, July 13 and Sunday, July 21 from 9:00 to 11:30 am. The Nose Hill ecologist (andrew.phelps@calgary.ca) says, for dense infestations, that early season pulling allows for a more effective application of herbicide throughout the whole plant later. July and early August are the busiest times to catch many weed species before they go to seed. Events are booked early to beat the heat. Jim Davis, the Program Coordinator for Activations and Education for Calgary Parks and Open Spaces, will assist and said to let him know of any questions at jim.davis@calgary.ca. He wrote: "Yes, we have been working to schedule two volunteer projects to address Canada and Notting Thistle at Nose Hill Park. The current plan is to start at 9:00 am on both days, ending around 11:30 am. We will be meeting at the Park's parking lot at the corner of the Winter Club and working on the south-end of the park, moving clockwise to the west/north. The event is open to up to twenty volunteers working alongside a couple of Parks' staff who will give safety and task demos and bring all required tools. Prospective volunteers should wear closed-toe shoes and long pants, clothing suitable for weather conditions that day, and bring gloves if they have them. We also will have gloves available. Parks' staff will map the event, track weed removals, and drop them at a designated facility".

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How to Grieve the Loss of a Pet

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



The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are

empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

Allowing ourselves to feel joy, and remembering our pet with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

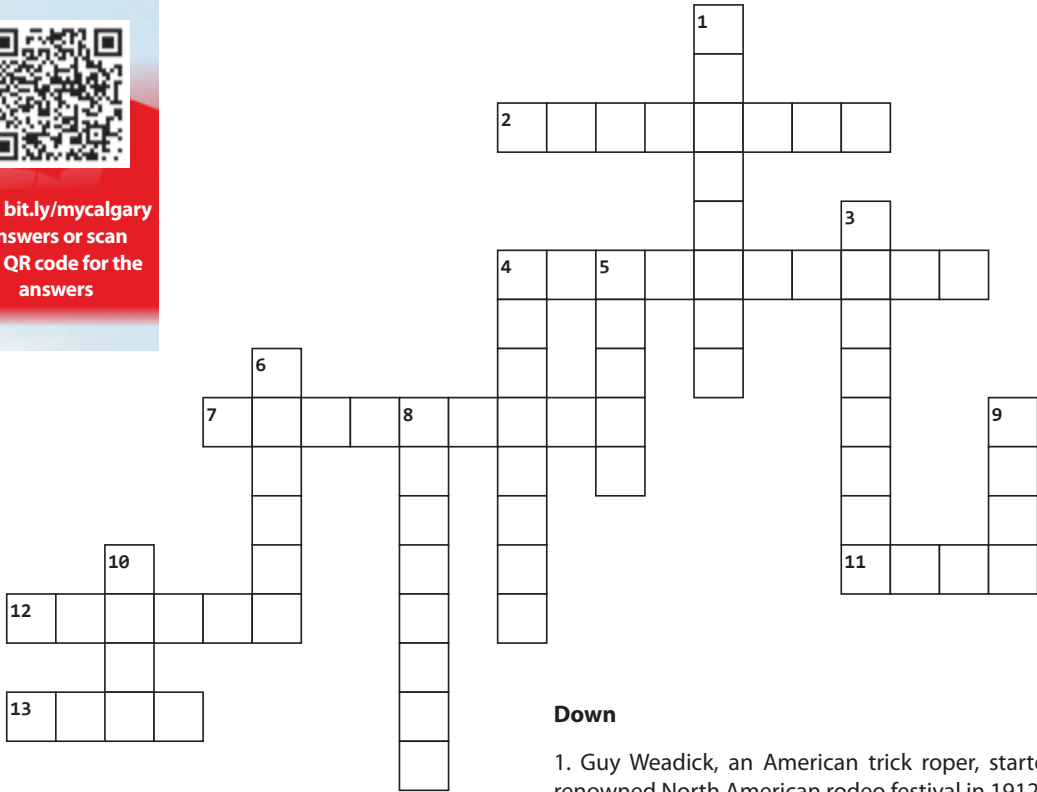
Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given." Suzanne Clothier

July Crossword



Visit bit.ly/mycalgary answers or scan the QR code for the answers



Across

2. Pamela Anderson, famous for her role in _____, was born in Ladysmith, BC on July 1, 1967.
4. This popular magical, family-friendly theme park opened on July 17, 1955, in the United States.
7. AT&T launched the Telstar, a communications _____, on July 10 of 1962, which paved the way for communications on cell phones and Wi-Fi technology.
11. This July birthstone is also known as "Ratnaraj" which is Sanskrit for "King of Gems."
12. July is named after the Roman General, Julius _____.
13. The Calgary _____ Music Festival has been a music highlight in Calgary's artistic scene since 1980 and takes place from July 25 to 28 this year.

