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3. **EVALUATE** YOUR HOME EQUITY
4. **MAKE IMPROVEMENTS BY ACCESSING YOUR HOME EQUITY**
5. **CONSIDER A LIFESTYLE CHANGE**
6. **GET PERSPECTIVE BACKED BY EXPERIENCE**



FREE - 2024 HOME VALUE CHECK UP

It doesn't matter if you're thinking of selling your home, buying a home, or even if you're a Plintz Real Estate client. Our check up service is free and our great advice comes with no obligation because we believe everyone should take care of their most important investment, their home. With over 20 years of experience, we are here to help you!



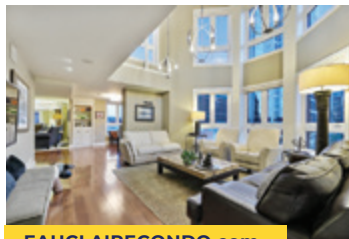
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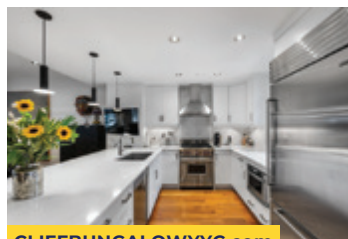
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BEL-AIRE



ERLTON



ELBOW PARK



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Window and Balcony Safety

from Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children’s reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child’s ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window be can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.




BRAIN
GAMES

SUDOKU

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

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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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ROXBORO COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
April	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

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	24	11	17	\$249,900	\$254,000
February	24	11	7	\$239,900	\$240,000
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
May	23	14	17	\$214,000	\$209,200
April	23	17	12	\$224,950	\$217,250

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

Cats, Canines, & Critters of Calgary



Potter, *Calgary*



Ringo, *Sirroco*



Starr, *Lake Chaparral*



Violet, *Seton*

To have your pet featured, email news@mycalgary.com

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.




Erlton Community Garden

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Mission Bridge Rehabilitation

The Mission Bridge at the south end of the Mission District was originally built in 1915, and last upgraded in 1987. Major rehabilitation is needed to help extend the bridge's lifespan by an additional 35 years and to elevate the experience for pedestrians, cyclists and motorists.

Construction is set to begin this spring and continue through the end of 2025.

calgary.ca/MissionBridgeRehab

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Shrimp And Rice Noodle Stir Fry

by Jennifer Puri

Seafood has a variety of nutrients that contribute to our well-being and is also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin, and bones.

Generally, fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm, and their shells should always be translucent, greyish green, light pink, or a pinkish tan in colour.

Seafood is delicious, healthy, cost-effective, and easy to prepare as shown in the recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 225 g rice noodles
- 16 jumbo size shrimp
- ½ red pepper thinly sliced
- 16 snow peas
- 12 baby carrots, sliced
- 8 broccoli florets
- 4 green onions thinly sliced
- 4 tbsp vegetable oil
- 4 to 5 tbsp dark soy sauce
- 4 tbsp green curry paste
- 1 tbsp red chilli flakes



Directions:

1. Prepare rice noodles in accordance with package instructions, drain and set aside.
2. Heat 3 tbsp of oil in a wok or skillet, add green onions and sauté until they turn a light brown.

3. Add the sliced carrots, red pepper, broccoli, and snow peas. Stir fry for about five minutes or until tender, then add the green curry paste and soy sauce and sauté for another two to three minutes. Remove from heat while you cook the shrimp.

4. In a frying pan or wok, heat the remaining oil, add the shrimp, and sauté for three to four minutes or until the shrimp turn pink and are no longer translucent.

5. Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving.

6. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon Appétit!



Huge Flakes!

Although some are skeptical of the record, according to the Guinness World Records, the largest snowflake ever recorded came down in Missoula, Montana. In 1887, this city measured a single snowflake that was 15 inches in diameter! That's about the height of a bowling pin!



Champions of Care: How Nurses Can Support Your Health Goals

by Calgary Primary Care Networks



In May we celebrate National Nursing Week in Canada and shine a spotlight on the crucial role nurses play in primary care.

