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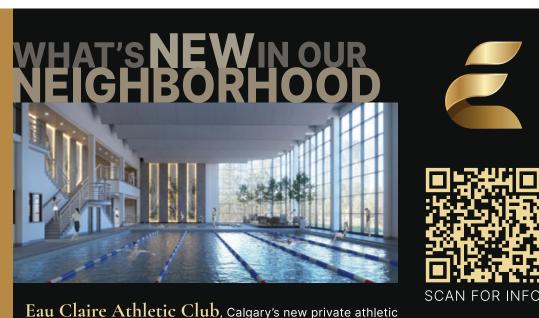


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BEL-AIRE

ERLTON

ELBOW PARK









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ROXBORO COMMUNITY REAL ESTATE ACTIVITY

| | | Prope | erties | Median Price | |
|-----------|----|--------|--------|--------------|-------------|
| | | Listed | Sold | Listed | Sold |
| April | 24 | 0 | 0 | \$0 | \$0 |
| March | 24 | 2 | 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 |
| May | 23 | 0 | 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**

| | | Prope | erties | Media | n Price |
|-------------|----|--------|--------|-----------|-----------|
| | | Listed | Sold | Listed | Sold |
| April 2 | 24 | 14 | 8 | \$317,450 | \$318,500 |
| March 2 | 24 | 11 | 17 | \$249,900 | \$254,000 |
| February 2 | 24 | 11 | 7 | \$239,900 | \$240,000 |
| January 2 | 24 | 10 | 10 | \$239,450 | \$245,250 |
| December 2 | 23 | 3 | 7 | \$215,000 | \$228,000 |
| November 2 | 23 | 15 | 17 | \$239,900 | \$248,650 |
| October 2 | 23 | 14 | 13 | \$199,500 | \$200,000 |
| September 2 | 23 | 11 | 4 | \$492,400 | \$494,000 |
| August 2 | 23 | 11 | 14 | \$225,000 | \$218,750 |
| July 2 | 23 | 12 | 14 | \$284,450 | \$284,250 |
| June 2 | 23 | 17 | 13 | \$234,900 | \$232,400 |
| May 2 | 23 | 14 | 17 | \$214,000 | \$209,200 |

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

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!

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.



HOT! HOT! HOT!

In all our vast solar system, Venus has the highest average temperature of any planet! Because of its atmosphere (which is quite thick) and how close it is to the Sun, the surface of Venus can reach over 460 degrees Celsius! Talk about needing sunscreen.





Get Involved!

West Elbow Communities Local Area Planning

The West Elbow Communities Local Area Plan will set the vision for how your communities will evolve over the next 30 years.

We need your input as we create a local area plan that will provide direction on where and how future growth, redevelopment, community improvements and investments could happen in the West Elbow Communities of: Altadore, Bankview, Cliff Bungalow, Elbow Park, Erlton, Garrison Woods, Lower Mount Royal, Mission, North Glenmore Park (north of Glenmore Trail SW), Richmond (east of Crowchild Trail SW), Rideau Park, Roxboro, Scarboro (east of Crowchild Trail SW), South Calgary, Sunalta, and Upper Mount Royal.

We want to hear from you

Phase 2 of the West Elbow Communities Local Area Planning project kicks off **May 28, 2024**.

In this phase of engagement, you can provide feedback on topics including:

- The Draft Vision and Core Values - the big ideas, hopes and priorities for the area's evolution.
- Potential Focus Areas for Moderate-to Large-Scale Growth - where homes and businesses that are 4+ storeys might fit best.

Share your thoughts from May 28 - June 24, 2024:

Online

Tell us what you think via online engagement at calgary.ca/
WestElbowPlan.

Engagement Booklet

Check your mailbox for an engagement booklet or pick one up at an Engagement Station (see map online) starting May 28. Each engagement booklet includes a feedback form that can be mailed in with prepaid postage included.

In-person

Join an engagement session – check out the schedule at calgary.ca/WestFlhowPlan



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Erlton Community Association 2024 Neighbour Day Party -Come Join Us!

