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ERLTON



ELBOW PARK



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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!

Erlton 2024 Community Garden Is Open!

Our Community Garden has been so beneficial to the health and well-being of our community and the environment. Our members have met new friends, shared tips and tricks for successful growing seasons, and have been rewarded with fresh vegetables, herbs, fruits, and fun social events at "The Garden."

Join us for another fulfilling year of gardening and fun at the Erlton Community Garden (24 Avenue and Erlton Road SW).

Contact ErltonParks@gmail.com for information.



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ROXBORO COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	24	1	2	\$1,822,500	\$1,887,500
April	24	0	0	\$0	\$0
March	24	1	0	\$0	\$0
February	24	0	0	\$0	\$0
January	24	0	0	\$0	\$0
December	23	0	1	\$780,000	\$760,000
November	23	0	1	\$1,800,000	\$1,825,000
October	23	2	0	\$0	\$0
September	23	0	1	\$1,250,000	\$1,255,000
August	23	1	0	\$0	\$0
July	23	0	1	\$3,500,000	\$3,350,000
June	23	1	0	\$0	\$0

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

WINDSOR PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	24	17	19	\$369,999	\$401,000
April	24	13	8	\$317,450	\$318,500
March	24	10	17	\$249,900	\$254,000
February	24	11	6	\$234,900	\$237,000
January	24	10	10	\$239,450	\$245,250
December	23	3	7	\$215,000	\$228,000
November	23	15	17	\$239,900	\$248,650
October	23	14	13	\$199,500	\$200,000
September	23	11	4	\$492,400	\$494,000
August	23	11	14	\$225,000	\$218,750
July	23	12	14	\$284,450	\$284,250
June	23	17	13	\$234,900	\$232,400

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SAFE AND SOUND

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.

Historic Soundscapes Created at the Heart of Elbow Scene

by Yolande Hasselo

When you hear bells ringing, you know you have found a community. The familiar sound of eight English change ringing bells connects Elbow Park with surrounding communities throughout history, across Canada, and far beyond.

How is This Distinct Chorus of Bells Achieved?

It is done with wooden wheels and heavy ropes, all powered by human muscle. It is a moving example of pre-modern technology once shared by the great sailing ships or the cathedral architects with their wooden scaffolding, their ropes, and pulleys. Yet here they are in Calgary, still in use. The bells provide a soundtrack to historic moments, a call-out for celebrations and they toll in empathy for grief. Singing their musical messages since 1955, one of the historical highlights includes ringing upon Queen Elizabeth's death on September 8, 2022.



Change Ringing Bells

Change ringing is a traditional art which has its origins in the 16th century, and with over 6,100 bell towers still in use today, the composer Handel rightly described England as the ringing isle. Change ringing bells can be found all over the world, and the bells in Elbow Park are just one of seven change ringing towers in Canada.

Laid on the ground, the massive tower bells would seem cold, immovable, and lifeless. But that is not how people in the Middle Ages spoke of bells. And under their influence, it is not how we speak of them now. We still say that bells have a lip, or a mouth. The clapper that creates the sound is commonly called the tongue. Each of the eight bells in Elbow Park has an inscription on them, which is "spoken" when the bell sounds. I particularly like bell number five's inscription:

"Here the prairies touch the mountains
Here the Bow and Elbow meet
For such beauty, Lord, we thank thee
Sung in bell notes clear and sweet"

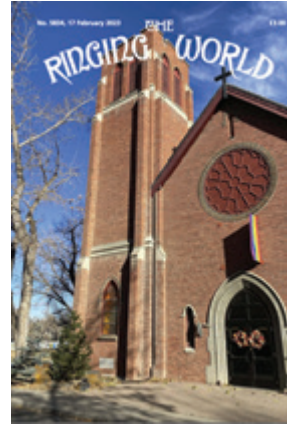
Bellringers have developed their own unique form of music, following special patterns to make the bells sound in a different order each time they swing. These rows of changing sequences remind me of knitting patterns. A special challenge is to ring for several hours without ever repeating a sequence already rung. It would take over 18 hours non-stop to work through all the possibilities on eight bells!



Why Practice Change Ringing?

Bellringing is a group activity that combines physical coordination and mental alertness to produce the unique sounds of change ringing. This combination ensures a lifetime's enjoyment.

Many people ring as a contribution to community life; others enjoy learning a traditional skill which has been passed down for centuries.



Ringers everywhere enjoy the social aspects of their hobby, meeting regularly to ring bells for various occasions, including a weekly practice session.

Becoming a bellringer is a gateway to the world-wide community of ringers and a life-long learning experience.

