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BEL-AIRE



ERLTON



ELBOW PARK



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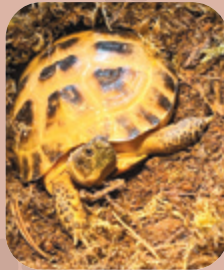
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Join the Erlton Community Association

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!

Join the Erlton Community Association Board of Directors!



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

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

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Haunted Calgary

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

During Halloween, the past comes alive owing to its connection to Samhain, the Gaelic festival at harvest's end, and then later to vigils held to mark Christian saints and martyrs. Halloween also serves to remind us of Calgary's fiendish and ghoulish side.

Dean House was built in 1906 as the home of Fort Calgary superintendent Captain Richard Deane. It became a rooming house during the Great Depression and was a crime scene in 1971 after a murder-suicide. Ghostly figures, a man with a smoking pipe, other times an Indigenous man, have been reported. There's also a bloodstain that changes shape, and a closet that refuses to stay locked (though none of this stopped my sister from getting married on its grounds).

At Heritage Park, Prince House is the 1894 mansion of the owner of Eau Claire sawmill (located on Prince's Island and closed in 1945). His story has an unfortunate side, with Prince's first three wives all dying prematurely from diseases within a decade. No wonder staff and visitors have reported apparitions of women standing at the windows. They're friendly, so say hello next time you visit.

There are plenty of pubs with haunted histories too. The former Rose and Crown was originally Davidson House, built around 1906. It was expanded in 1935 in the Tudor Revival style as a memorial chapel, the first of its kind in Calgary. An apparition of a little boy known to have died there reportedly hides in the basement. The building will once again be home to a pub, but its heritage status remains unprotected.

The Cat 'n Fiddle Pub, built 60 years ago, also served as a chapel, funeral home, and crematorium. It was converted to a pub in 1992. You can still see the old pipes used for washing bodies. Its ghosts have all been friendly: a woman in a red dress, a man in a top hat and tails, and even a biker. Some apparitions haven't stopped painting the town red.

This Halloween, take a ghost tour, remember the past, and think of those who still share our fine city.

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"Superintendent Burton Deane's house being moved to the east side of the Elbow River.", 1929-08, (CU193485) by Oliver, W. J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1O1WDUK>.



Glenbow Archives NA-3691-29
"Guests at Halloween party, Nimmons residence, Calgary, Alberta.", 1910, (CU1100568) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OZJEFT>.



"Peter A. Prince home, Calgary, Alberta.", [ca. 1896], (CU181025) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Located at 238 4 Avenue SW. Team and buggy in front. John E. Prince driving. Mrs Margaret Prince beside him. Mrs. Peter Eide (Rosanna), sister of John E. Prince, in back. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OYMO13?WS=SearchResults>.



Future home of Elephant & Castle pub, formerly Davidson House (with 4th Street Lofts Tower in the background), August 2024. Photo courtesy of Anthony Imbrogno.



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| | | Properties | | Median Price | |
|-----------|----|------------|------|--------------|-------------|
| | | Listed | Sold | Listed | Sold |
| August | 24 | 0 | 0 | \$0 | \$0 |
| July | 24 | 0 | 0 | \$0 | \$0 |
| June | 24 | 3 | 2 | \$1,549,950 | \$1,605,000 |
| 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 |

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 |
| August | 24 | 17 | 14 | \$304,850 | \$294,500 |
| July | 24 | 12 | 4 | \$242,450 | \$242,000 |
| June | 24 | 10 | 8 | \$265,000 | \$260,750 |
| May | 24 | 16 | 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 |

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

Eight Reasons Why You Should Leave a Toxic Workplace

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



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

1. Mental Health: Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

2. Physical Health: The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

3. Emotional Well-being: Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

4. Career Growth: Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

5. Relationship Strain: The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

6. Reduced Productivity and Job Satisfaction: It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

7. Ethical Considerations: Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

8. Long-Term Happiness: In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.

Nobel Canadians



Nobel Prize winners are announced in the first two weeks of October. Since the very first awards, Canada has won 27 Nobel Prizes. From 1923 to 2021, Canadians have received the award for everything from Economics and Physics to Literature.

