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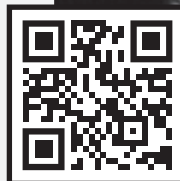
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# Thorncliffe Real Estate Update

Last 12 Months Thorncliffe  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2025	\$545,000	\$535,000
June 2025	\$599,500	\$599,500
May 2025	\$487,500	\$508,500
April 2025	\$575,000	\$555,000
March 2025	\$499,900	\$484,000
February 2025	\$599,900	\$575,000
January 2025	\$625,000	\$617,500
December 2024	\$625,000	\$607,500
November 2024	\$542,000	\$551,500
October 2024	\$499,900	\$488,000
September 2024	\$462,449.50	\$461,000
August 2024	\$544,450	\$548,500

Last 12 Months Thorncliffe  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2025	9	7
June 2025	15	14
May 2025	22	14
April 2025	18	15
March 2025	15	7
February 2025	4	5
January 2025	10	7
December 2024	0	3
November 2024	11	10
October 2024	14	11
September 2024	16	12
August 2024	13	10

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

# Greenview Real Estate Update

Last 12 Months Greenview  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2025	\$349,900	\$334,000
June 2025	\$217,350	\$210,025
May 2025	\$639,900	\$635,000
April 2025	\$199,800	\$193,000
March 2025	\$359,900	\$345,000
February 2025	\$172,495	\$170,750
January 2025	\$549,000	\$542,000
December 2024	\$584,950	\$565,000
November 2024	\$254,999.50	\$249,999.50
October 2024	\$214,900	\$225,000
September 2024	\$262,500	\$261,000
August 2024	\$357,900	\$347,250

Last 12 Months Greenview  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2025	3	3
June 2025	5	4
May 2025	4	3
April 2025	7	1
March 2025	5	5
February 2025	5	4
January 2025	5	1
December 2024	0	2
November 2024	0	4
October 2024	8	3
September 2024	1	2
August 2024	8	4

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

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**GREENVIEW**



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## Celebrating Calgary 150 - Oil Capital

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

The Leduc oil well discovery launched Calgary onto the world's stage.

Calgary's first skyscraper was the 11-storey Barron Building (ca.1951). The Guinness family built Elveden Centre (ca.1958), Calgary's first to 20 storeys.

Calgary's most iconic building is Husky Tower, built for Canada's centennial. CPR's station was demolished for an office complex with tourist attraction, a freestanding observation tower, the tallest building in Canada outside Toronto.

The Ukrainian Catholic Church (ca.1955) stands out for its Byzantine style. In Inglewood, the Standard Church of America served the Black community. The Shaarey Tzedec Synagogue arrived in Mission in 1959.

Alberta's 50th anniversary, the post-war boom, and the centennial brought several institutions to Calgary.

Eric Harvie preserved Western Canadian heritage through the Glenbow Museum. The Southern Alberta Jubilee Auditorium was built, and a Brutalist-style planetarium opened. Confederation Park preserved a creek and coulee.

Stampede Corral (ca.1950) replaced Victoria Arena and McMahon Stadium was ready in 1960. Calgary's first mall was North Hill Centre (ca.1958).

Britannia became Calgary's first complete neighbourhood, with plaza, residences, and parks. Queen Elizabeth II toured it in 1959.

In 1953, an updated Calgary General Hospital opened. Foothills Hospital opened in 1966, Calgary's lead trauma centre and research/training hospital. It's associated with the University of Calgary, also founded in 1966.

Heritage Park (ca.1963) became a living museum of early modern prairie life and preserves heritage buildings.

Bearspaw Dam was built (ca.1953), named after a Treaty 7 signatory. The airport received a new passenger terminal (ca.1956) and began international flights.

Mewata Bridge was built to handle automobiles. McKnight Boulevard was named after a WWII flying ace, which connects John Laurie Boulevard, named for an Indigenous advocate.

Macleod Trail was moved from Ramsay to 2 Street SE. Bow Trail replaced Old Banff Coach Road, with Sarcee and Blackfoot Trails flanking the city's west and east sides. But the Sien Lok Society opposed razing Chinatown for a highway.

