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Back in 2012 at the London Olympics, Usain Bolt made history by becoming the first athlete ever to win both the 100 metre and 200 metre races in consecutive Olympics. Talk about lightning speed! Bolt still holds the record for the fastest 100 meters at 9.58 seconds and the fastest 200 meters at 19.19 seconds.

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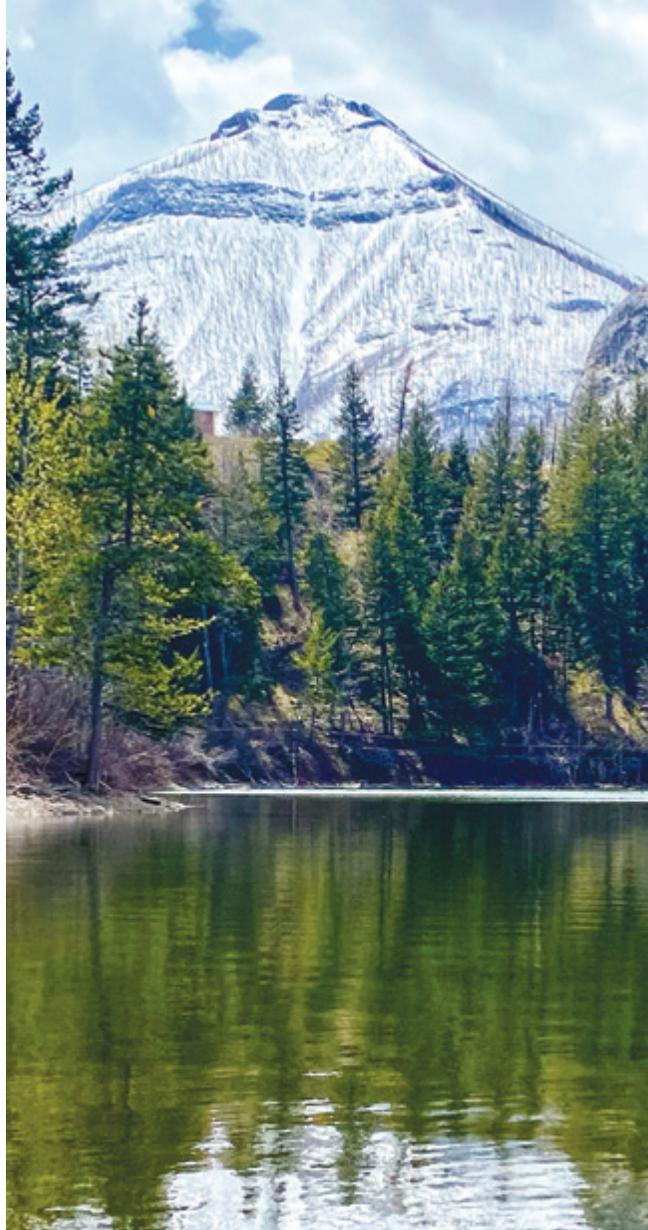


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Join the Erlton Community Association Board of Directors!



We have several positions that are currently vacant and need to be filled.

Volunteering with the ECA Board of Directors is a great way to meet some new friends, have some fun, and make a positive impact in our community. Please email erltonmembership@gmail.ca or erltoncommunications@gmail.com if you are interested.

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, erltonpresident@gmail.com, or 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!

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Putting Yourself First!

by Alberta Health Services

Life brings with it everyday stresses, but it is important to have coping strategies that can be used to regulate and balance our feelings and emotions. Sometimes we do not have control of stressors that cause the stress, but we can have control of our emotions or how we react to those stressors. Calming strategies help slow down the immediate response that we have by decreasing the amount of cortisol in our body, also known as the stress hormone. There are many coping strategies, and it is important to find what works best for you.

Here is a list of strategies that can be used by anyone, anytime, and anywhere.

Managing Emotions

Commonly referred to as “name it to tame it,” this is a technique that involves naming your emotions to allow you to pause and reflect rather than allowing your emotions to spiral or cause impulse decisions. Make it a habit to recognize how you feel. Did you feel embarrassed, sad, jealous, or upset? Simply notice that emotion and name it in your mind.