Saturday, June 15 from 5:00 to 9:00 pm

Our volunteers have been hard at work organizing a really fun 2024 party. We'll have yard games and sidewalk chalk, a food truck, marshmallows, and a campfire, we'll also have a fire truck and police motorcycles at the party.

Join us on Saturday, June 15, 2024, at Erlton Park (25) Avenue and Erlton Street SW) from 5:00 to 9:00 pm.



ERLTON NEIGHBOUR DAY

Saturday, June 15 5-9pm

> Erlton Park (25th Ave & Erlton St SW)



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TAKE ON WELLNESS

Managing Seasonal Allergies

by Alberta Health Services

Allergies occur when your immune system overreacts in response to certain substances, mistaking harmless elements as harmful germs or viruses. Numerous triggers can cause this to happen such as pollens, medicine, food, dust, animal dander, and mould.

If your allergy symptoms occur seasonally, it's likely due to an allergy to specific pollens from trees, grasses, or weeds.

Allergies can range from mild to severe, and some overthe-counter allergy medications may alleviate certain symptoms. Remember to carefully read and follow the instructions on medication labels.

Effectively managing your allergies is key to maintaining good health. Your healthcare provider might recommend tests to pinpoint the exact cause of your allergies. Once you identify your triggers, you can take steps to avoid them, which will help prevent allergy symptoms and potential health complications.

In some cases, immunotherapy could be beneficial. This treatment involves injections or pills containing small amounts of specific allergens. Over time, your body becomes desensitized to these allergens, resulting in reduced or prevented allergic reactions.

Symptoms and Treatment of Seasonal Allergies

Seasonal allergies can happen during any season and are very common. Some symptoms include:

- · Itchy, watery eyes
- Sneezing
- · Runny, stuffy, or itchy nose
- Temporary loss of smell
- Headache and fatique
- Dark circles under the eyes ("allergic shiners")
- Drainage from the nose down the back of the throat (post-nasal drip)
- · Sore throat, coughing, or snoring

Home treatments are usually all you need to treat seasonal allergies, depending on your symptoms. Medicines you can try for a stuffy nose include steroid nasal sprays, which can also help with red, itchy, watery eyes.

Other treatments include:

- Clean the inside of your nose with salt water to provide relief of a stuffy nose.
- Use a humidifier in the bedroom and take hot showers to help clear a stuffy nose. Follow the directions for cleaning the humidifier.
- If your nose is red and raw from rubbing, put petroleum jelly on the sore area.
- Use over-the-counter allergy medicine to help your symptoms. Use a nasal or oral decongestant (such as Drixoral) to relieve a stuffy nose. For itchy, watery eyes; sneezing; or a runny, itchy nose, try a non-sedating over-the-counter antihistamine, like fexofenadine (such as Allegra) or loratadine (such as Claritin). To help relieve pain, try acetaminophen or ibuprofen.

Preventing Seasonal Allergies

You can reduce your exposure to pollen and other allergens that cause seasonal allergies by:

- Keeping your house and car windows closed.
- Checking the Air Quality Health Index before you go outside.
- Limiting the time you spend outside when pollen counts are high (during midday and afternoon).
- Wearing a pollen mask or dust mask if you need to mow the lawn.
- Limiting your mowing tasks if you can.
- Rinsing your eyes with cool water or saline eyedrops to remove clinging pollen after you come indoors.
- Taking a shower and changing your clothes after you work or play outside.



YOUR CITY OF CALGARY

Tune in to the New City of Calgary Podcast

by the City of Calgary

Calgary is one of the most liveable cities on the planet. As one of Canada's fastest-growing cities, we're building to meet the needs of our expanding population, striving to create a vibrant, affordable place for soon-to-be two million residents.

There's a lot that goes on behind the scenes to make this happen. That's why The City of Calgary is introducing a new podcast called *Calgary Conversations, An Insider Pass to the Heart of Calgary's City Hall*.

In each monthly episode, we peel back the layers of our vibrant community, shedding light on the priority areas that shape our city's future. From public safety to housing, downtown revitalization, and beyond, we're here to uncover the stories that matter most to you.