The Art of Finding Work: What Determines Your Worth to an Employer? The Job Market or You?

by Nick Kossovan



Being paid what you're worth is a hot topic.

Five anecdotal examples of how employers assess a job's worth:

A Vancouver-based software company pays \$180,000 for a senior developer role, citing the high cost of living and intense competition for talent.

A nationwide retail chain compensates its store associates according to regional minimum wage laws rather than their individual skills and experience.

Even though the ideal candidate must have extensive fundraising expertise, a non-profit organization lowers the salary range for a grant writer position to accommodate the decline in donations.

A rural manufacturing plant pays its production workers less than their urban counterparts, citing the lower cost of living.

A consulting firm's compensation packages for junior analysts include a base salary, bonuses, and stock options designed to attract top graduates.

In the same way, the price of milk, housing, or dog food varies from store to store and region to region; a position's

worth isn't universal. What's universal when determining the value of a position is to consider the expected return on investment (ROI) for the employee's salary:

Productivity: For production roles, employers estimate the candidate's potential output, efficiency, and contribution to revenue or cost savings based on their skills, experience, and track record.

Revenue Generation: For revenue-generating roles, employers predict how the candidate will increase sales, secure new clients, or expand the business.

Cost Savings: For operational roles, employers estimate the employee's potential to improve processes, reduce errors, or streamline workflows, quantifying the expected cost savings the candidate will deliver.

Market Rates: Companies research salary benchmarks for similar roles in their industry and region.

Affordability (cash flow): How much can the company spend on payroll? (Companies closely monitor their payroll, their largest expense, to keep it from being a "profit distraction.")

These factors help employers determine what compensation will make the position worthwhile; in other words, the employee adds more value than their salary will cost.

Three key takeaways:

1. Employers seek to maximize the ROI on their human capital.
2. Candidates are more valuable when they're seen as synonymous with profits.
3. Worth (read: value) in the business world isn't subjective; it must be proven.

Internet talking heads, trying to appeal to today's prevalent sense of entitlement, advise job seekers to "demand their worth." This advice is the cause of the dilemma many job seekers struggle with: Should I base my compensation expectation on what I think I'm worth or what the job market says the job is worth?

Wrong question!

Job seekers should ask themselves, "Should I base my compensation expectation on what I can prove I'm worth or what the job market says the job is worth?"

Always strive to prove what you're worth, especially during an interview, while considering the following:

Evaluate the job responsibilities.

Expertise-intensive, decision-making-intensive, complex, or business-critical roles garner higher compensation. For instance, senior data scientists earn more than entry-level data analysts.

Additionally, there's the scope and scale of the role. Directors and managers overseeing multimillion-dollar budgets or large teams are valued more highly than those in smaller managerial roles.

Know the industry standard.

Platforms like Glassdoor, PayScale, and Salary.com, as well as government labour statistics and industry association surveys, provide crowdsourced salary data you can use as a starting point. Even though the objective of proving your worth is to obtain the highest compensation possible, you don't want to ask for compensation that's excessively outside the ballpark.

Supply and demand (a critical factor).

ECON 101: Supply and demand influence price; hence, roles with a limited talent pool and high demand will naturally command a higher salary.

The shortage of certain specialized technical skills, such as cybersecurity or data engineering, increases the cost of hiring those candidates. Conversely, recruiters and talent acquisition specialists are abundant, so employers can be more selective and offer lower salaries.

The employer's budget (the most significant determining factor).

Employers aren't a bottomless pit of money. As much as 70% of a business's expenses can be attributed to labour costs (wages, benefits, payroll tax). Much like we're constrained by financial realities when shopping for "whatever," employers are similarly constrained when hiring.

Organizational size, revenue, profitability, investor and shareholder demands, and strategic priorities are considered when determining a position's wage. Generally, companies allocate higher compensation budgets to roles essential to achieving their key objectives.

Never base your expectations solely on your own sense of worth. Research industry benchmarks, regional pay

trends, and the specific demands of the role. Then, be prepared to discuss and justify the measurable value (key) you can bring to the employer. Highlight your unique skills, experience, and, most importantly, the results you've delivered.