Mindfulness

Focusing on the present moment will help calm your mind and manage your emotions. What can you see, hear, touch, feel, or move in the environment you are presently in? This technique will help your brain focus on the current rather than the “what if.”

Breathwork

Slowing and deepening your breaths has been shown to help you self-regulate by calming your emotions. Use breathing techniques that work for you, which can include box breathing or even paced breathing.

The importance of the above strategies is focusing on yourself. Everyone is different, so find techniques that resonate with you so you can be the best version of yourself!

References

AHS (2024). *D-Stress*. Retrieved March 12, 2024 from <https://www.albertahealthservices.ca/amh/page/16759.aspx>.

Mindfulness.Com (2024). *Name It to Tame It: Label Your Emotions to Overcome Negative Thoughts*. Retrieved March 12, 2024 from <https://mindfulness.com/mindful-living/name-it-to-tame-it>.

Bottle Depot Day

by Cheryl Dunkley

Off to the bottle depot, six bags in tow
Loading up the car is finally done, Let's go!
Parking is scarce, line up out the door.
There's room on the sidewalk for barely one more.

Once inside, there's workers counting fast,
They do this for hours, how long can they last?
The noise, the clatter, everything is sticky.
No one is smiling, the job is too icky.

The cash machine states the refund to obtain.
Today the machine is broken, back to human help
once again.

Don't go on Monday, after a big weekend of sports.
Remember to tip the workers for all their sorts.

The thousands of recyclables in giant bags piled up
to the sky
Where do they end up, one wonders how and why...



25th Anniversary of the International Year of Older Persons: Call for Time Capsule and Friendship Quilt Contributors

by the City of Calgary

In 1999, the City, in collaboration with community partners and citizens, created a time capsule and a friendship quilt to celebrate the International Year of Older Persons. This year, 2024, marks the 25th anniversary of that significant event, making it the perfect occasion to open the 25-year time capsule and reflect on the meaning of the friendship quilt crafted during the 1999 celebrations. We are set to commemorate this milestone on October 1, 2024, coinciding with the International Day of Older Persons.

As we prepare for this special event, we aim to reconnect with individuals who played a crucial role in 1999, particularly in creating the time capsule and the friendship quilt. We want to ensure that those who contributed their time and creativity 25 years ago have the chance to participate in the October 1 celebration.

If you were involved in any capacity with the time capsule or friendship quilt in 1999, we want to hear from you! Your stories, memories, and reflections are invaluable as we revisit and celebrate the legacy of that extraordinary year.

Your participation will enrich our celebration and help keep the spirit of community and connection alive for future generations. Join us in this journey of remembrance, gratitude, and celebration by emailing us at agefriendlycalgary@calgary.ca.

international Left-Handers Day

August 13 is a special day for those who have the unique distinction of being left-handed. Approximately 10% of the global population are left-handed. But don't fret, left-handers! Some influential people who share your uniqueness include Prince William, Barack Obama, Justin Bieber, Oprah Winfrey, and Jennifer Lawrence, just to name a few.



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Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	24	8	7	\$475,000	\$450,000
May	24	5	6	\$439,950	\$434,950
April	24	14	7	\$479,900	\$473,500
March	24	4	2	\$432,000	\$422,500
February	24	6	8	\$462,750	\$456,000
January	24	8	6	\$484,400	\$481,500
December	23	2	0	\$0	\$0
November	23	3	2	\$569,900	\$575,500
October	23	2	8	\$489,000	\$482,000
September	23	11	11	\$555,500	\$502,000
August	23	4	6	\$549,950	\$571,250
July	23	7	4	\$779,900	\$784,000

PARKHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	24	3	0	\$0	\$0
May	24	5	9	\$349,900	\$329,900
April	24	8	5	\$384,900	\$415,000
March	24	8	4	\$322,400	\$315,750
February	24	3	6	\$1,159,450	\$1,152,000
January	24	1	6	\$1,064,500	\$984,000
December	23	2	3	\$499,900	\$499,900
November	23	8	5	\$850,000	\$890,000
October	23	10	7	\$460,000	\$450,000
September	23	6	5	\$700,000	\$705,000
August	23	5	3	\$469,900	\$471,000
July	23	8	4	\$484,900	\$533,587

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

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



Scouts

The 10 Sara Scout Hall in Rideau is looking for scouters, Beavers (ages 5 to 7) and Cubs (8 to 10). Our group has roots back to 1914 and is welcoming new volunteers and youth. Come and join the adventure. We also accept hall rentals and bottle donations! Contact me at cerichw@yahoo.ca or scouts.ca.