Join us as we embark on a journey of discovery, exploring the narratives that weave the fabric of our city. Through



engaging interviews with City staff and partners, in-depth analysis, and compelling storytelling, *Calgary Conversations* offers a fresh perspective on the issues that impact us all.

We're not just here to talk; we're here to connect, educate, and empower you with the knowledge to make a difference in your community.

Tune in, subscribe, and join the conversation. Because in Calgary, every voice matters. Let's write the next chapter together. #CalgaryConversations.

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ERLTON COMMUNITY REAL ESTATE ACTIVITY

| | | Prope | erties | Median Price | |
|-----------|----|--------|--------|--------------|-----------|
| | | Listed | Sold | Listed | Sold |
| April | 24 | 14 | 6 | \$474,900 | \$472,400 |
| March | 24 | 5 | 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 |
| Мау | 23 | 8 | 6 | \$467,450 | \$457,200 |

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

PARKHILL COMMUNITY **REAL ESTATE ACTIVITY**

| | | Prope | erties | Median Price | |
|-----------|----|--------|--------|--------------|-------------|
| | | Listed | Sold | Listed | Sold |
| April | 24 | 9 | 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 |
| May | 23 | 9 | 5 | \$279,000 | \$273,000 |

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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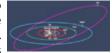
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RESIDENT PERSPECTIVES

Stargazing with Pat J: Why Pluto **Got Downgraded to a Dwarf Planet**

by Patricia Jeffery © 2024, Calgary Centre of the Royal Astronomical Society of Canada

Upon its discovery in 1930, Pluto was immediately proclaimed the ninth planet in our solar system. Astronomers however were always



puzzled by its minuscule size (much smaller than Mercury) and a bizarre orbit that overlapped with Neptune's.



To qualify as a planet, an object must: 1) orbit the Sun, 2) have enough mass and gravity to be circular in shape, 3) possess

enough gravitational force to clear its orbit of other objects. As Pluto's orbit is littered with asteroids and other space debris, it failed to meet the last criterion.

After four similar sized objects were detected in the 1990s, Pluto was demoted to dwarf planet status in 2006.

Facts About Pluto:

- · Named for the Roman god of the underworld, not a cartoon dog.
- If our Sun is the goal post of a CFL football field, Earth is on the two-yard line; Pluto on the opposing team's 31-yard line.
- Located far beyond Neptune in an area known as the Kuiper belt.
- 170 Plutos could fit inside Earth.
- Lying almost on its side, it rotates backwards on its axis every six days; thus, the Sun rises in the west and sets in the east.
- An egg-shaped orbit tilted 17 degrees which passes inside Neptune's orbit for 20 of the 248 years it takes to circle the Sun.
- Average temperature: -232 C.
- Sunlight takes 5.5 hours to get there.
- No rings but has five moons, Charon, the largest, is over half the size of Pluto.
- A NASA probe did a fly-by in 2015. Photos revealed a thin atmosphere and a surface pockmarked with craters, but also glaciers, mountains, valleys, and a massive heart-shaped plain; all composed of frozen nitrogen, methane, and carbon monoxide.

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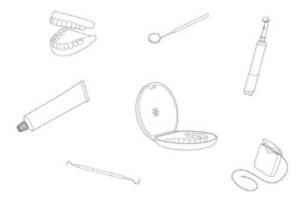


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Anxious Attachment Style? Ten Ways to Show up More Secure in Your Romantic Relationships and Ten Ways You Can Help Your Partner to Feel More Secure

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



Showing up as secure in romantic relationships involves fostering trust, communication, and self-awareness.

- **1. Work on Yourself** Build your self-esteem and confidence. Know your worth and understand that you are deserving of love and respect.
- **2. Communicate Openly** Express your thoughts, feelings, and needs openly and honestly with your partner. Encourage them to do the same.
- **3. Trust** Trust yourself and trust your partner. Trust is the foundation of a healthy relationship. Avoid unnecessary jealousy and possessiveness. Unless they truly show you otherwise, then trust your gut.
- **4. Set Boundaries** Establish clear boundaries and respect each other's boundaries. Boundaries help maintain a sense of safety and autonomy within the relationship.

