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		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	23	8	7	\$1,425,000	\$1,410,000
April	23	7	4	\$1,762,000	\$1,697,500
March	23	7	7	\$2,150,000	\$2,050,000
February	23	5	4	\$1,632,500	\$1,547,500
January	23	3	0	\$0	\$0
December	22	1	0	\$0	\$0
November	22	4	3	\$1,488,000	\$1,440,000
October	22	3	2	\$1,167,500	\$1,152,500
September	22	1	4	\$1,374,000	\$1,275,000
August	22	3	4	\$1,449,500	\$1,418,000
July	22	4	2	\$1,435,000	\$1,382,500
June	22	9	8	\$1,589,500	\$1,534,000

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

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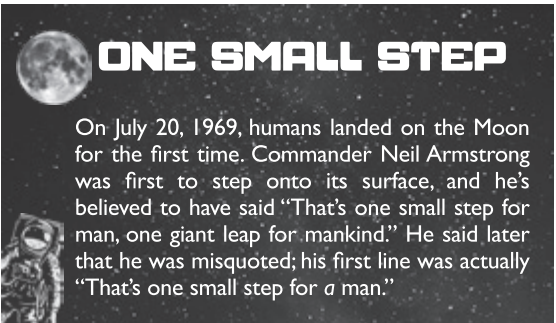
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ONE SMALL STEP

On July 20, 1969, humans landed on the Moon for the first time. Commander Neil Armstrong was first to step onto its surface, and he's believed to have said "That's one small step for man, one giant leap for mankind." He said later that he was misquoted; his first line was actually "That's one small step for a man."

Heat Related Illness

from 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.

GAMES & PUZZLES



Guess That Song!

1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

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The Liquid Rainbow

Caño Cristales is a multi-coloured river located in Colombia's Serranía de la Macarena National Natural Park. Its rainbow hues are caused by red riverbed plants, green algae, black rocks, yellow sand, and blue water. Be sure to visit between July and November, as that's when the colours are the most vibrant!

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Staying Healthy As We Age

from Alberta Health Services

Seniors Week in Alberta takes place the first week of June.

While we celebrate all that older adults have done for our society, let's talk about how to stay strong and healthy as we age.

Adults can start to lose muscle as early as age 30, but the loss increases quickly after age 70. Protein is a nutrient that helps you to build muscle and keep the muscles you already have. But many seniors do not get enough protein. Since your body can't store it, you need to eat protein at least three times a day, every day, to keep the muscle you have.

Often, adults tend to eat less protein at breakfast. Here are a few ways to increase your protein at breakfast:

- Have a glass of milk or fortified soy beverage with your meal.
- Add cheese or beans to toast.
- Mix one to two tablespoons of skim or whole milk powder or a scoop of protein powder into your cereal or yogurt.
- Make an omelette.

You can also try these tips:

- Add meat including wild game or poultry to pasta or vegetable dishes.
- Try a plant-based protein; for example, try chickpea falafel or tofu added to a stir-fry.
- Add canned beans or lentils to soups.
- Choose nuts, boiled eggs, Greek yogurt, or cottage cheese as a snack.

Protein alone does not build muscle. Movement helps older adults stay strong, mentally fit, and independent.

Here are some suggestions from the 24-Hour Canadian Movement Guidelines (csepguidelines.ca):

Try to get 2.5 hours (150 minutes) of moderate (example, brisk walking) to vigorous (example, cross country skiing) aerobic activity each week. You don't have to do it all at once. You can break up the time into smaller sessions of 10 minutes or more.



Engage in muscle and bone-strengthening activities at least twice a week. These activities include climbing stairs, gardening, and housework such as vacuuming or washing the floor.