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How to 'Hold Space' for Someone

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



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

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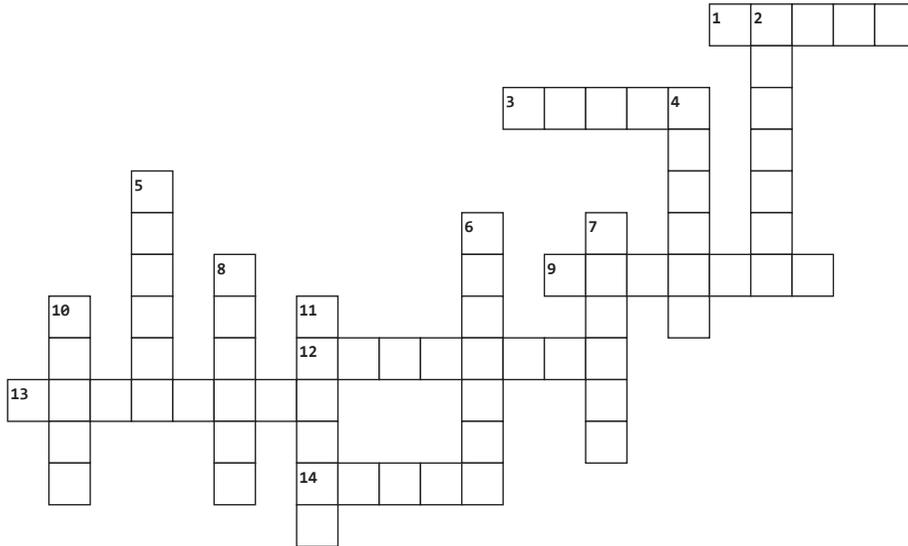
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November	23	8	5	\$850,000	\$890,000
October	23	10	7	\$460,000	\$450,000
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August	23	5	3	\$469,900	\$471,000
July	23	8	4	\$484,900	\$533,587

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August Crossword



Across

- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a _____" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate _____ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the _____ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, _____.
- The fantasy novel *A Game of Thrones*, written by George R.R. _____, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The _____, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid _____ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called _____, also known as the Dog Star.
- Canadian actress, Evangeline _____, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael _____ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



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



Word of The Month

Mellifluous: adjective (muh-lif-loo-uhs)

Sweet or smooth sounding, as in a voice or string of words.

She believed Spanish to be the most mellifluous language in the world.



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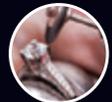
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Silent Pride: ***The Wordless Anthems of the World!***

While watching the Paris Olympics this year, you might notice some athletes not singing along to their national anthems. Well, athletes from Spain, Kosovo, San Marino, and Bosnia and Herzegovina (yes, that is one country) can be excused because their national anthems have no words!

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May	24	8	4	\$1,099,900	\$1,162,500
April	24	4	2	\$944,900	\$995,000
March	24	1	1	\$949,900	\$909,750
February	24	0	2	\$2,147,000	\$2,035,000
January	24	2	0	\$0	\$0
December	23	0	0	\$0	\$0
November	23	0	1	\$2,999,990	\$2,775,000
October	23	2	3	\$990,000	\$990,000
September	23	2	6	\$789,450	\$714,000
August	23	3	2	\$909,950	\$905,000
July	23	5	3	\$999,000	\$1,000,000