Looking for ways to live healthier? You may be surprised to learn about the free services available through the primary care network (PCN) nursing team to support your health and well-being. PCN nurses can support you through appointments — both in-person and virtual — at no cost. They can answer your health questions and help you:

- Set achievable health goals and learn strategies for a healthier lifestyle.
- Improve your emotional and mental well-being.
- Increase your physical activity.
- Test for memory concerns.
- Access support for diabetes, high blood pressure, high cholesterol, and other conditions.

PCN nurses work collaboratively with your family doctor and can connect you with resources to support your health. Visit albertapcns.ca to learn more.



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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ERLTON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
May	23	8	6	\$467,450	\$457,200
April	23	5	3	\$400,000	\$411,000

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

PARKHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
April	23	5	5	\$799,000	\$785,000

To view more detailed information that comprise the above
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YOUR CITY OF CALGARY

'Aging Is More...' Seniors' Week Explores the Potentials of Aging

by the City of Calgary

Seniors' Week is celebrated annually across Alberta, and it will be held this year from June 3 to June 9. It is a time to show appreciation for older adults and the significant contributions they make to our communities. They support their families and friends, volunteer their time and resources to various charities, and play an essential role in making our communities better places to live.

The theme, 'Aging Is More...', is deliberately open-ended to highlight the potential of aging. Seniors' Week is not just for older adults, but it's a time when seniors-sector organizations, not-for-profits, businesses, and Calgarians from all walks of life come together to organize fun, inclusive, cross-cultural, and multi-generational events in our city.

Get involved! Whether or not you choose to attend a Seniors' Week event, Age-Friendly Calgary encourages you to celebrate aging in your own way. Help spread Seniors' Week awareness with the social media hashtags #seniorsweek and #agefriendlyyyyc.

Seniors' Week events and updates will be posted at calgary.ca/seniorsweek.



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ELBOYA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	24	2	1	\$949,900	\$909,750
February	24	1	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
April	23	3	3	\$1,998,000	\$2,000,000

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
March	24	10	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
April	23	7	4	\$1,970,000	\$1,987,500

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

Keys to Good Oral Health

by Alberta Health Services

A person's smile has an important link to overall well-being and health. Our mouths and teeth aren't just for chewing. Oral health impacts our speech, the enjoyment of food, and the way we express feelings and emotions. Good oral health gives us confidence to live, work, and play.

Oral Health and You

Good oral health means more than having a nice smile! Your mouth can tell you a lot about the health of your body.

Oral health and general health have a two-way relationship. Oral diseases can cause poor general health, which can lead to oral health problems. For example, diabetes increases the risk of gum disease and gum disease can make diabetes harder to manage.

Preventing Common Dental Problems

Tooth decay, gum disease, and oral cancer are chronic oral diseases. A chronic disease is a health condition that lasts a long time and can affect people of all ages. Most chronic diseases can be prevented, but they are still the leading cause of poor health, including poor oral health.

The most common dental problem is tooth decay (cavities). Bacteria in the mouth mix with sugars from foods and drinks to make acids which weaken the teeth causing tooth decay. But it is preventable. Through good oral habits and consistency, you can ensure your beautiful smile lasts a lifetime.

Here are some tips on how to protect against tooth decay and other oral health problems:

- Brush your teeth and floss at least two times a day.
- Eat a healthy diet and limit sugary food and drinks.
- Visit your dentist for regular checkups or if oral health problem starts.
- Avoid tobacco use.

Taking good care of your teeth and gums each day is an important way to prevent tooth decay and gum disease. Finding and treating dental problems early leads to better oral health. Good oral health lowers the risks linked to diabetes, heart disease, cancer, and chronic respiratory diseases.

Fluoride can also protect against tooth decay in both children and adults. Getting an early start using fluoride has life-long benefits.

Adults have less tooth decay if they start using fluoride when they're children. Fluoride is an important mineral that keeps teeth healthy and for decades it has been used to prevent tooth decay. It's found naturally in soil, air, and water. Fluoride strengthens the tooth's outer surface (enamel) and repairs damage caused by tooth decay acids. Fluoride is available in different forms such as:

- In some communities' tap water.
- Oral care products such as toothpaste and mouth rinse.
- In fluoride varnish or gel applied by dental health professionals.