Could I Become a Bellringer?

Most likely, yes.

Bellringing does not require great physical strength, nor do you need any knowledge of music or mathematics. It's all about rhythm, memory, and concentration.

With some intensive practice at the outset, you will quickly be able to control bells weighing between 350 to 950 pounds. Change ringing comes next, with its intriguing mix of quick-thinking, listening, and fine-tuning of the physical skills. The fun starts right from the beginning.



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

empathetic 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

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.

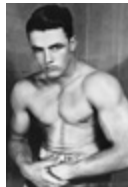
Don't forget to take in the Olympic Saddledome too. It's slated for demolition in the near future. Happy Stampeding!

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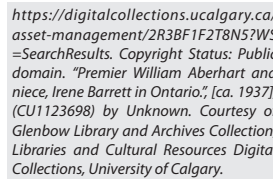
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Westbourne Church in April, just prior to its demolition in June 2017. Calgary Heritage Initiative.



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.

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	24	6	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
June	23	9	5	\$424,900	\$424,900

PARKHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
June	23	5	11	\$399,900	\$405,000

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

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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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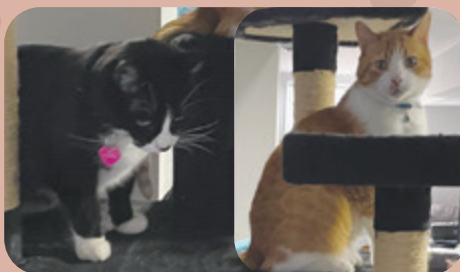
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Taking Charge of Your Health: Top Advice from Calgary Family Doctors

by the Calgary Foothills Primary Care Network



In our ever-changing health care landscape, taking an active role in your health is more important than ever. We asked our family doctors for their top advice for patients who want to take a more collaborative approach to their health.

Ask Questions

Understanding your condition fully can be daunting, but by requesting resources and written next steps, you can leave the clinic with a clear plan and a better grasp of your health. Dr. Christine Luelo advises: "Ask questions, especially the ones you are afraid to say out loud."

Get Involved

Dr. Noreen O'Riordan encourages patients to be fearless in their conversations with their doctor. "Being actively involved in decision making in relation to our own health improves our experience and outcomes." By gaining a deeper understanding of your conditions and treatments you can help improve your overall health.

Knowledge is Power

Dr. Shafeena Premji says: "We live in a beautiful world today, where now more than ever, information is at our fingertips ... knowledge is power." She advises patients to become familiar with their baseline risk factors, such as blood pressure, blood sugar, cholesterol, and breast

density. "Focus on making those daily micro-wins in your daily habits and lifestyle choices." Small, consistent improvements can lead to significant health benefits over time.

Team Support

Dr. Janet Reynolds urges people to take full advantage of the free help available from Primary Care Networks. Family doctors work closely with the PCN team of health professionals such as nurses, mental health counsellors, and dietitians, to support you. "I love working with a team. It's the support and the comfort in knowing I don't shoulder the entire burden of care," says Dr. Reynolds.

Yahoo Cowtown!