- **5. Be Supportive** Offer support and encouragement to your partner. Show empathy and understanding towards their experiences and emotions.
- **6. Maintain Independence** While it's important to be close to your partner, maintain your independence and individual interests. This helps prevent co-dependency and maintains a healthy balance in the relationship. This also helps you show up as a whole person.
- **7. Address Insecurities** Recognize and address your own insecurities. They can self-sabotage good relationships. Seek therapy or counselling if necessary to work through deeper issues. Do the personal work, you won't regret it.
- **8. Practice Self-Care** Take care of yourself physically, emotionally, and mentally. Prioritize activities and habits that promote your wellbeing. Your partner will support you in this if they too are healthy.
- **9. Focus on the Present** Avoid dwelling on past relationship traumas or projecting future fears onto your current relationship. Stay present and focus on building a positive connection with your partner. Take the time to get to know the new person in your life before making big changes and decisions with them.
- **10. Seek Growth Together** Continuously work on personal growth and relationship skills together. Attend couples therapy or workshops to strengthen your bond and deepen your understanding of each other. A partner who is open to their own growth and self-awareness is a green flag.

The following are tips to help your anxious partner to feel more secure:

- **1. Communication** Keep open and honest communication about your feelings, plans, and concerns.
- **2. Reassurance** Offer regular affirmations of your love, commitment, and support.
- **3. Trust** Build and maintain trust by being reliable, dependable, and transparent. This allows space for both of you to share and explore your vulnerabilities.
- **4. Empathy** Listen actively (listen to understand, not defend) and empathize with your partner's emotions and experiences.

- 5. Boundaries Respect your partner's boundaries and communicate your own clearly.
- 6. Quality Time Spend meaningful time together, creating positive experiences and memories.
- **7. Appreciation** Show appreciation for your partner's efforts, qualities, and contributions.
- 8. Consistency Be consistent in your actions and behaviours to foster a sense of security and stability.
- **9. Problem Solving** Work together to address any concerns or challenges that arise in the relationship. A relationship is not one sided.
- 10. Self-Care Take care of yourself mentally, emotionally, and physically. Your own well-being contributes to the overall health of the relationship.

Book Suggestions:

- The Power of Attachment Diane Poole Heller
- · You are the One You've Been Waiting For Richard C. Schwartz
- Attached A. Levine & S. Heller





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ELBOYA COMMUNITY **REAL ESTATE ACTIVITY**

| | | Prope | erties | Median Price | |
|-----------|----|--------|--------|--------------|-------------|
| | | Listed | Sold | Listed | Sold |
| 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 |
| May | 23 | 4 | 5 | \$1,050,000 | \$935,000 |

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

ELBOW PARK COMMUNITY REAL ESTATE ACTIVITY

| | | Prope | erties | Median Price | |
|-----------|----|--------|--------|--------------|-------------|
| | | Listed | Sold | Listed | Sold |
| April | 24 | 5 | 3 | \$2,500,000 | \$2,415,000 |
| March | 24 | 7 | 4 | \$1,669,400 | \$1,747,500 |
| February | 24 | 7 | 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 | 5 | 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 |
| May | 23 | 10 | 6 | \$1,912,450 | \$1,865,000 |

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

June: Canada's Month of Celebration

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

June is a month with plenty to celebrate about Canada. It is National Aboriginal History Month, a time to learn about the peoples that inhabit our region. In Calgary, these are the Treaty 7 signatories: the Siksika, Piikani, and Kainai Nations, the Îethka Stoney Nakoda, consisting of the Chiniki, Bearspaw, and Good Stoney Bands, and the Tsuut'ina Nation. Also here are the Métis of Alberta Region 3.

The first Sunday is Canadian Armed Forces Day. The King's Own Calgary Regiment and the Calgary Highlanders reserve unit are headquartered at Mewata Armoury, a Gothic Revival design with medieval castellated features built during the Great War. We thank all Forces personnel for their dedication and service.

Next is Canadian Environment Week, when we're encouraged to be good stewards of our rich natural heritage. Wednesday is Clean Air Day, by which we enjoy clear, crisp prairie skies complete with mountain peaks on the horizon.