Did you know? Your child may be eligible for free fluoride varnish services. AHS offers a fluoride varnish program for children in preschool and school-aged children.

Visit ahs.ca/oralhealth to learn more.



Do you know a young person thinking about suicide?

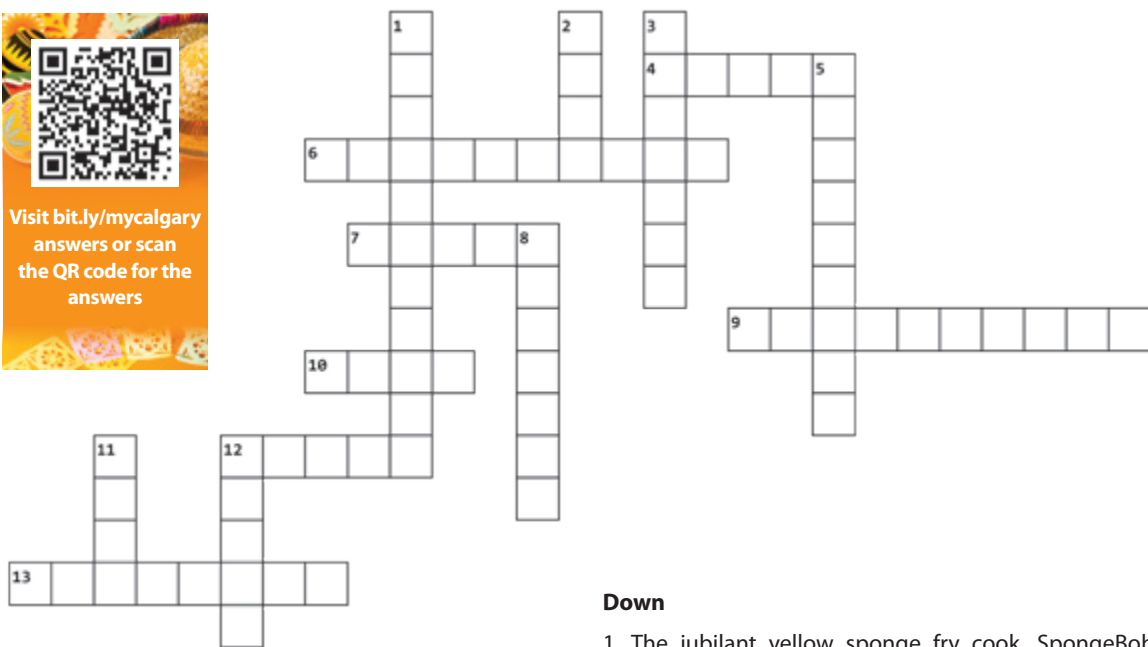
Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

Learn more: www.suicideinfo.ca/workshops



centre for
suicide prevention

May Crossword



Across

4. On May 25, 1963, the legendary comedian Mike _____ was born in Scarborough, Toronto. He is well-known for characters such as Austin Powers, Shrek, and Wayne Campbell.
6. This movie, which tells the story of Sir William Wallace leading a rebellion against the English to free Scotland from King Edward I's rule premiered on May 18, 1995.
7. In May 1873, Levi Strauss and Jacob Davis created this fashion forward denim pants.
9. This annual international song competition starts on May 7 this year and has seen winners in the past such as Celine Dion and ABBA.
10. Born in Fort Macleod, Alberta, _____ Mitchell was inducted into the Rock and Roll Hall of Fame in 1997.
12. In May 1997, Garry Kasparov started a game of _____ with IBM supercomputer Deep Blue.
13. In May of 1992, M.C Hammer's horse, Dance Floor, came third in the _____ Derby.

Down

1. The jubilant yellow sponge fry cook, SpongeBob _____ first graced our screens in May 1999, on Nickelodeon.
2. On May 25, 1997, one of George Lucas' greatest creations *Star Wars: Episode IV – A New _____* was released.
3. The official birthstone of May most famously symbolizes rebirth and growth; however, others suggest that the birthstone actually symbolizes love and success.
5. On May 19, 2020, Suzanne Collins released *The Ballad of _____ and Snakes*, a prequel to her *Hunger Games* trilogy.
8. The famous phrase "*April _____ bring May Flowers*" first appeared in a poem written by English Poet Thomas Tusser in the 1500s.
11. The first film of the Marvel Cinematic Universe, _____ *Man*, starring Robert Downey Jr. is released on May 2, 2008.
12. _____ de Mayo is celebrated on May 5 every year and honours the Mexican army's victory over the French in 1862.