In 1961, the Trans-Canada Highway replaced Morley Trail and Banff-Windermere Parkway.

In 1973, Crowchild Trail was named after Tsuu T'ina chief David Crowchild. He said, "May this be a symbol of cutting all barriers between all peoples."

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"View of the Barron Building showing Uptown marquee, Calgary, Alberta," 1952-08, (CU1111123) by *Calgary Herald*, unknown photographer. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF10EEZZ6?WS=SearchResults>.



"Expanding downtown skyline, Calgary, Alberta," 1961-01, (CU1111336) by *Calgary Herald*, unknown photographer. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Published in the *Calgary Herald*, January 31, 1961. Tall building is Elveden House. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF10EKM7T?WS=SearchResults>.



Husky Tower over 200 feet in height - 27 feet of concrete poured a day, City of Calgary Archives, item CaIA 2006-042sVII-0054.



Needle Installation on the Husky Tower, 10 November 1967, City of Calgary Archives, item CaIA 94-004-003.



"Opening day, Leduc #1 discovery well, Leduc, Alberta.", 1947-02-13, (CU1137357) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R3BF1F7K3LP?WS=SearchResults>.



"General Hospital, Calgary, Alberta.", 1955-07-28, (CU1131227) by Rosettis Studio. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R3BF1FH47LJ?WS=SearchResults>.



"House of Israel, Calgary, Alberta.", [ca. 1940-1945], (CU1216464) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R3BF1X4X4X4>.



"Bearsaw dam, Calgary, Alberta.", 1954-12, (CU1141494) by De Lorme, Jack. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R3BF1FMZG3A?WS=SearchResults>.



"Airport, Calgary, Alberta.", [ca. 1940], (CU2230158) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R340823X7MF>.



Trans Canada Highway - Canmore, September 2006, Jack Borno, via Creative Commons Attribution-Share Alike 3.0 Unported license. [https://commons.wikimedia.org/wiki/File:Trans\\_Canada\\_Highway\\_-\\_Canmore\\_-\\_panoramio\\_\(1\).jpg](https://commons.wikimedia.org/wiki/File:Trans_Canada_Highway_-_Canmore_-_panoramio_(1).jpg).



## The Library Ship

by Garth Paul Ukrainetz

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Filled with books and good readers  
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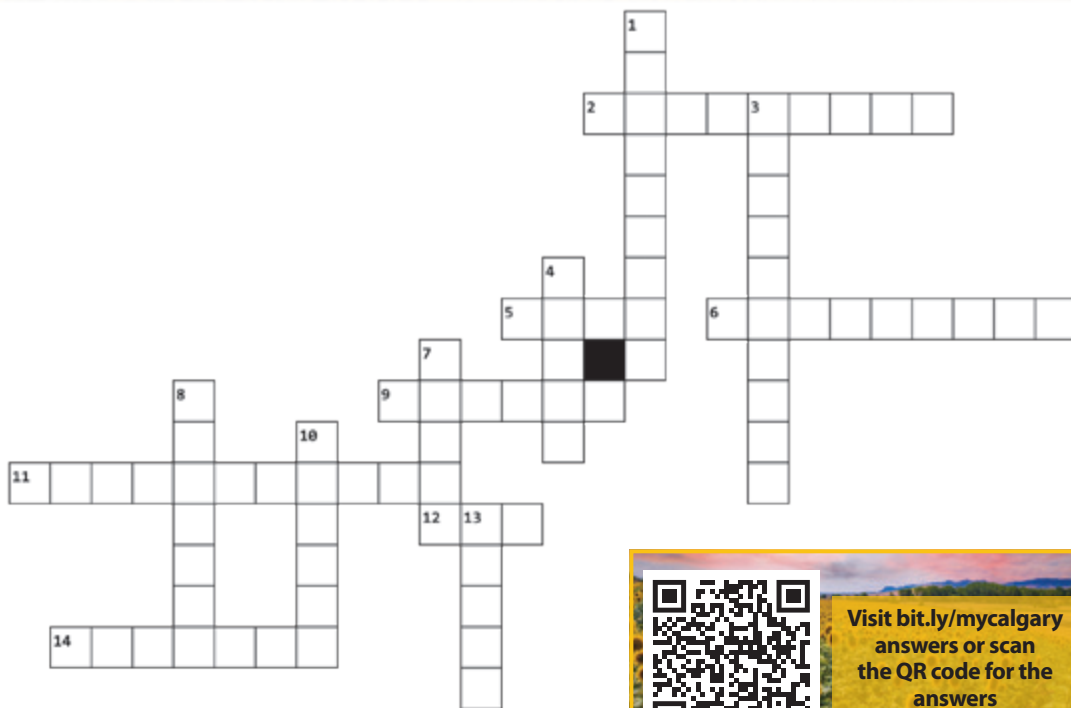
She's a beautiful vessel  
Maiden voyager grand  
Inspirational learning  
All her crew lend a hand