National Indigenous Peoples Day is June 21. It is a day to experience an Indigenous celebration, whether it is through a walk at Fort Calgary or a dance at the Aboriginal Friendship Centre.

Then there's June 24, the feast day of Saint-Jean Baptiste. Last year, events were held at the National Music Centre and Théâtre de la Cité des Rocheuses, which has promoted dialogue in French in Calgary since 1996. This year is the 125th anniversary of the incorporation of Rouleauville by French Catholics in today's Mission district.

Speaking of dialogue, June 27 is Canadian Multiculturalism Day, when we celebrate living here together peacefully.

And finally, capping it all off, the day Confederation became reality in law - Canada Day, July 1. This year marks our 157th anniversary.

Did you know, on July 1, 1867, while church bells rang out and bonfires were lit across the Dominion, newspapers in English and French lamented this union

of peoples? They were none too excited about the agreement, each thinking the other would outdo them.

There's been much to debate since, but on this day, take time with those you love to celebrate and give thanks for the peace and prosperity of our federation.

Happy Canada Day!

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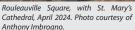


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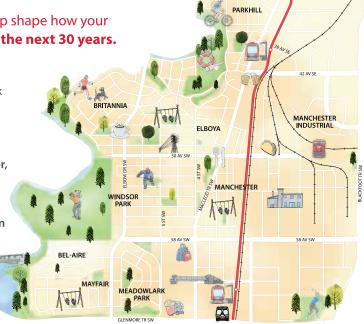
St. Mary's Parish Hall, home of Alberta Ballet, April 2024. Photo courtesy of Anthony Imbrogno.

Calgary

Chinook Communities Local Area Planning

Your input **today** will help shape how your community evolves over **the next 30 years.**

We are continuing to work together to refine the Chinook Communities Local Area Plan to help guide decisions about future redevelopment and reinvestment in Bel-Aire, Britannia, Elboya, Manchester, Mayfair, Meadowlark Park, Parkhill, Windsor Park, a south portion of Manchester Industrial, and a small eastern portion of Glenmore Park.







Pre-project research, relationship building, and knowledge transfer.



Phase 1: Envision

Looking back at the past, understanding the present and envisioning the future of the area.



Phase 2: Explore

Exploring where and how growth and change could happen in the area.



Phase 3: Refine

Refining the plan and confirming the community improvements.



Phase 4: Realize

Committee and Council review and decision.

Share your thoughts from May 28 - June 24, 2024

Provide your input:

- Online at calgary.ca/Chinook
- Through an engagement booklet
 - · Delivered to homes and businesses in the area starting May 28.
 - Includes a feedback form with return postage. Drop in the mail by June 24.
 - You can also pick a booklet up at an Engagement Station (these look like Little Libraries, see location map online).
- At a virtual or in-person engagement session check out the schedule at calgary.ca/Chinook.

Topics include:

- **Draft local area plan maps.** These maps are not finalized. Your input is needed to help inform what types of development could potentially fit best where if proposed in the future.
- Community improvement ideas. Your input is needed to determine what community improvements and investment are needed (such as upgrades to mobility connections or enhancements are needed to local parks).

Please consider participating in this important phase of engagement.

Input provided in this phase of engagement will be used to help refine the local area plan before it is finalized.

Visit Calgary.ca/Chinook to learn more, provide input and subscribe for updates.





GAMES & PUZZLES Guess That Artist!

- 1. Born on May 11, 1904, in Spain, this artist is probably best known for their work titled "The Persistence of Memory".
- 2. This Italian artist is often called the founder of the High Renaissance, and identified as one of the greatest painters of Western art.
- 3. Born in 1853, this artist famously cut off his left ear.
- 4. This artist is one of the most famous American visual artists for his pop art pieces.
- 5. Based in England, this street artist and political activist is well known across North America, with one of their popular artworks titled "Balloon Girl".
- 6. This Spanish painter and sculptor is best known for his cubism and surrealism.









