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		Listed	Sold	Listed	Sold
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March	26	3	1	\$2,300,000	\$2,100,000
February	26	1	1	\$2,198,000	\$2,200,000
January	26	1	0	\$0	\$0
December	25	0	2	\$1,334,500	\$1,239,000
November	25	2	1	\$1,948,000	\$1,883,000
October	25	1	6	\$2,900,000	\$2,711,875
September	25	3	2	\$2,194,444	\$2,047,500
August	25	6	2	\$1,447,500	\$1,442,500
July	25	4	4	\$1,838,400	\$1,769,000
June	25	3	3	\$1,829,000	\$1,850,000
May	25	5	5	\$1,788,888	\$1,760,000

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

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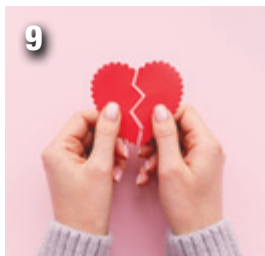
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**News, Events,
& More**



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Statistics**



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The Invisible Load Behind Modern Burnout

by Shayla Moulton



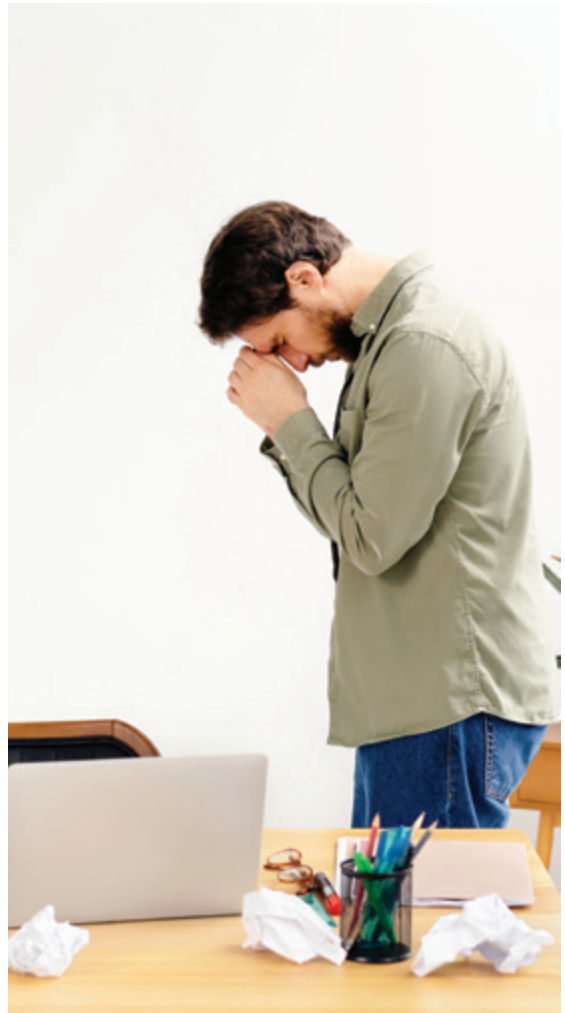
Nearly half of Canadian workers report feeling burned out, and more than three in ten say burnout is on the rise, according to a March 2025 report from Robert Half. While much of the conversation focuses on work and performance, a quieter reality is setting in for many people: modern life itself is becoming harder to manage.

Digital tools have made it faster to communicate, organize, and stay on top of tasks. But they have also introduced new layers of complexity. More notifications, more platforms, and more decisions competing for attention throughout the day. What was intended to simplify life has, in many cases, made it feel constant.

Across Calgary, many people are navigating increasing demands on their time and energy outside of work as well. Personal scheduling, errands, coordination, and day-to-day responsibilities continue to build, often without pause. Over time, this combination can contribute to a steady buildup of mental load and fatigue. There is a difference between getting things done and feeling supported. That gap is where many people are experiencing burnout.

While tools and systems can help organize tasks, they cannot always account for shifting priorities, competing responsibilities, or the mental effort required to keep life running smoothly. As a result, small details and ongoing obligations accumulate in ways that are not always visible, but are consistently felt.

This is part of a broader shift in how support is being understood in everyday life. Increasingly, people are recognizing the value of approaches that create more clarity, reduce friction, and restore a sense of ease in how daily responsibilities are managed. It also reflects a changing definition of balance. Rather than trying to do everything personally, there is growing interest in how life can function more smoothly when certain responsibilities are simplified or shared. It is not just about saving time, it is about creating time for what matters most, whether that is family, health, hobbies, or self-care.