Some examples of this could be:

- Grew email subscriber list from 300 to 2,000 in eight months with no budget increase.
- Managed 500+ customer accounts for five years without a complaint and got a 98% rating on reviews online.
- Wrote 400+ informative articles, increasing organic website traffic by 21%.

The job market is the primary determinant of a role's worth—not your personal assessment. (Why should employers be responsible for the lifestyle you created?) A successful job search comes down to convincing an employer that your compensation request will result in a positive ROI.



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| | | Properties | | Median Price | |
|-----------|----|------------|------|--------------|-----------|
| | | Listed | Sold | Listed | Sold |
| August | 24 | 6 | 4 | \$872,000 | \$900,000 |
| July | 24 | 5 | 5 | \$474,900 | \$469,900 |
| June | 24 | 8 | 7 | \$475,000 | \$450,000 |
| May | 24 | 4 | 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 |

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 |
| August | 24 | 6 | 6 | \$749,950 | \$743,750 |
| July | 24 | 4 | 2 | \$1,799,900 | \$1,730,913 |
| June | 24 | 3 | 0 | \$0 | \$0 |
| May | 24 | 5 | 9 | \$349,900 | \$329,900 |
| April | 24 | 8 | 5 | \$384,900 | \$415,000 |
| March | 24 | 8 | 4 | \$322,400 | \$315,750 |
| February | 24 | 3 | 6 | \$1,159,450 | \$1,152,000 |
| January | 24 | 1 | 6 | \$1,064,500 | \$984,000 |
| December | 23 | 2 | 3 | \$499,900 | \$499,900 |
| November | 23 | 8 | 5 | \$850,000 | \$890,000 |
| October | 23 | 10 | 7 | \$460,000 | \$450,000 |
| September | 23 | 6 | 5 | \$700,000 | \$705,000 |

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

Halloween Safety

by Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.



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.



West Elbow Communities Local Area Planning

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

We want to hear from you

We are continuing to work together to refine the West Elbow Communities Local Area Plan and encourage you to participate in this important phase of engagement.

Phase 3: REFINE of the West Elbow Communities Local Area Planning project is taking place September 17 to October 15. In this phase, we are looking to further discuss and refine how redevelopment and revitalization 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.

Provide your input on topics including:

- 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 investments are needed — such as upgrades to mobility connections or enhancements to local parks.

**Share your thoughts
from September 17
to October 15**

Online

Join online at
calgary.ca/WestElbowPlan.

Engagement Booklet

Through an engagement booklet (delivered to homes and businesses starting September 17).

Each engagement booklet includes a feedback form that can be mailed in with pre-paid postage.

You can also pick a booklet up at an Engagement Station (see location map online).

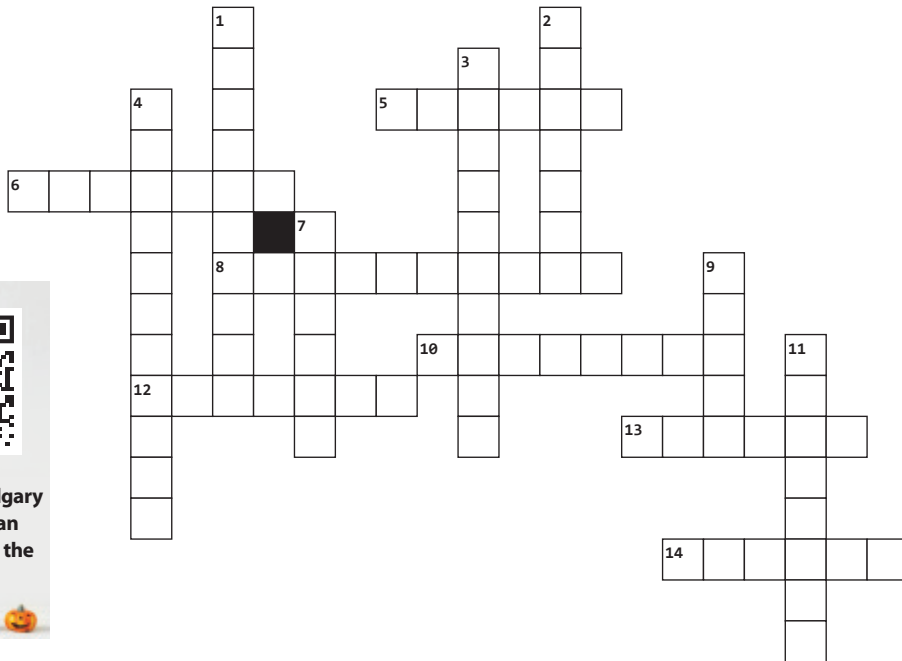
In-person

Join a virtual or in-person engagement session — check out the schedule at calgary.ca/WestElbowPlan.