Down

1. Guy Weadick, an American trick roper, started this renowned North American rodeo festival in 1912.
3. *The Catcher in the Rye*, written by J.D. _____, was released on July 16, 1951.
4. Canada Day is celebrated on July 1 every year but was originally referred to as _____ Day.
5. What type of animal was Dolly, the first mammal ever cloned in July of 1996?
6. The Rolling Stones, with frontman Mick _____, played their first ever concert on July 12, 1962.
8. One of July's birth flowers, the _____, is also known as a delphinium.
9. This action sci-fi prequel to the *Predator* franchise, filmed in Alberta, was released on July 21, 2022.
10. On July 20, 1969, the Apollo 11 mission landed on the moon with commander _____ Armstrong.



Thorncliffe Real Estate Update

Last 12 Months Thorncliffe
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2024	\$614,500	\$612,500
April 2024	\$456,900	\$517,500
March 2024	\$635,000	\$630,000
February 2024	\$324,450	\$332,500
January 2024	\$569,900	\$578,888
December 2023	\$479,450	\$471,750
November 2023	\$589,000	\$586,000
October 2023	\$360,000	\$430,000
September 2023	\$425,000	\$430,000
August 2023	\$539,900	\$533,000
July 2023	\$437,000	\$423,500
June 2023	\$525,000	\$519,500

Last 12 Months Thorncliffe
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2024	15	8
April 2024	9	6
March 2024	8	7
February 2024	8	8
January 2024	5	5
December 2023	3	4
November 2023	8	10
October 2023	9	9
September 2023	11	15
August 2023	14	15
July 2023	15	12
June 2023	16	13

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

Greenview Real Estate Update

Last 12 Months Greenview
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2024	\$349,900	\$345,000
April 2024	\$312,399	\$336,400
March 2024	\$232,400	\$243,500
February 2024	\$259,900	\$254,600
January 2024	\$669,900	\$648,000
December 2023	\$330,000	\$361,000
November 2023	\$219,900	\$214,000
October 2023	\$199,900	\$237,276
September 2023	\$274,900	\$303,800
August 2023	\$205,000	\$197,000
July 2023	\$189,000	\$195,500
June 2023	\$189,500	\$186,000

Last 12 Months Greenview
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2024	7	3
April 2024	7	10
March 2024	8	10
February 2024	6	3
January 2024	3	3
December 2023	0	3
November 2023	9	7
October 2023	7	7
September 2023	9	9
August 2023	9	7
July 2023	9	9
June 2023	4	7

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Prairie Winds 4-H Club July Update

by Prairie Winds 4-H Club Reporter, Abigail Dowler

The month of May started off with a junior workshop; during this "I Can Draw" workshop junior members got to learn about drawing and took home a few handmade art pieces. This workshop was the only one we did in May.



Every May our club goes to the Alberta 4H Centre at Battle Lake for our community service opportunity. During this time, members get to have a lot of fun, eat some amazing camp food, and help the Battle Lake Staff prepare the camp for summer. We held our May General Meeting at the lodge as well with project updates, brainstorming for next year's Explore 4-H projects, and discussed our plans for achievement day.

The lodge has the perfect size rooms to host families. After our work sessions, it was time to have some fun as a club. We typically have glow in the dark capture the flag, hide and seek in the dark (in dorms), a campfire and many other activities.

Our Canine members had their last official meeting of the year, although the members will continue to work with their dogs into September/the end of our 4-H year. During our last meeting we learned about dog park etiquette, things to watch, etc.



During the summer months, our 4-H club helps with set up and takedown at the Lions Club Farmers Market to make some extra money for club expenses. Each 4-H family must sign up for two Sundays. We had our first dry run as well this past month, so we are ready to go.

Abigail Dowler

Prairie Winds 4-H Club Reporter

Yahoo Cowtown!



Cowtown (that's Calgary's fun nickname) hosts its annual Stampede from July 5 to 14 this year. Back in 1912, when the very first Stampede kicked off, it drew a whopping 80,000 folks to town! Now, here's the kicker, at that time, Calgary's population was just 47,000!

Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

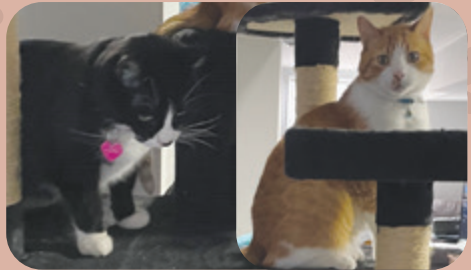
Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

Cats, Canines, & Critters of Calgary



Leo and Toby, *Coach Hill Patterson Heights*



Oreo and G, *Thorncliffe*



Riley and Ozzy, *Coach Hill*



Sir Gawain and Sir Tristan, *Woodbine*

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JOKE OF THE MONTH

WHY DID THE GOLFER BRING TWO PAIRS OF PANTS?