What is notable is how widely this is resonating. From busy Calgary households to executives, professionals, and entrepreneurs managing full personal schedules, there is increasing recognition that doing everything alone is not always the most sustainable approach. Some are beginning to rethink how they structure their time outside of work. Others are exploring different ways to reduce the ongoing mental load that comes with managing everyday life.

There is no single solution to feeling overwhelmed. But there is a growing understanding that how daily responsibilities are handled plays an important role in overall well-being. As modern life continues to evolve, so does the realization that not everything needs to be managed alone. Finding ways to simplify and offload parts of everyday life is becoming a more accepted approach for those looking to create more space, clarity, and balance. For many, that shift is opening the door to a more sustainable way of living, where time and attention feel less fragmented and more intentional.

As the nature of work continues to evolve, so does the realization that not everything needs to be managed individually. Delegating and offloading parts of day-to-day life is becoming a more accepted approach for those looking to create more freedom and balance. For many, that shift is opening the door to more intentional forms of support that help lighten the cognitive load of everyday life and make time feel more manageable again.



UNO REVERSE



June represents both the longest day of the year and the shortest day of the year—depending upon where you live. In the Northern Hemisphere, June 21 marks the summer solstice. In the Southern Hemisphere, June 21 is the winter solstice!

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

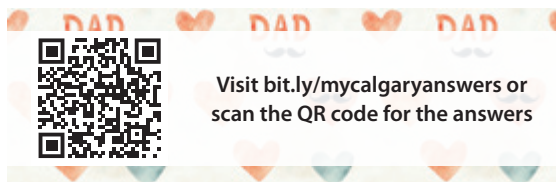
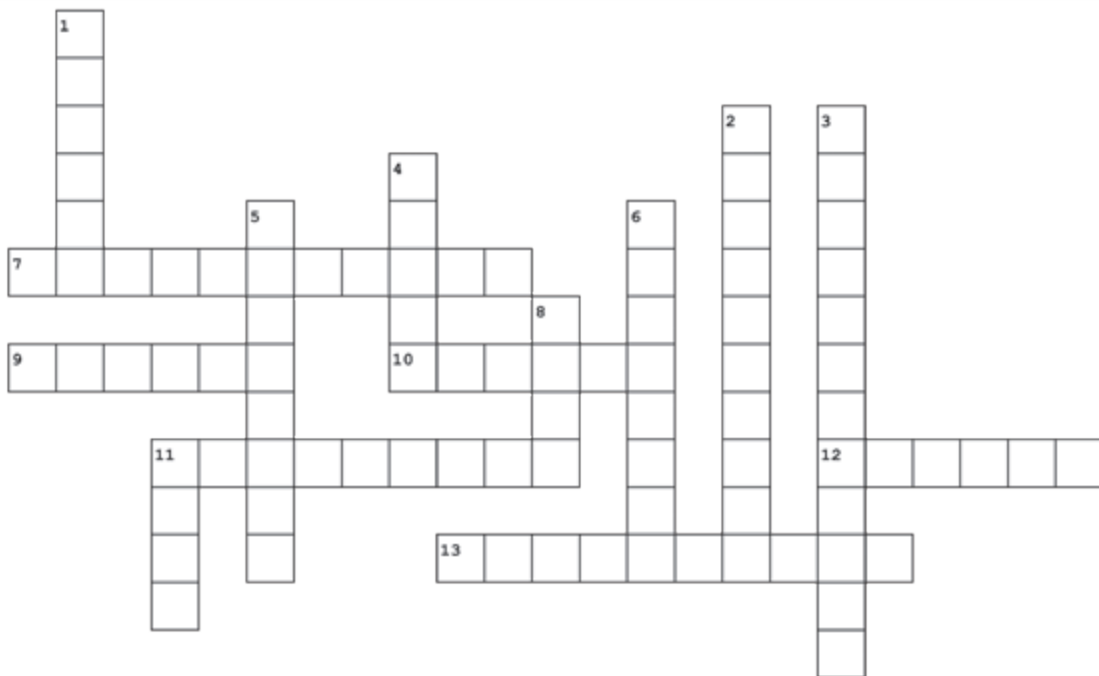
Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, life-threatening, and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing. The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.

Scan to donate or visit
gofund.me/31fdeef6f
Any help is appreciated ♥





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

Across

7. This colourful *My Little Pony* represents the element of loyalty.
9. June 2025 saw the premiere of this live action adaptation; *How to Train your* _____.
10. These citrus fruits can be made into a refreshing drink on a hot June day.
11. This famous author published what she claims to be her final book, *In the Unlikely Event*, on June 2, 2015.
12. This water zodiac sign covers the last of June's birthdays.
13. This holiday, established Sonora Smart Dodd occurs on June 21, 2026.