**Learn more at
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October Crossword



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

Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World _____ Day.
6. In October, Canadians commemorate Women's _____ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League _____'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian _____, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, _____ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance _____, was born on October 29, 1998.

Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for _____ on October 13, 2016.
2. *Joker*, starring Oscar-winner _____ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. _____, was first published on October 14, 1926.
11. October's birth flower, the _____, is a popular bright orange and yellow flower used during Día de los Muertos festivities.

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ELBOYA COMMUNITY REAL ESTATE ACTIVITY

| | | Properties | | Median Price | |
|-----------|----|------------|------|--------------|-------------|
| | | Listed | Sold | Listed | Sold |
| August | 24 | 4 | 3 | \$1,199,999 | \$1,205,000 |
| July | 24 | 3 | 3 | \$1,140,000 | \$1,030,000 |
| June | 24 | 2 | 2 | \$2,698,500 | \$2,675,000 |
| May | 24 | 7 | 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 |

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 |
| August | 24 | 6 | 9 | \$2,545,000 | \$2,425,000 |
| July | 24 | 9 | 5 | \$1,589,000 | \$1,525,000 |
| June | 24 | 10 | 4 | \$2,674,000 | \$2,597,500 |
| May | 24 | 9 | 9 | \$1,800,000 | \$1,915,000 |
| April | 24 | 3 | 3 | \$2,500,000 | \$2,415,000 |
| March | 24 | 5 | 4 | \$1,669,400 | \$1,747,500 |
| February | 24 | 6 | 3 | \$985,000 | \$980,000 |
| January | 24 | 6 | 3 | \$1,085,000 | \$1,177,000 |
| December | 23 | 1 | 4 | \$2,546,500 | \$2,475,000 |
| November | 23 | 4 | 3 | \$1,950,000 | \$1,932,500 |
| October | 23 | 5 | 6 | \$1,572,500 | \$1,562,000 |
| September | 23 | 3 | 5 | \$1,075,000 | \$1,000,000 |

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

Tips for a Healthier Relationship with Social Media and News

by Alberta Health Services



Social media and news can help you stay connected. But all that information can also be overwhelming. It can disrupt your day, and it's easy to form habits you didn't mean to.

Be sure to stay safe while using social media. Be careful with the information you share and who you share it with when you're online. If someone is harassing or threatening you, unfriend or remove them from your friends list, block them, and report them to the site administrator. Learn about how to use the privacy settings on social media and keep your security software up to date.

Tips to Consume Social Media and News in a Healthy Way

- Know your goal. If you want to use social media to stay up to date on community events, log off after you have the information you need. If you're trying to stay caught up on the day's events, do you need to keep an eye on the headlines all day? Maybe a check-in once a day is enough.
- Notice how it makes you feel. Does seeing what friends are sharing make you happy? Or does it make you feel down? Does the daily news stress you out? When you know how news and social media affect you, you can decide if you need to make some changes to how you use them.
- Don't compare your everyday life to someone else's online life. People usually post about the shiny parts of their lives instead of daily struggles or disappointments. So even if what you're seeing is a true story, remember that it won't be the whole story. Add to your life and learning with real-world experience.

- Change notification settings. That way you can find information you want when you're ready for it, instead of letting it find you.
- Unfollow and hide feeds as needed. If accounts you follow or friends you have post things that stress you out, get rid of them. If you don't want to "unfriend" someone, just change your settings so that you don't see what they post anymore. They'll never know.
- Follow the feel-good stuff. The news can be heavy. Try to find balance by focusing on things that make you feel happy. Try following social media accounts that are focused on your interests or on things that make you laugh. And sign up for "good news" mailers. Most major news outlets offer them, or something like it. To help you find balance try tracking how much time you spend on social media or reading news.
- Set a time to step away. Make time to disconnect from news and social media. Close your apps and turn off the TV. Read a book, get outside, work on a puzzle, or call a friend. It doesn't matter what you choose to do. Just make sure it's something that feels supportive and worth your time.