Nearby Calgary Tower  
Glowing lighthouse of red  
Rolling waves, Rocky Mountains  
Grace horizon ahead

She's at one with her ocean  
Step on board you'll agree  
Yes, the world is her oyster  
Blue Sky City her sea



# September Crossword



## Across

2. Ernest \_\_\_\_\_'s *The Old Man and the Sea* was first published on September 1, 1952.
5. September's full moon is named after a plant also known as maize.
6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the \_\_\_\_\_ Islands.
9. *The \_\_\_\_\_ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
11. Ice hockey forward, John Tavares, was born on September 20, 1990, in \_\_\_\_\_, Ontario.
12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
14. Starring Canadian actor, William \_\_\_\_\_, *Star Trek* premiered on September 8, 1966.

## Down

1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in \_\_\_\_\_, Ohio.
3. On September 19, 1893, this country became the first to grant all women the right to vote.
4. Canadian singer-songwriter Leonard \_\_\_\_\_ was born on September 21, 1934.
7. On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
8. Canada beat the USA by 23 runs on September 25, 1844, in the first international \_\_\_\_\_ match.
10. On the first Monday of September, \_\_\_\_\_ Day is observed in Alberta.
13. Stars of *Bridget Jones's Diary*, Colin \_\_\_\_\_ and Hugh Grant, were both born in September 1960, just one day apart.

## Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

### Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

## Creamy Beef Enchiladas

by Jennifer Puri

The idea of rolling tortillas around food originated in Aztec times but it was the Spanish Conquistadors who adopted the dish and added new ingredients like cheese, pork, and chicken.

Enchiladas, meaning “to season with chilies”, refers to stuffed corn tortillas that have been dipped in a chili sauce. A traditional Mexican dish, Enchiladas have a unique flavour and are a perfect combination of tortilla, meat, cheese, and sauce.

Smothered in sauce and baked, creamy beef enchiladas are filling and rich, so they are best paired with a simple bean salad or Mexican rice.

**Prep Time:** 20 minutes

**Cook Time:** 30 minutes

**Bake Time:** 30 minutes

**Servings:** 5 to 6

### Ingredients:

- 1 ½ lbs lean ground beef
- 1 tbsp. canola oil
- ½ cup yellow onion, sliced
- 1 cup cooked and rinsed black beans
- 2 packets (24 gm each) hot and spicy taco seasoning
- 6 large flour tortillas
- 1 ½ tsp. powdered cumin
- ¼ cup all purpose flour
- 1 can diced green chili peppers
- 1 cup milk
- 2 cups light sour cream
- ½ cup low fat Greek yoghurt
- 2 cups Mexican shredded cheese

### Directions:

1. Heat oil in a medium size pan, add onion and sauté until it turns a light brown. Then add the ground beef and brown about 3 to 4 minutes. Next add the taco seasoning and the black beans and continue to stir for 2 to 3 minutes.
2. Add the water and simmer the beef and bean mixture for about 20 minutes or until the liquid has dried up. Remove from heat and allow to cool.