BIG

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YOUR CITY OF CALGARY

Use Your Water Meter to Check Your Home for Leaks

by the City of Calgary

Together, we can make every drop count during this drought. Using your water meter to check for leaks, inside and outside the home, is one way you can do your part to use water wisely.

Using your meter to check your home for leaks is easy:

1. Turn off all taps and water-using appliances – inside and outside your home.
2. Watch the flow register on the face of the meter. The register could look like a gear or a needle depending on the model of meter you have.
3. If it keeps turning, you have a leak somewhere in your house.
4. Check all water devices, such as your toilet, taps, humidifier, hot water heater, and water softener.

To learn more about common sources of household water leaks, including some helpful repair tips, visit calgary.ca/waterguide.



Solving the Puzzle of the Jigsaw

Did you know that the first jigsaw puzzle is believed to have been made in 1760 by a man named John Spilsbury using a marquetry saw! He was a cartographer and engraver based in London who was interested in teaching people about maps, which led to the creation of this fun educational tool.

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MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
April	23	2	2	\$1,336,500	\$1,362,500

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
March	24	7	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
April	23	2	1	\$1,675,000	\$1,850,000

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

How to Create Personal Happiness

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



Creating personal happiness is a multifaceted journey that varies for each individual. The following are some tips to guide you to a more fulfilling and content life:

1. Self-Awareness – Understand yourself. What are your values, strengths, weaknesses, and what already makes you feel happy. Think about how you show up in the world. Read a book or listen to a podcast on emotional intelligence.

2. Positive Mindset – Cultivate a positive outlook on life. Focus on gratitude, optimism, and self-compassion. Smile more and give compliments. It's okay to acknowledge unhappy times and feelings, accept them and then move on.

3. Healthy Relationships – Seek to surround yourself with supportive, positive people who uplift you, encourage your growth, and contribute to your happiness. Become friends with yourself. Go out to dinner or a movie alone.

4. Work-Life Balance – Create healthy boundaries around working hours and away from work disconnection. Prioritize activities that bring you joy and fulfilment outside of your work and work responsibilities. Create weekly structure and habits.

5. Self-Care – Take care of your physical, emotional, and mental well-being. Focus on exercise, nutrition, sleep, and stress management. Slow down and breathe. Journal your thoughts and feelings. Spend less time on socials and your phone.

6. Set Goals – Establish realistic and meaningful goals. Ensure these align with your personal values, character, and aspirations. Remember to celebrate your progress and milestones along the way. Avoid comparing yourself to others. What you see outwardly may not be as it seems. Plan something new, like a trip, to look forward to.

7. Be Mindful and Present – Practice mindfulness to stay in the moment. Appreciate the small things happening daily. Declutter your space. A disorganized, cluttered space creates anxiety and can be distracting.

8. Contribute – Find a purpose. Seek the fulfilment of giving back to others. Volunteer, practice random acts of kindness, or support a cause you believe in. Having things to do keeps your mind engaged leaving less time for rumination.

9. Learn and Grow – Seek opportunities for personal and professional development. Learning new things and personal growth significantly contribute to happiness. Trying new things is also a great way to meet new people.

10. Acceptance – Embrace imperfections and accept yourself as you are, while also striving for growth and improvement. Accept the things you have the power to change and let go of the ones that are out of your control. It's okay to fail. Learn to let go and practice forgiveness. Forgiveness is for you, not the other. Holding onto resentments is like drinking poison and expecting the other to die.

Personal happiness is an ongoing journey. You don't have to do it all alone. Seek support from friends, family, coaches, mentors, or mental health professionals along the way.