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Back to School: Healthy Eating for Post-Secondary Students

by Alberta Health Services



Starting your first year at post-secondary is an exciting time. From attending orientation to finding the best place on campus to study, you will have many new experiences during the school year.

There are plenty of tips online about the best study methods to help you ace your exams, but did you know what you eat can also affect how well you do in school? Research shows that maintaining a healthy eating pattern may contribute to higher grade point averages in undergraduate students. Including a variety of vegetables and fruits, whole grains, and protein foods like chicken, fish, and beans in your meals and snacks can help provide your body and mind with the nutrients it needs to function at its best.

Starting Off on the Right Foot: Proper Equipment

If you moved away from home to attend school, you might be living on your own and preparing all your meals for yourself for the first time. Keep reading to find

out what kitchen equipment you can use to prepare most dishes and some meal ideas to get you started.

Food skills are an important part of healthy eating. This includes knowing what foods to buy, where to buy them, and how to store and prepare food. The list below is a starting point that you can add to based on your budget and the types of foods you like to eat.

Helpful Kitchen Equipment:

- Medium-sized pot with a lid
- Non-stick frying pan
- Cutting boards – try to have at least two, one for raw meat and another for vegetables and fruit
- Knife for chopping
- Spatula and tongs – silicone versions of these tools can prevent damage to protective coatings on pots and pans
- Can opener
- A set of measuring cups and spoons
- Mixing bowl
- Instant read food thermometer – important for checking that foods are fully cooked to help prevent foodborne illness
- Microwave safe food storage containers to store leftovers or bring food with you to campus to eat on the go

Having the equipment to prepare meals is the first step. Once you have settled into your new place, take the time to explore your neighbourhood to find the closest food store.

Throughout the school year, you may find it takes a lot of time and energy to figure out what to cook every day. Meal planning can help you decide what to eat, help stay within your food budget, and reduce food waste. Here are some quick meal ideas to fuel your brain and body.

- Greek or Icelandic yogurt topped with whole grain cereal, fresh or frozen fruit, and nut or seed butter.
- Burritos made with eggs, cheese, tomatoes, and green onions wrapped in a whole wheat tortilla. Add salsa to the eggs for extra flavour.
- Add a protein food of choice like canned tuna, beans, or cooked chicken to a pre-made salad from the grocery store.

You can also use Canada's food guide plate as a guide for building meals. Aim to make ½ your plate vegetables and fruit, ¼ whole grain foods, and ¼ protein foods. Along with healthy eating, hydration also contributes to your health. Try to make water your drink of choice. Keep a reusable water bottle with you to drink from throughout the day to help make it easier to stay hydrated. A healthy lifestyle also includes allowing seven to nine hours for sleep a night and making physical activity part of your routine to support your overall health.

Find more resources on healthy eating including meal planning, recipes, and shopping tips at HealthyEatingStartsHere.ca and search "Choose and Prepare Healthy Food."

For information on food safety, including safe cooking temperatures, and general tips for handling, storing, and preparing food, check out the Food Safety page on Canada.ca.



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MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

| | | Properties | | Median Price | |
|-----------|----|------------|------|--------------|-------------|
| | | Listed | Sold | Listed | Sold |
| August | 24 | 1 | 1 | \$1,390,000 | \$1,340,000 |
| July | 24 | 1 | 0 | \$0 | \$0 |
| June | 24 | 0 | 0 | \$0 | \$0 |
| May | 24 | 3 | 1 | \$1,345,000 | \$1,500,000 |
| April | 24 | 0 | 0 | \$0 | \$0 |
| March | 24 | 0 | 1 | \$2,395,000 | \$2,300,000 |
| February | 24 | 1 | 0 | \$0 | \$0 |
| January | 24 | 1 | 1 | \$1,598,000 | \$1,650,000 |
| December | 23 | 0 | 0 | \$0 | \$0 |
| November | 23 | 0 | 1 | \$1,699,900 | \$1,570,000 |
| October | 23 | 2 | 1 | \$1,650,000 | \$1,650,000 |
| September | 23 | 1 | 1 | \$1,799,000 | \$1,710,000 |