SAFE AND SOUND

Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. 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. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

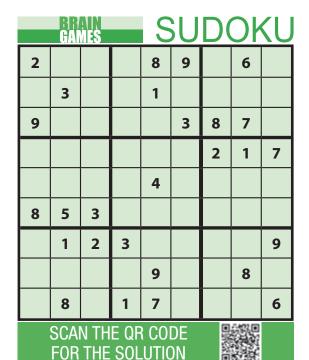
- Drowning contributes to unintentional injury-related death among children ages one to four.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate (*Alberta Building Code).

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.

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 only) 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 911.





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MAYFAIR COMMUNITY REAL ESTATE ACTIVIT

| | | Prope | erties | Median Price | |
|-----------|----|--------|--------|--------------|-------------|
| | | Listed | Sold | Listed | Sold |
| 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 |
| May | 23 | 1 | 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 |
| 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 |
| May | 23 | 3 | 2 | \$429,950 | \$417,150 |

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

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One Pan Chicken Fajitas

by Jennifer Puri

Originating in South and Central America, bell peppers have been cultivated for thousands of years. Available in a variety of colours: red, orange, yellow, green, and even purple, they are related to chili peppers, tomatoes, and breadfruit.

All bell peppers start out as green, but their colour and ripeness depend on the amount of time the pepper spends on the plant. Red peppers are riper, and their flavour is typically sweeter, milder, and generally easier for most people to digest. They can be eaten raw, cooked, dried, or powdered.

Bell peppers are an excellent addition to a healthy diet as they are mainly composed of water with smaller amounts of carbohydrates, protein, fiber, and fat. Rich in many vitamins, antioxidants, and carotenoids they are beneficial for eye health and reduced risk of anaemia.

Peppers can be enjoyed as a snack, in a salad, stuffed, grilled, roasted, pickled, raw, or sautéed as shown in the one pan chicken fajitas recipe below.

Prep Time: 15 minutes Cook Time: 15 minutes

Servings: 4 **Ingredients:**

- 3 boneless chicken breasts
- 1 medium white onion
- 1 lime
- 3 red and yellow bell peppers
- 5 tbsp. extra virgin olive oil
- 34 tsp. chili powder
- ½ tsp. paprika
- 1/2 tsp. garlic powder
- ½ tsp. cumin powder
- 1/4 tsp. black pepper
- 1/4 tsp. oregano
- Salt to taste

Directions:

- Slice onion and bell peppers (seeds and stems removed) into 1/4 inch thick slices.
- In a small mixing bowl, combine 3 tbsp. of olive oil, juice of half a lime, chili and garlic powder, paprika, cumin, black pepper, oregano, and salt to taste. Slice chicken breasts into thin strips and add to the spice mixture.

- Add half the chicken pieces to a large non- stick frying pan or skillet and sauté over medium to high heat until cooked, about four to five minutes. Remove from pan and repeat with remaining chicken.
- Set cooked chicken aside and add 2 tbsp. of olive oil and the sliced onions to the frying pan. Sauté for two minutes then add the sliced peppers and continue sautéing until peppers are cooked and brown at the edges. Add the cooked chicken and combine with the peppers and onion until heated through.
- Serve chicken fajitas over warm tortillas with a squeeze of lime, avocado, sour cream, and pico de gallo.

Bon Appétit!













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BEL-AIRE COMMUNITY REAL ESTATE ACTIVIT

| | | Prope | erties | Median Price | | |
|-----------|----|--------|--------|--------------|-------------|--|
| | | Listed | Sold | Listed | Sold | |
| 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 | |
| May | 23 | 3 | 4 | \$1,945,000 | \$1,925,000 | |

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 |
| 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 |
| May | 23 | 1 | 1 | \$1,649,900 | \$1,600,000 |

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

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4308 Coronation Drive \$4,550,000



954 Drury Avenue \$1,899,900



8070 266 Avenue W \$1,800,000



1106 Colgrove Avenue \$975,000



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#207, 455 1 Avenue NW \$334,900



1207 Renfrew Drive \$824,900



32 Fonda Drive \$499,900



227, 950 CENTRE AVENUE \$299,900



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