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
April	23	1	1	\$1,850,000	\$1,800,000

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
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
April	23	3	1	\$1,669,000	\$1,640,000

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2. This day celebrated on May 4 is a play on words from an iconic line in an epic space movie created by George Lucas.
3. This day is observed on the second Sunday of May and honours the maternal figures in our lives.
4. On Florence Nightingale's birthday, May 12, hardworking healthcare workers are honoured.
5. World _____ Day, observed on May 20 this year, acknowledges the role of our favourite yellow pollinators.
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Celebrate Neighbour Day 2024

by the City of Calgary

Celebrate Neighbour Day in your community on Saturday, June 15! You're invited to get involved in this year's event by organizing a block party with your neighbours. Block party and greenspace permits are free for Neighbour Day. Apply for your permits by May 31, 2024, at calgary.ca/NeighbourDay. Invite Mayor Gondek, your Councillor, a police officer, or book a fire truck to drop by your event. You can also enter to win one of several great prizes, including 30 minutes of live musical entertainment at your block party.

Neighbour Day is our city's annual celebration of community connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Good things happen when you get to know your neighbours. They can add a friendly visit to your day, and you can lend a helping



hand when needed. Social connection with neighbours reduces loneliness and isolation and builds strong communities where people feel they belong.

If you're participating in Neighbour Day on June 15, show us how you celebrated! Post your event photos to social media with the hashtag #YYCNeighbourDay.

Visit calgary.ca/NeighbourDay to learn more.



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Welcome, May!

by Carolyn, Calgary's Home Gardener Helper

As May ushers in the warmth and vibrancy of spring, Calgary gardeners are busy preparing their outdoor spaces for the season ahead. However, with the potential for water rationing, hailstorms, temperature fluctuations, and strong winds, it's essential to plan thoughtfully to ensure a vibrant and resilient garden.

First and foremost, make sure you prioritize soil preparation. Begin by loosening compacted soil and incorporating organic matter such as compost to improve drainage and nutrient retention. This step not only promotes healthy plant growth but also enhances soil structure, allowing deeper water penetration and water holding capacity.



In light of potential water rationing, it's crucial to adopt water-saving techniques. Consider installing drip irrigation systems to deliver water directly to plant roots, minimizing evaporation and water waste. Mulching flower beds and garden/veggie areas can help retain soil moisture, reduce weed growth, and insulate plant roots from temperature fluctuations. Water lawn areas in the early hours or let your irrigation system do the work while you sleep.

When planning your landscape design, opt for low-maintenance drought-tolerant plants that can withstand Calgary's challenging climate. Hardy perennials such as yarrow, sedum, and blanket flowers,

along with native grasses and shrubs, require minimal upkeep once established and can thrive in Calgary's adverse ever-present conditions.

To protect your garden from hailstorms and wind damage, consider incorporating windbreaks such as fences, hedges, or strategically placed shrubs and trees. These barriers can help deflect strong winds and reduce the impact of hail; structures such as pergolas can safeguard your herbs and annuals pots.

Home gardeners should stay vigilant against pests and diseases, which can proliferate in warm and humid conditions. Regularly inspect plants for signs of infestation or disease, and promptly address any issues to prevent them from spreading throughout the garden. The Calgary Horticultural Society, as an affiliate member, allows you to access the experienced advice you need.

Embrace the beauty of diversity in your garden by incorporating a variety of colours, textures, and heights. Mix and match different plant species to create visual interest and provide habitat for pollinators and beneficial insects. Incorporate everlastings to add that pop of colour and be the subject of fun party talk!



With careful planning, thoughtful design, and strategic implementation, your garden can thrive despite the unpredictable nature of Calgary's climate. So, roll up your sleeves, dig in the dirt, and let's create a garden that's as resilient as it is beautiful.

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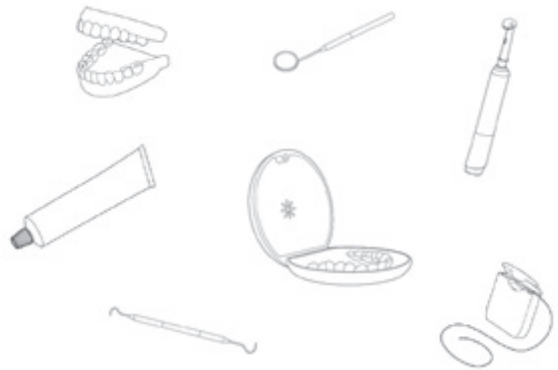
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