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 |
| August | 24 | 5 | 3 | \$525,000 | \$535,000 |
| July | 24 | 4 | 1 | \$1,825,000 | \$1,710,000 |
| June | 24 | 2 | 2 | \$1,300,000 | \$1,316,285 |
| May | 24 | 4 | 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 |

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

Protect Your Knees: Top Strategies for Preventing Knee Injuries

by Alberta Health Services



Knee injuries can happen to anyone.

Sometimes issues develop from everyday wear and tear from jobs, sports, physical activities, having a disease such as osteoporosis or arthritis, or simply aging can increase your chances of having problems with your knees.

There are many ways to help reduce the risk of knee injuries – here are a few strategies to consider.

Top Tips for Preventing Knee Injuries

- Stay at a healthy weight.
- Wear kneepads when kneeling on hard surfaces. Avoid prolonged kneeling.
- Avoid deep knee bends.
- Avoid running downhill unless you are fully conditioned.
- Wear shoes with good arch supports.
- Always do a warm-up before physical activities such as five to ten minutes of light jogging or riding a stationary bicycle.
- Make stretching part of your warm-up before the activity and your cool-down after the activity. Stretching can help you keep and improve your range of motion and reduce stiffness in your joints.

Strength Training and Conditioning

Strengthening your leg muscles can greatly reduce the risk of knee injuries. Pay special attention to your front and back thigh muscles (quadriceps and hamstrings).

Try these strength training activities:

- **Agility.** Learning to crouch and bend at the knees and hips when turning may reduce the stress on your knees. Agility exercises include running forward and backward and running in diagonals (run diagonally to one spot, then cut the other way and run to another).
- **Jumping and spinning.** On the same spot, bend your knees and jump into the air. Spin one-quarter turn (90 degrees) to the right and land on both feet. Repeat to the left. Advance how much you spin to a half turn, three-quarters turn, and full turn.
- **Tuck jumps.** On the same spot, jump straight up with your hands at your side. As you jump, bring your knees up toward your chest. Repeat immediately ten times.
- **Hopping.** You will need a small object to hop over for this exercise. You can start with a small object like a book or even a piece of tape along the floor. Place the object or tape on the floor to your left and hop over it using both legs. Then hop back to your right. Hop back and forth over the object 20 times. You may also hop back and forth on one leg.
- **Landing skills.** When landing after jumping always remember to:
 - Land with the knees bent. As the knees bend during landing, make sure they travel in a straight path. Do not let them move closer together.
 - Land softly on the balls of the feet and roll back onto the heels.
 - Keep your knees and hips aligned and your upper body upright. Don't bend too far forward or backward as you land.
 - Try not to land on one foot. If this is not possible, bring the other foot down as soon as possible to distribute weight evenly.

TRANSCEND-T2D-2 TRIAL
A study of Retatrutide vs. Ozempic in people living with Type 2 diabetes



This study has been approved by the University of Calgary Conjoint Health Research Ethics Board
Ethics ID: REB24-0229

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<https://www.ucalgary.ca/diabetes-clinical-trials>

Bacon And Herb Wrapped Chicken

by Jennifer Puri

Thanksgiving is a holiday when family and friends gather to express gratitude and enjoy a festive meal, which usually includes a roasted turkey.

However, bacon and herb wrapped chicken is a great option for a smaller gathering. Bacon is the key ingredient to locking in moisture and flavour and this dish pairs well with mashed potatoes, garlic green beans, broccoli, caramelized carrots, or pumpkin and cranberry sauce.

Thighs or drumsticks can be substituted instead of chicken breasts. If using chicken breasts, make sure that each piece is roughly the same size, approximately four to five ounces.