3. Preheat oven to 350 degrees Fahrenheit.
4. Grease a large, rectangular oven-proof dish with butter. Place the tortillas on a flat surface and divide the cooled meat mixture between the tortillas. Fold tortillas and place them in the baking dish seams side down.
5. Prepare the cream sauce by combining the flour, cumin, sour cream, milk, yoghurt, and chilies in a bowl. Then spoon the sauce over the tortillas and sprinkle the cheese over it. Cover with non-stick foil and bake in the oven for 30 to 40 minutes.
6. Garnish with chopped tomato, avocado, and coriander leaves, and serve with a salad, salsa, and sour cream if desired.

Bon Appétit!

# Understanding Why Some Men Struggle with Emotional Avoidance in Relationships

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

As a relationship counsellor many women ask me: “Why is my partner so emotionally unavailable?” or “Why won’t he open up to me?”. If you’re in a relationship with a man who seems emotionally distant, you’re not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it’s often rooted in early life experiences and cultural messages, not a lack of love or care.

### 1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

“Don’t cry.” “Man up.” “Be strong.” are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear “in control,” which means avoiding emotions, both their own and others’.

### 2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn’t be met. Perhaps their caregivers were:

Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

### 3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as “not enough”.

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn’t mean they don’t care. It means their nervous system is trying to protect them.

### 4. Lack of Emotional Awareness or Language

Many men simply haven’t been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they’re feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

“I don’t know what I’m feeling.” “I’m fine.” (when they’re clearly not). Defensiveness or silence during emotionally charged moments.

### 5. Modelling and Role Expectations

Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn’t show emotional vulnerability—or worse, shamed it—they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally “lost” and unsure how to engage on a deeper level.

### 6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

**Book Suggestion:** *The New Rules of Marriage: What You Need to Know to Make Love Work* by Terrance Real.

# Promoting Mental Health in Children

by Alberta Health Services

Supporting your child's mental health is as important as good nutrition, sleep, and physical activity. Having good mental health allows your child to think clearly, develop socially, and learn new skills.

These tips can help your child develop confidence, self-esteem, and compassion for others.

### Apologize When You're Wrong

When you make a mistake, apologize to your child. Saying you're sorry isn't enough. Sincere and simple apologies build trust and show respect for your child's feelings. Admit you were wrong, explain how it affected your child, and show that you're sorry. For example:

- "I shouldn't have said your idea was stupid. I know that hurt your feelings and embarrassed you. I'm ashamed I spoke to you that way. I'm sorry. I won't do it again."

Avoid explanations that sound like excuses or blame your child. For example:

- "I'm sorry I got mad, but you were really getting on my nerves."

### Give Your Child Choices and Respect Their Wishes

When you can, give your child the chance to make their own choices that are meaningful to them and acceptable for you. If your child has a chance to make choices it helps them:

- Feel a Sense of Control
- Develop Self-Esteem
- Learn How to Solve Problems
- Take Responsibility for Their Choices

### Ask Questions That Help Your Child Solve Problems on Their Own

It's tempting to take over and give a solution when you hear that your child has a problem. But this doesn't help your child find solutions on their own. Try asking questions that will help them solve problems. For example:

- "What do you think you can do about this?"
- "If you choose to do this, what do you think might happen?"

Encourage sharing and helping by giving your child tasks that are appropriate for their age, such as feeding



the family pet, getting the mail, helping with making their lunch, or making their bed. Together, you and your child can volunteer or help a neighbour. This builds self-confidence and compassion. It also teaches your child that what they do can make a difference in the lives of others.

### Read Books and Stories Together

Even if your child can already read, they'll still love reading with you. Take turns reading out loud with your child. Reading aloud is a way to share something enjoyable and learn about other people. For example, stories can show us how people deal with common issues like making or losing friends, handling conflicts, or dealing with difficult emotions. Talk to your child about what they like to read. Ask your child's teacher or a librarian to recommend stories on themes that interest you and your child.

### Be a Role Model

Your child will learn by watching and doing what you do. They learn how to look after themselves, build relationships, solve problems, handle emotions (feelings), and care for others by seeing how you respond.