Down

1. This famous singer, _____ Grande, was born on June 26, 1993, and was recently in the 2024 movie adaptation *Wicked*.
2. National _____ Peoples Day is celebrated in Canada on June 21.
3. This classic Spielberg movie about dinosaurs was released in theatres on June 11, 1993.
4. This gem associated with wisdom is also the birthstone for June.
5. *Elvis Presley* performed this song on June 5, 1956, on the *Milton Berle Show*.
6. The summer _____ marks the beginning of longer days in the Northern Hemisphere.
8. This white bird is commonly a symbol of peace.
11. _____ is the Roman counterpart to Hera, the Greek goddess of marriage.

What is Intimate Betrayal Trauma?

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



Intimate betrayal trauma occurs when someone you deeply trust—most often a romantic partner—violates the emotional, physical, or relational safety of the relationship. This can include infidelity, compulsive sexual behaviour, hidden relationships, financial deception, or ongoing dishonesty. What makes this type of trauma so uniquely painful is not just the behaviour itself, but who it comes from: the person you rely on for safety, connection, and truth.

This isn't just "being hurt" or "going through a breakup." Intimate betrayal trauma disrupts your sense of reality. Many people describe it as having the ground pulled out from beneath them. The relationship you thought you were in suddenly feels uncertain or even false, and your nervous system reacts accordingly.

What It Feels Like

The experience can be overwhelming and disorienting. Emotionally, there may be waves of shock, anger, grief, anxiety, and deep sadness—sometimes all within the same hour. Many people feel obsessive, unable to stop thinking about what happened, replaying conversations, or searching for more information.

Cognitively, confusion is common. You may question your judgment, your memory, or your ability to trust yourself. Thoughts like "How did I not see this?" or "What else don't I know?" can become constant companions.

Physically, betrayal trauma often shows up in the body. Sleep disruption, loss of appetite, nausea, fatigue, and heightened startle responses are common. Your body is reacting to a perceived threat—because, in many ways, your sense of emotional safety has been threatened.

Relationally, you may feel torn. Part of you may want answers, closeness, or repair, while another part wants distance or protection. This internal push-pull can feel exhausting and confusing.

All of this is a normal response to an abnormal situation. Your system is trying to make sense of something that doesn't fit.

1. Slow Things Down

You don't need to decide the future of your relationship right now. Give yourself permission to pause. Trauma creates urgency, but clarity comes with time and regulation.

2. Get Support—But Choose Carefully

It's important to not go through this alone, but be mindful about who you tell. Well-meaning friends or family may react strongly, offer advice that doesn't fit, or unintentionally increase your distress. Look for grounded, non-reactive support. A therapist trained in betrayal trauma can be especially helpful.

3. Prioritize Your Nervous System

Focus on basics: sleep, hydration, nutrition, and gentle movement. Even if you don't feel like eating or resting, small consistent efforts matter. Grounding practices—like slow breathing, going for a walk, or placing your feet firmly on the floor—can help regulate overwhelming emotions.

4. Limit Information Overload

The urge to know everything immediately is understandable. However, excessive questioning, checking, or investigating can intensify distress. Work toward pacing information in a way that feels manageable, ideally with professional support.

5. Create Immediate Safety

Ask yourself: What do I need right now to feel a bit safer? This might mean emotional boundaries, physical space, or clarity about immediate next steps. Safety doesn't have to be permanent—it just needs to help you get through the moment.

6. Be Cautious with Big Decisions

Avoid making major choices (like ending the relationship, moving out, or making financial decisions) while in acute shock. Your thinking will likely shift as the intensity settles.

7. Remind Yourself: Your Reactions Make Sense

You are not "overreacting." Your mind and body are responding to a rupture in trust and safety. This is what trauma looks like.