Prep Time: 15 minutes

Cook Time: 30 to 40 minutes

Servings: 4



Ingredients:

- 4 skinless chicken breasts, 4-5 oz. each
- 12 thin slices of bacon
- 2 tbsp. olive oil
- 1/3 cup maple syrup
- 2 tsps. Dijon mustard
- 2 garlic cloves, finely chopped
- ½ tsp. of salt
- ¼ tsp. of coarsely ground black pepper
- 1 tbsp. finely chopped parsley
- 1 tbsp. finely chopped thyme

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- In a small bowl, mix together olive oil, garlic, maple syrup, Dijon mustard, parsley, thyme, salt, and pepper.
- Place the chicken breasts on a cutting board and brush the olive oil mixture over each one making sure that each side of the breast is covered. Wrap two to three slices of bacon around each breast and then place them seam side down on a foil covered baking pan or tray.
- Drizzle any leftover olive oil mixture over the breasts and then bake for 30 to 40 minutes or until chicken is cooked and the bacon is crisp. Insert a meat thermometer in the thickest part of the breast to check if chicken is cooked through, which should be at least 165 degrees Fahrenheit.
- Allow the chicken to rest for a few minutes and garnish with parsley before serving.

Bon Appétit!





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BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

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

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 |
| August | 24 | 1 | 0 | \$0 | \$0 |
| July | 24 | 2 | 0 | \$0 | \$0 |
| June | 24 | 1 | 1 | \$4,899,000 | \$4,800,000 |
| May | 24 | 3 | 3 | \$2,375,000 | \$2,300,000 |
| April | 24 | 1 | 3 | \$1,400,000 | \$1,400,000 |
| March | 24 | 4 | 2 | \$2,882,500 | \$2,862,500 |
| February | 24 | 0 | 1 | \$2,700,000 | \$2,550,000 |
| January | 24 | 2 | 0 | \$0 | \$0 |
| December | 23 | 0 | 0 | \$0 | \$0 |
| November | 23 | 1 | 0 | \$0 | \$0 |
| October | 23 | 2 | 2 | \$2,196,500 | \$2,395,000 |
| September | 23 | 2 | 1 | \$1,850,000 | \$1,850,000 |

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

Let's Share the Road Safely and Look Out for Each Other

by the City of Calgary

October's traffic safety focus is Pedestrian Safety.

Most pedestrian collisions happen when we're rushing to get to work, school, an activity, or home.

Weather conditions and daylight changes in the fall make it harder for people to see.

When driving or cycling, be ready in case pedestrians make unexpected moves.

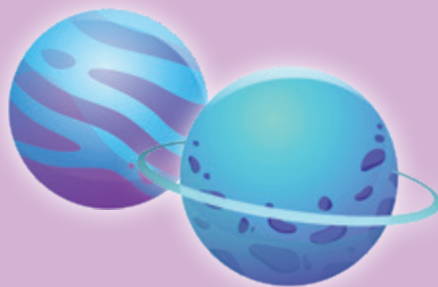
- Never pass a stopped vehicle at a crosswalk.
- Pay attention to pedestrians when turning.
- Watch for children. Drive cautiously through areas where children could be walking or playing.
- Be patient – especially with seniors or pedestrians with disabilities who need time to cross the road.

Pedestrians

- Don't assume drivers see you. When waiting to cross a road, make sure cars have come to a stop before proceeding. Make eye contact and wave.
- Don't walk distracted. Keep your head up.
- Walk on sidewalks. If there's no sidewalk, walk facing traffic.
- When walking to train stations, look both ways when crossing the tracks and obey traffic signals.
- Use point, pause, proceed to let drivers know you're entering a crosswalk.
- It's important to teach children how to safely cross the street. Practice safe crossing skills to help them learn how to navigate our streets safely.
- Remind kids not to run into the street or cross between parked cars
- Help kids to identify and understand car turn signals and back up lights and to be alert for cars turning or backing up.
- Teach kids to put phones, headphones, and devices down when crossing the street.

ICE GIANTS

Uranus and Neptune are two ice giants in our Solar System. Ice giants are planets that are made up of elements heavier than hydrogen and helium, they are also as the name suggests, giant. From what we know, the surfaces of these planets are mostly made up of liquids and gases, and do not have solid surfaces.



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Joke of the Month



Did you hear about the mathematician who's afraid of negative numbers?

He'll stop at nothing to avoid them.