IN CASE HE GOT A HOLE IN ONE.

Screening Tests for Better Health

by Alberta Health Services

Regular screening tests and checkups can help you stay healthy and are a preventative measure for certain diseases, even before any symptoms appear.

Often, the earlier a disease is diagnosed, the more likely it is that it can be cured or successfully managed. When you treat a disease early, you may be able to prevent or delay problems from the disease. Treating the disease early may also make the disease easier to live with.

What Kinds of Screening Tests Are Available?

Adults may have several screening tests available to them, such as testing for heart attack, stroke risk, and certain cancers. Your doctor can help you determine the tests you may need and how often to have them.

Visit myhealth.Alberta.ca to find out more about screening tests.

How Do You Decide When to Get a Screening Test?

When and how often you get screening tests may depend on your age, your sex, your health status, and your risk factors. These are things you can discuss with your doctor, and, in some cases, testing is done as part of a routine checkup.

Your doctor may suggest screening tests based on expert guidelines. Sometimes different expert panels make different recommendations. In these situations, talk with your doctor to decide which guidelines best meet your health needs.

You also may need some screening tests earlier or more often if:

- You have a higher risk for a certain disease, such as diabetes, heart disease, or colon cancer.
- You have a long-term health problem, such as diabetes.

When you are thinking about getting a screening test, talk with your doctor. Find out about the disease, what the test is like, and how the test may help you or hurt you. You may also want to ask what further testing and follow-up will be needed if a screening test result shows a possible problem.



Ask your doctor about the limits of the test and treatment. For example:

- Ask your doctor how likely it is that the test would miss a disease (false negative), show something that looks like you have a disease when you don't (false positive), or find a disease that will never cause a problem.
- Ask your doctor about the treatment for the disease that the test looks for. There may be no treatment that helps with symptoms or helps you live longer. In this case, you may decide that you don't want the screening test.

Also think about what you would do if a test showed that you have the disease. For example, if you are going to be tested for osteoporosis, are you willing to take medicine or make lifestyle changes if the test shows that you have it?

Regular screening tests and checkups can help you stay healthy. Talk with your doctor whenever you have concerns about your health.

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Happy Summer, Ward 4 Residents!

We hope you're enjoying the warm days in our beautiful city! As Calgary continues to grow and evolve, we're excited to share some developments and opportunities with you.

Calgary is recognized as one of the world's most livable cities and one of Canada's fastest-growing urban centers. We're committed to building a vibrant, affordable home for our soon-to-be two million residents.

To give you an inside look at our ongoing efforts, The City of Calgary is launching a new podcast called *Calgary Conversations*. This podcast provides an insider's view of Calgary's City Hall. Each monthly episode delves into key areas shaping our city's future, from public safety and housing to downtown revitalization and beyond. We'll uncover the stories that matter most to you.

Join us on this journey as we explore the narratives that make up our community. Through engaging interviews with City staff and partners, in-depth analysis, and compelling storytelling, *Calgary Conversations* offers fresh insights into the issues affecting us all. We're not just here to talk; we're here to connect, educate, and empower you with the knowledge to make a difference in your community.

Tune in, subscribe, and join the conversation. Because in Calgary, every voice matters. Let's write the next chapter together. #CalgaryConversations.

Listen at calgary.ca/CalgaryConversations or on Spotify, Apple Podcasts, Amazon Podcasts, and YouTube.

Get involved! Join the Partners in Planning (PIP) Program to meet city planners in person and learn how various policies shape The City's decisions and growth strategies. Discover the planning and development policies that drive change in Calgary. Register for your spot at calgarycommunities.com/events.

Enjoy the summer and stay engaged with what's happening in our wonderful city!

Cheers,
 Sean Chu

Happy Canada Day! I hope you are able to take some time this summer to reflect on what a wonderful country and community we call home.

I continue to hear concerns about the high cost of living in our community. The cost of food and housing must be addressed. That is why the Official Opposition has been calling for a summer break for Canadians from the carbon tax, the federal fuel tax, and GST on gasoline and diesel. Unfortunately, the federal government has not implemented this solution that would help ease the financial burden on Canadians. Nevertheless, I will continue to work hard and push for solutions to the challenges people in our community are experiencing.

As Parliament is out of session, I look forward to spending time in our community hearing about the issues that are important to you. Many community and faith-based organizations are hosting events throughout the city over the summer. I hope you will join me in supporting these events that bring our community together. Thank you to all the volunteers that make these events possible.

I hope you have a safe and enjoyable summer.




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Know the signs of **STROKE**

F

Face

is it drooping?

A

Arms

can you raise both?

S

Speech

is it slurred or jumbled?

T

Time

to call 9-1-1

Beat stroke

Call 9-1-1 FAST

heartandstroke.ca/FAST

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