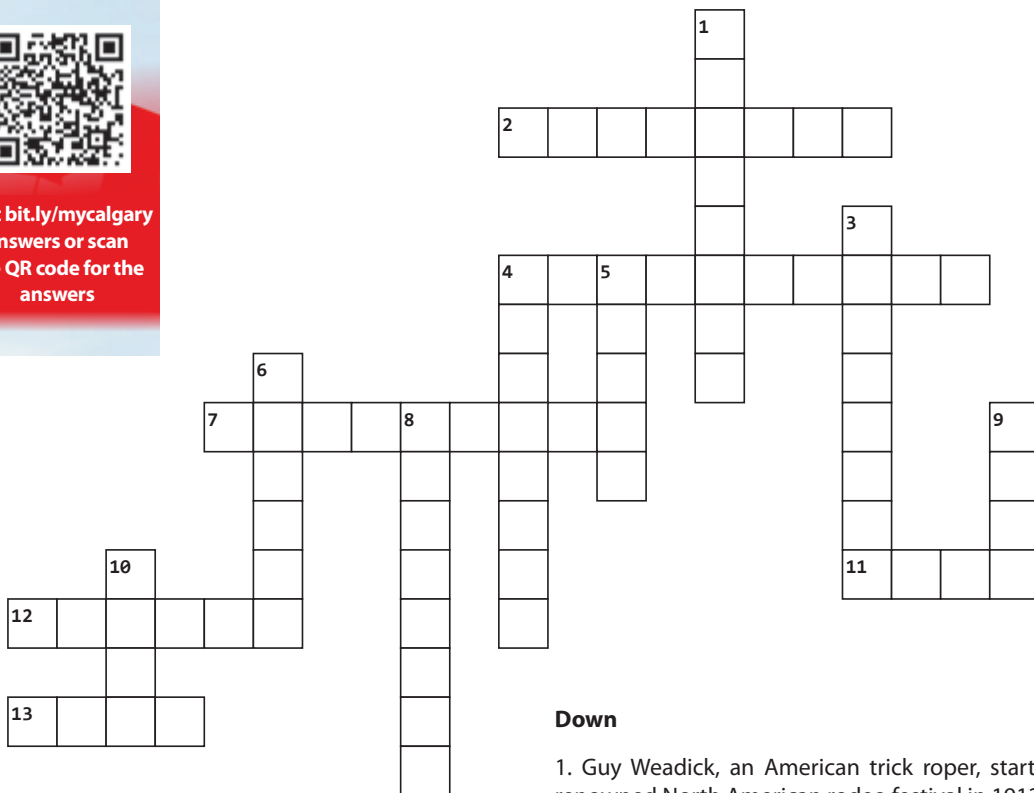


Cowtown (that's Calgary's fun nickname) hosts its annual Stampede from July 5 to 14 this year. Back in 1912, when the very first Stampede kicked off, it drew a whopping 80,000 folks to town! Now, here's the kicker, at that time, Calgary's population was just 47,000!

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.

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ELBOYA COMMUNITY REAL ESTATE ACTIVITY

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		Listed	Sold	Listed	Sold
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
June	23	4	2	\$1,024,950	\$973,500

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
May	24	13	9	\$1,800,000	\$1,915,000
April	24	4	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
June	23	9	11	\$1,990,000	\$2,200,000

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

Summer Fresh Strawberry and Avocado Salad

by Jennifer Puri



Avocado is a large berry with a single seed and has much more fat than other fruit. Grown mostly in Central America and Mexico avocado trees can live up to 400 years.

Avocados have yellow or green flesh, a nutty flavour and are very popular in vegetarian cuisine. They are considered “heart-friendly” as their fat is monounsaturated plus they are gluten and cholesterol free and contain vitamins B, E, K, omega three fats, and potassium.

Loaded with fibre, avocados can be added to smoothies, used as a substitute for meat in salads and sandwiches, and as a spread on tortillas or sushi.

The flesh of avocados can be prevented from browning by adding lime or lemon juice. Avocado slices can be added to hamburgers, soups or served with fresh strawberries and spinach leaves as shown in this recipe for Summer Fresh Strawberry and Avocado Salad.

Prep Time: 15 minutes

Servings: 3 to 4



Ingredients:

- 150 gm fresh spinach leaves
- 500 gm fresh strawberries cut in halves
- 2 avocados
- ½ small red onion, finely sliced
- ½ cup shredded almonds
- ½ cup olive oil
- 1 tbsp. grainy Dijon mustard
- 2 tbsps. maple syrup
- 1 tbsp. lemon juice
- ½ tsp. salt
- ¼ tsp. coarsely ground black pepper

Directions:

- Prepare dressing by combining the olive oil, Dijon mustard, maple syrup, lemon juice, salt and black pepper in a small bowl or jar, blend well and set aside.
- Place the washed spinach, strawberries, and sliced onion in a large bowl. Peel the avocados, remove the seeds, slice, and add to the salad mixture. Drizzle with the prepared dressing and gently toss until all the ingredients are combined. Garnish with shaved almonds and serve.

Bon Appétit!

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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MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
June	23	1	1	\$1,995,000	\$1,979,500

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
May	24	2	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
June	23	2	3	\$438,800	\$438,800

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After several months where many of my weeks have been spent in Ottawa, I am thrilled to be back in Calgary Centre full time to kick off summer with the collection of events that take place in and around the riding.

Late spring and early summer are always an exciting time as the graduating classes of 2024 get set to celebrate one of life's early accomplishments. Let me join proud parents in congratulating all the high school graduates on this achievement and wishing them well as they journey off to pursue further education, a trade, or whatever else life may have in store for them.

Naturally, July in Calgary means Stampede time and I am excited to get out to the many events to meet with constituents. Feedback from constituents is such an important part of my job in ensuring that the people of Calgary Centre receive the best representation possible.

It is an interesting time to be a member of the Opposition in federal politics, as I hear from more and more people not just in Calgary Centre, but all across Canada, that they have seen enough mismanagement from the current government and are anxious for a change. Canadians are feeling the pain in their day to day lives, in so many ways.