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Word of the Month



Flibbertigibbet: noun (flib-er-tee-jib-it)

An excessively talkative, flighty, or light-headed person.

She was sitting next to a flibbertigibbet on the train ride to work.



Dear Neighbours,

Times are tough right now. More and more Albertans are struggling to make ends meet because of skyrocketing costs, from schooling, to insurance, to housing. In fact, Alberta has some of the highest housing cost inflation in Canada, with average home prices up 39% since 2019. Alberta has also seen the highest post-secondary tuition increases in the country. And Albertans pay some of the highest auto insurance premiums in the country - second only to Ontario.

What's worse is that Albertans have seen average hourly wages decrease by four percent since 2019. Combined with inflation, this adds up to Alberta being the only province where average wages rose slower than inflation since the UCP was elected here in 2019. This means that Albertans saw their real wages cut, the only real wage reduction in the country. You're making less money but paying higher prices for almost everything.

But what is the solution? One answer lies in building. We need to build houses, apartment buildings, condominiums, rowhouses, anything that will help alleviate the housing crisis. We need to build schools and hospitals, to relieve the pressure on our overcrowded schools and strained healthcare system. We need to revitalize our public transit system with public works projects like the Green Line. All of these projects not only provide well-paying jobs that stimulate the economy, but they provide the infrastructure that our cities and province so desperately need. Let's return to the days when we were not afraid to build a better Alberta. It's time to build.

A reminder that my office is located at 205 5005 Elbow Drive SW. You can also reach me at calgary.elbow@assembly.ab.ca or by phone at 403-252-0346. I am always happy to meet with constituents and listen to what is on your mind.

Sincerely,

Samir

Happy Thanksgiving! I hope you are able to spend time with your family on this holiday, and that you have significant memories to be thankful for from the past year.

I'm thankful for the responses I've received from so many of you about the work I continue to push in Parliament. This past summer, I wrote about the effects that the changes to Canada's Competition Act – embedded in the omnibus Bill C-59 Fall Economic Statement – would have on anyone doing business in Canada, particularly those that are aiming for better environmental outcomes. As I explained, the Bill will erode freedom of speech (if allowed by Canada's Courts), lessen competition, weaponize our Competition Tribunal, and cast a chill on business investment in this country. As if we haven't seen enough of a flight of capital pursuing opportunities outside of Canada.

The bigger issue for Canadians is the role of 'omnibus' bills in eliminating what many of us view as democratic process in the construction of Canada's underlying legal statutes. These bills package too many legislative changes into one process, thereby denying parliamentarians the ability to properly debate the substance of the changes in the bill. Even the committee process – where these amendments are usually examined in detail – is short-circuited with time allocation mechanisms. We end up with legislation where Parliament passes a series of legislative changes where the 'intent' is not even discussed. Thus, any future Court ruling on the matter is denied that perspective, which is usually sought.

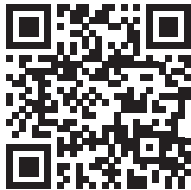
Many participants responded to my request to submit opinions to the Commissioner, which could be done until September 27. I believe the changes need significant input and parliamentary revisions in order to meet the desired objectives.



Your community plan is ready

Hey Chinook Communities!

That's you Bel-Aire, Britannia, Elboya, Manchester, Manchester Industrial, Mayfair, Meadowlark Park, Parkhill, and Windsor Park.



The Chinook Communities Local Area Plan is ready.

Wondering what the Plan's all about?

③ The Chinook Communities Local Area Plan sets the vision for the evolution of your community over the next 30 years, including direction on future development and community improvements.

③ A few of the key ideas in the Plan include:

- Providing industrial transition east of Macleod Trail S
- Enhancing parks, open spaces, and natural areas
- Improving connections along main streets
- Increasing housing and mobility choices
- Fostering vibrant transit station areas

Change is gradual, but having a plan in place to guide change – from proposals for new homes and businesses to future investment into community spaces – helps ensure change is aligned to the future vision for the area.

Visit calgary.ca/Chinook starting October 15, 2024 to:

- Check out the final draft Chinook Communities Local Area Plan.
- Learn how public input informed the Plan.
- Find out about upcoming public information sessions (online and in person).



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