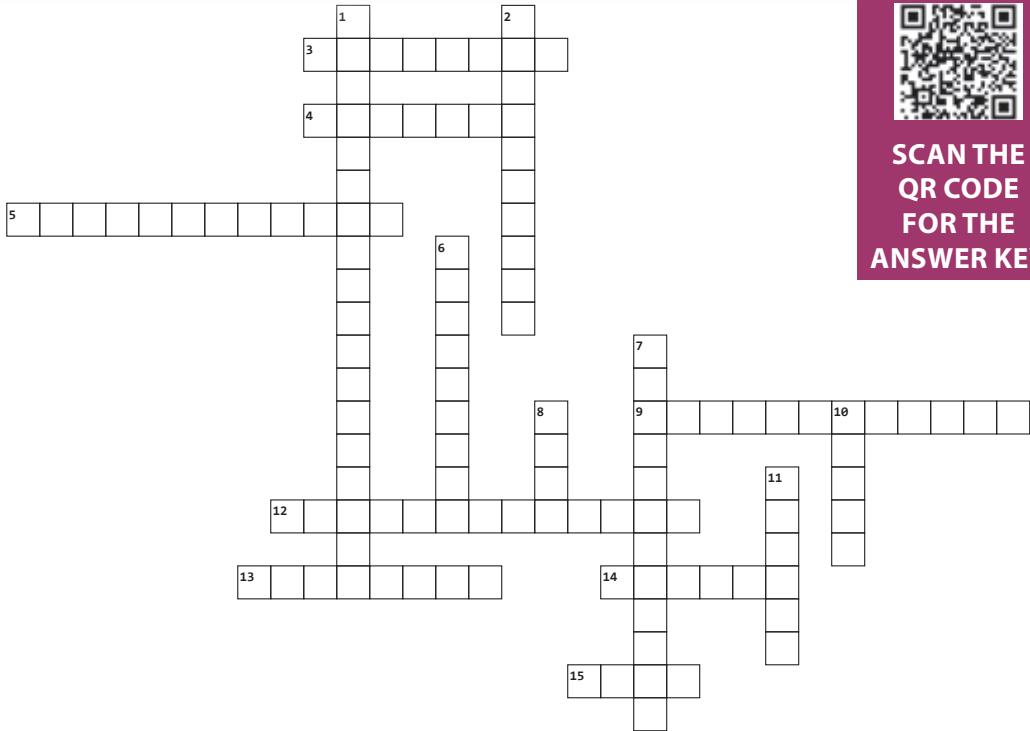
Include activities that challenge your balance, such as Tai Chi or Yoga.

Limit time sitting to eight hours or less. That includes less than three hours a day of screen time (in front of a TV, computer, tablet, or phone.)

Get seven to eight hours of good-quality sleep each night.

If you would like more tips on staying strong and healthy as you age, search 'Staying Strong' at ahs.ca/NutritionWorkshops.

July Crossword Puzzle



SCAN THE
QR CODE
FOR THE
ANSWER KEY

Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National _____ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World _____ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.

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Moroccan Style Meatballs

by Jennifer Puri



The red (Marrakech), white (Casablanca), and blue (Chefchaouen) cities of Morocco represent a vibrant mix of past and present and are a contrast of modernity with traditional customs and architecture.

Home to ancient palaces, mosques, and colleges, these cities are also famous for their gardens, fountains, medinas, and souks.

Medinas are walled cities with narrow winding streets which are notable for their absence of cars but abundance of bicycles and donkey carts.

Souks are the captivating street markets where you can purchase leather goods, lanterns, lamps, textiles, carpets (not the flying kind), spices, tagines, and good luck charms.

All sorts of foods are also available to the hungry shopper including local breads, dried fruits, and olives.

The most cooked meals are couscous salads, spicy lamb, and chicken stews, traditionally followed by cups of Moroccan Green Mint Tea.

Moroccan Style Meatballs can be enjoyed with Pita or Naan, couscous or salad greens, or Moroccan style carrot salad.

Prep Time: 30 minutes

Cook Time: 30 minutes

Servings: 4

Ingredients:

- 500 gms lean ground beef
- ½ cup fine breadcrumbs
- ½ onion, finely chopped
- 3 garlic cloves, minced
- 3 tbsps. finely chopped mint
- 2 tsps. smoked paprika
- 1 tsp. ginger, minced
- 1 tsp. ground cumin
- ½ tsp. ground cinnamon
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. red pepper flakes
- 1 egg
- 2 tbsps. olive oil
- 1 red bell pepper, sliced
- 1 400 ml jar of Moroccan style meatball sauce
- ¾ cup water
- 12 seedless green olives (optional)
- 3 tbsps. of yoghurt (optional)

Directions:

1. Place ground beef in a medium size bowl and add breadcrumbs, onion, garlic, mint, smoked paprika, ginger, cumin, cinnamon, salt, black pepper, egg, and mix well.
2. Preheat oven to 400 degrees Fahrenheit.
3. Divide beef into 20 portions, shape into golf ball size meatballs, and place on a foil lined baking tray. Bake on middle rack of oven for 18 to 20 minutes or until cooked.
4. Add two tablespoons of olive oil to a wok or skillet and sauté the red pepper for three to four minutes. Next add the Moroccan style sauce, water, and cooked meatballs, and simmer for four to five minutes.
5. Remove from heat, garnish with olives, yoghurt, and fresh mint or coriander leaves, and serve.

Bon Appétit!



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