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

ELBOW PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	24	11	4	\$2,674,000	\$2,597,500
May	24	11	9	\$1,800,000	\$1,915,000
April	24	3	3	\$2,500,000	\$2,415,000
March	24	5	4	\$1,669,400	\$1,747,500
February	24	6	3	\$985,000	\$980,000
January	24	6	3	\$1,085,000	\$1,177,000
December	23	1	4	\$2,546,500	\$2,475,000
November	23	4	3	\$1,950,000	\$1,932,500
October	23	5	6	\$1,572,500	\$1,562,000
September	23	3	5	\$1,075,000	\$1,000,000
August	23	6	4	\$2,147,450	\$2,139,950
July	23	5	1	\$3,250,000	\$3,323,428

To view more detailed information that comprise the above
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Don't Get Burnt by Solar This Summer. Here Are Six Things to Consider While Shopping for Your New Solar System

by Taylor Holbrook, Solar Sales Consultant

1. Beware of pushy sales tactics. Solar is a big-ticket renovation to your home, much like a new kitchen or bathroom. If you don't hire the right team, the value and peace of mind it brings can turn into a headache overnight. Take your time when making such an important financial decision about your home. This might be one of the largest investments you make on your home, so make sure you never sign up "at the door." Take your time and make sure you feel like you've had time to digest the information, ask any questions, and that you are fully comfortable with the next steps. The best practice is to shop around – get a few quotes from reputable, local installers and move on from there. Industry standard does not require a deposit with a quote, so be wary of companies "locking you in" for a fee at the door, these are often predatory.

2. Check reviews! There will be a lot of new solar sales and installation companies popping up in Calgary in the coming years as the industry grows. Take into account their reputation. How long have they been in the industry? What are their customers saying about them? You can tell a lot about a company by their reviews. Tip: make sure to read through and ensure the reviews are genuine and from customers, not their staff!

3. Do they subcontract out the installation? There are two main ways that solar companies go about installation: through an in-house install team or subcontracted out to a third-party installer. Although not always the case, there have been instances where the third-party installation company does a less-than-stellar job, and since the solar sellers are not liable for the third-party installer's practices, this leaves the homeowner high and dry with their problems. We recommend choosing a solar company that does both the solar sale and installation, so all your warranties and customer service are in one place.

4. Do they follow safety standards? It only takes one OH&S violation to derail your entire project or stop it completely! Feel free to ask your solar sales representative about their company's installation safety practices. Great

questions to ask include: Do they space their panels with enough distance between to safely access the panels if maintenance is required? Do they require safety practices for the installation team? You can also tell a lot from the design, like are the panels too close to or extended over the perimeter of your roof?

5. Is your quote accurate? Make sure that what your solar sales representative is offering you is actually obtainable and do your homework. Do they take into account the shade from the neighbour's house or the large evergreen in your front yard? Cross reference quotes and ask your representative what the accuracy percentage is on their designs. If one company is offering you 103% offset with eight panels, and another is offering you 98% with 12... the likely story is the eight-panel system is over-promising.

6. Do they offer a warranty? There is always a risk with any technological installation that either the technology itself needs replacing, or the workmanship may need a redo. Make sure both your system and the work are under warranty. At the moment, the best industry warranty that companies are offering is a 25-year workmanship warranty.

BRAIN GAMES

SUDOKU

7					9			4
	3			4			1	
		9	2			3		
9						1		
	4						8	
		2						6
		4			3	5		
	2			1			6	
1			6					9

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MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	24	0	0	\$0	\$0
May	24	3	1	\$1,345,000	\$1,500,000
April	24	0	0	\$0	\$0
March	24	0	1	\$2,395,000	\$2,300,000
February	24	1	0	\$0	\$0
January	24	1	1	\$1,598,000	\$1,650,000
December	23	0	0	\$0	\$0
November	23	0	1	\$1,699,900	\$1,570,000
October	23	2	1	\$1,650,000	\$1,650,000
September	23	1	1	\$1,799,000	\$1,710,000
August	23	2	0	\$0	\$0
July	23	0	0	\$0	\$0