My office will be open all summer serving you, so please do not hesitate to contact me at Greg.McLean@parl.gc.ca or by phone at 403-244-1880. Also, keep up to date on my work in Parliament on my website, GregMcLeanMP.ca.

Oh Kanata!

The name "Canada" comes from "Kanata", a Huron-Iroquois word for village. However, in 1535, explorer Jacques Cartier misunderstood the meaning of this word. The Iroquois used the word to tell Cartier the way to Stadacona (now known as Quebec City). But Cartier thought it referred to the entire region, and the name stuck!



The Many Faces of Canada

by Danielle Robbertze

"My dream is for people around the world to look up and to see Canada like a little jewel sitting at the top of the continent." – Tommy Douglas

July 1, 1867, marks the day the British North America Act was decreed which set the way for the celebration of Canada Day. As an immigrant of Canada, it is always such a delight to see the diversity in culture, race, religion, and ethnicity being celebrated. I understand, as with any country, there is always room for improvement in establishing a truly democrat, equal society. However, I feel Canada is often a leader in this regard and an exemplary example of equity, diversity, and national pride.

Canada is not represented by only one face but by many. It is important to honour those who first called Canada home. The First Nations, Métis, and Inuit peoples have overcome significant adversity to shape the foundation of this beautiful country. Never giving up, they continue to impart their important cultural contributions all over the nation.

Canada is one of the most welcoming nations, with over 8 million immigrants according to 2021 statistics. This means that nearly one-quarter of Canada's population consists of immigrants or former immigrants (who have now obtained citizenship). Immigrants help shape the diverse fabric of Canada, contributing positively to its multiculturalism and fostering a culture of acceptance for all people.

Canadian citizens cannot be defined by just one race, ethnicity, or culture and this is something I find so fascinating and which I hope others do too. Throughout the year, there are so many festivals and gatherings that celebrate the diversity of Canada, and I know this will be no different on July 1.

Happy Canada Day to everyone who calls this wonderful jewel of a country home.



An advertisement for Wicker Land Patio. The top half shows two sets of outdoor furniture: a wicker set and a modern metal set. The bottom half is a yellow banner with the text "Your Patio Furniture Superstore!" in large, bold, yellow letters. Below this, there are logos for Yeti, Traeger, and Weber. The main text "Wicker Land Patio" is in a large, stylized font. Below that, it says "BBQ LAND" and "Modern Patio". At the bottom, it says "Located Three Blocks East of Chinook Mall", "6125 Centre Street S, (403) 258-2506", and "WickerLand.ca".

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WHAT'S NEW IN OUR NEIGHBOURHOOD



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ECAthleticClub.ca

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2. Typically, this fruit has the most seeds.
3. This fruit is known as the worst smelling fruit in the world.
4. There is a constant argument about whether this is actually a fruit.
5. The volume of this fruit is 25% air.
6. The _____ plant produces only one fruit per plant at a time.



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CODE FOR THE
ANSWERS!

YOUR CITY OF CALGARY

Take Part in the Foam Recycling Pilot

by The City of Calgary Waste and Recycling Services

A six-month pilot project began on May 13 to collect foam packaging (also known as Styrofoam) for recycling at any of our three City landfills. Calgarians can bring foam packaging for recycling to the designated area at a landfill free of charge.

Calgarians can bring clean foam with no food residue, tape, glue, or labels. Examples include:

- Shipping foam packaging (ex. foam that protects new electronics).
- Foam egg cartons.
- Foam meat trays with absorbent pads removed.
- Foam take-out containers.
- White and coloured foam. No black polystyrene foam.

Can't take foam to the landfill? Put it in the black cart as garbage. Do not put in blue cart. Foam breaks into small pieces in collection trucks causing contamination and lowering the market quality of the other recyclables.

For more information, visit calgary.ca/whatgoeswhere.

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BRAIN
GAMES

SUDOKU

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Word of the Month

Tintinnabulation: noun (tin-tin-nab-u-la-tion)

A sound which emulates a ringing, jingling, or tinkling of bells.

The orchestra played a composition where the percussion section summoned a ceaseless tintinnabulation, creating a wonderful echo of sound.

**SCAN HERE TO VIEW ADDITIONAL CONTENT:
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BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
June	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
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
June	23	4	1	\$899,900	\$875,000

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THOMAS KEEPER, REALTOR®

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Information herein deemed reliable, but not guaranteed. The information included in this document is a guide only, and must be verified independently.
These properties are listed by: Tink Real Estate, 709 Edmonton Trail NE, Calgary AB, T2E 3J5