Your emotions affect what you do and say. They affect your child too. For example, anger is a common human emotion. You may feel angry sometimes when your child whines, talks rudely, or doesn't do what you ask. If you react to anger by yelling, using harsh words, or calling them names, it affects your child. They'll also learn to do the same when they're angry.

What you do and say when you're angry is important to your relationship and to how your child learns to express their anger. When you practice managing your feelings in healthy ways, your child learns these skills too.

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Rollie, Auburn Bay



Ruby, Glenbrook



Rusty, Glenbrook

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## News from the Friends of Nose Hill

by Anne Burke

Learn how citizens fought to preserve Nose Hill, its history, how it unfolded. The Calgary Local Council of Women recommended that all development of Nose Hill be delayed, until after a major study by the Calgary Planning Commission of city growth. The only existing control was the absence of zoning approval for development and should be delayed, until such time as the City had sufficient funds. Calgary had never expended significant monies for parkland. In its natural state, the only cost for their proposal would be land acquisition, without any capital expenses, facilities, and maintenance.

They believed that Nose Hill is a beautiful natural area. We must preserve prime natural areas to offset urban sprawl and the concrete City Centre. Nose Hill is to Calgary what Citadel Hill is to Halifax; Battlefield's Park to Quebec City; Mount Royal to Montreal; Stanley Park to Vancouver; and Beacon Hill Park to Victoria. Calgary would become the first city in Western Canada to have a natural area of prairie vegetation. Tourists will visit the natural grassland of Nose Hill or view it from the Calgary Tower.

The group proposed that approximately 3,500 acres, bounded on the West by the Sarcee Trail right-of-way, South by the John Laurie Boulevard, East by the existing development adjacent to the escarpments of Nose Hill, and North by the highlands and escarpments of Nose Hill to and beyond 80 Avenue NW, be zoned as Natural Parkland in perpetuity.

The Hill is a dominant geographical feature in Calgary since its southern slopes can be seen from most locations, providing a constant reminder to citizens of the prairie landscape surrounding them which has played such an influential role in our economic and cultural development.

# The David

As a symbol of the strength and independence of the Florentines, the statue of David was commissioned to be placed at the entrance of Palazzo Vecchio. On September 8, 1504, this marvellous piece was revealed to the city. Unsurprisingly, everyone loved it!



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📧 @lizettendp | 📷 lizettendp

Happy September!

It's been wonderful to see Calgary come alive over the past few months—from the energy and excitement of Stampede to the many vibrant community events that make summer in our city so special. I hope you had a chance to enjoy the festivities, spend time outdoors, and connect with neighbours in celebration of our shared spirit.

It's also been incredibly meaningful to connect with folks—whether at the doors, at events, or simply out and about. One message that has come through loud and clear is how proud people are to be Canadian. From seeing Canadian flags proudly displayed on homes to witnessing the enthusiastic support for local businesses and organizations, it's a beautiful reminder of the power of community and the values we share.

As we transition into fall, I'm looking forward to continuing these conversations and staying engaged with the issues that matter most to you. If there's an event in your neighbourhood that you'd like me to attend, please don't hesitate to reach out—we'd love to be there.

As always, my constituency office is here to support you—whether it's navigating provincial programs, answering questions, or connecting you with the right resources.

You can reach us by email at calgary.klein@assembly.ab.ca or by phone at 403-216-5430. To stay up to date, follow me on Facebook, Instagram, Twitter, Threads, and Bluesky under the handle @lizettendp.

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**Samaritan Club  
of Calgary**

Celebrating  
115 years  
of helping  
Calgarians  
in need

# Semi-Annual Super Thrift Sale

**Saturday, September 27**

**9:00am-1:00pm**

**Hillhurst-Sunnyside Community Centre  
1320 - 5th Avenue NW**



**Get great deals on household goods,  
clothing & shoes for all, fashion accessories,  
vintage & boutique items, collectibles,  
art, books, toys & much more**

**Don't forget to bring your tote bag!**



**For More Information:  
[samaritanclub.ca](http://samaritanclub.ca)**

**All proceeds will benefit  
Calgarians in need (Cash Only)**

**Back by popular demand:**

- Concession
- Parcel Pickup