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

RIDEAU PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	24	3	2	\$1,300,000	\$1,316,285
May	24	6	4	\$409,950	\$415,000
April	24	6	3	\$375,000	\$375,000
March	24	6	4	\$594,450	\$603,000
February	24	1	1	\$324,900	\$315,000
January	24	3	0	\$0	\$0
December	23	1	1	\$238,000	\$222,500
November	23	2	2	\$322,500	\$308,750
October	23	3	1	\$452,000	\$460,000
September	23	2	1	\$1,250,000	\$1,220,000
August	23	2	5	\$549,000	\$540,000
July	23	5	2	\$337,500	\$338,000

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

Creamy Potato Salad

by Jennifer Puri

Potatoes are normally used in place of bread, pasta, or rice. More than a billion people consume potatoes, and they are considered the third most valuable food crop around the world.

Potatoes contain several important vitamins and are 99% fat-free. They also contain half the number of calories of an equivalent portion of cooked rice or pasta as they have a high-water content.

To get the most antioxidants out of potatoes, leave the skins on and choose colourful varieties like red or purple. Baked potato skin is a good source of potassium, magnesium, and fiber which is beneficial for digestive health.

Raw potatoes contain a lot of water making them unsuitable for freezing so only cooked or partially cooked potatoes should be frozen.

Boiled, roasted, or mashed potatoes can be found in soups, casseroles, latkes, gnocchi, samosas, or curries to name a few, or as shown in this crowd-pleasing recipe below.

Prep Time: 15 minutes

Cook Time: 20 minutes

Servings: 4 to 6

Ingredients:

- 2 lbs. mixed red, purple, or golden baby potatoes
- 1 cup thinly sliced celery
- ½ cup thinly sliced green onions
- ½ cup chopped dill pickles
- 1 cup mayonnaise or veganise
- 2 tbsp. whole grain Dijon mustard
- ¾ tsp. salt
- ½ tsp. coarsely ground black pepper
- 4 hard boiled eggs, peeled and quartered
- 1 cup whole black or green pitted olives
- Juice of half a lime
- 1 tsp. paprika (optional)



Directions:

- Place potatoes in a large saucepan or pot and add enough salted water to cover. Bring to a boil and then reduce heat and simmer covered for about 15 minutes or until potatoes are tender. Drain and set aside to allow potatoes to cool.
- In a medium sized bowl, add mayonnaise or veganise, mustard, dill pickles, salt, pepper, olives, celery, green onions, and the lime juice. Next slice the cooked potatoes in halves (leaving the skins on) and add to the dressing.
- Finally, gently stir in the cooked eggs until potatoes and eggs are nicely covered. Cover with saran wrap and allow potato salad to chill in the refrigerator for a minimum of six hours, preferably overnight.
- Prior to serving, garnish the creamy potato salad with green onions and smoked paprika if desired.

Bon Appétit!





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BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

	Properties	Median Price			
		Listed	Sold	Listed	Sold
June	24	0	0	\$0	\$0
May	24	0	0	\$0	\$0
April	24	0	0	\$0	\$0
March	24	0	1	\$2,200,000	\$2,150,000
February	24	2	1	\$1,800,000	\$1,990,000
January	24	1	1	\$2,950,000	\$2,941,000
December	23	0	1	\$4,450,000	\$4,271,000
November	23	0	0	\$0	\$0
October	23	1	0	\$0	\$0
September	23	1	1	\$2,095,000	\$1,860,000
August	23	0	0	\$0	\$0
July	23	0	0	\$0	\$0

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

BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

	Properties	Median Price			
		Listed	Sold	Listed	Sold
June	24	1	1	\$4,899,000	\$4,800,000
May	24	3	3	\$2,375,000	\$2,300,000
April	24	1	3	\$1,400,000	\$1,400,000
March	24	4	2	\$2,882,500	\$2,862,500
February	24	0	1	\$2,700,000	\$2,550,000
January	24	2	0	\$0	\$0
December	23	0	0	\$0	\$0
November	23	1	0	\$0	\$0
October	23	2	2	\$2,196,500	\$2,395,000
September	23	2	1	\$1,850,000	\$1,850,000
August	23	4	5	\$1,700,000	\$1,650,000
July	23	2	3	\$2,099,000	\$2,100,000

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



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