Underfoot: The Broadleaf Plantain

by H.N Wells



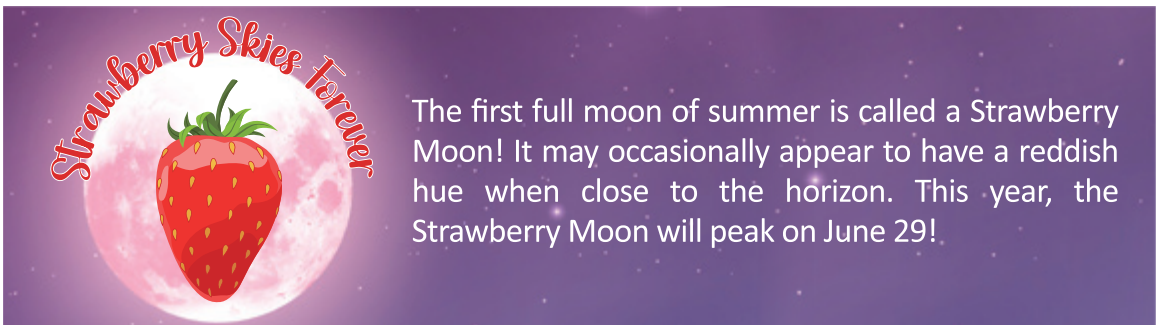
Plantago major, or, the broadleaf plantain, is a Eurasian plant commonly referred to as a weed in North America. It was likely introduced into the Americas during the seventeenth century and can now be found widespread across both Canada and the US. Plantain is an incredibly resilient plant, and thrives in almost any conditions, including compact or disturbed soil - as a result, *Plantago major* and other members of its genus tend to grow alongside human-made trails easily and are abundant in urban and agricultural settings.

This funky little flora has some interesting uses! Historically, the plant has been used for both its antibacterial and anti-inflammatory properties, often as a quick in-the-field remedy. Its use dates back as far as the Romans! Pliny the Elder, in *The Natural History*, describes *Plantago lagopus* and *Plantago altissima*, relatives of *Plantago major*, as having natural cauterizing

properties. Traditional herbalism also utilizes plantain (and its relatives) for these purposes. Plantain poultices were (and still are) very common. That being said, urban and agricultural weeds are often treated with herbicides, so tread carefully should you decide to try it out.

The broadleaf plantain has since become a naturalized plant - as in, it no longer requires human intervention to spread or to be maintained, as is the case with many ornamental plants. Flora of this category may become invasive should they begin to diminish the resources available to native flora. At this time, *Plantago major* is typically considered to be invasive.

The next time you're walking along the pavement, take a look at the ground! You might notice a small plant with round leaves and spike-like flower stems - that's the plantain, always underfoot.



The first full moon of summer is called a Strawberry Moon! It may occasionally appear to have a reddish hue when close to the horizon. This year, the Strawberry Moon will peak on June 29!

Divorce: Who Gets the House?

by Christopher Bungay, Divorce Lawyer

The decision of “should we or should we not” get a divorce is not easy. It is a process that involves asking yourself a lot of questions about the future. A common question people ask themselves is “If we get a divorce, who will get the house?”

Many divorcing couples own a home together. There are a lot of emotions and memories attached to the home: A child’s first steps, family dinners, family movie nights, the list goes on.

Most often, the question of “who gets the house” arises from another important question: “What is best for the kids?” Children who grew up in the house likely attend schools nearby. Their friends may live in the neighbourhood.

50/50 Roadblock

One major roadblock to one parent owning the house is this: the law (in most cases) says the house is a 50/50 split after a divorce. This means that each spouse is entitled to 50% of the value of the home.

In cases such as this, there are options to avoid this 50/50 roadblock. As part of the divorce process, most couples can negotiate with each other and agree how property and other assets will be split between them. This can be seen from the following example:

- Mr. and Mrs. Lahey own a home worth \$1 million dollars. They also have investments in stocks worth \$1 million dollars.
- Mrs. Lahey wants to stay in the home with the kids. Her aging mom also lives with them. The children attend school near the house.
- Mr. Lahey is okay with moving out, but he does not want to lose out on the money tied up in the house.

Solution: they can agree that Mr. Lahey gets the \$1 million dollars in stock investments, and in turn, Mrs. Lahey becomes sole owner of the family home that is also worth \$1 million dollars.

If Spouses Can’t Agree, a Judge Can Step In

If a couple cannot agree on who stays in the house, there are times when an Alberta judge will step in

and make this decision for them. Sometimes, a judge will order the house to be sold, and the proceeds split between the couple.

However, in other cases, a judge can issue something called an “exclusive possession order.” This is a legal directive that says, “Who lives in the house, and who does not.”

The following are circumstances where a judge might order that one spouse can live in the home:

- There is an economic imbalance – example: a stay-at-home mom has no income, and dad earns \$300,000 per year.
- The children need the home for stability – Here, educational needs, health, or extra-curricular activities may require a child to continue living in the home with one parent.

When deciding what to do with the house, it is always best if a couple can agree on something fair for each of them. However, when that is not possible, one spouse may have to go to Court and ask a judge for help.

BRAIN GAMES

SUDOKU

8					9			
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5	4	9		1	8			2
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		1						
			9					7

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Backyard Play Safety

by Emergency Health Services



Emergency Health Services (EHS) Alberta would like to encourage parents and caregivers to ensure that their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.

- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, and lockable gate.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen Junior' prescription from your physician (for anaphylactic reactions) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention or call 9-1-1.

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