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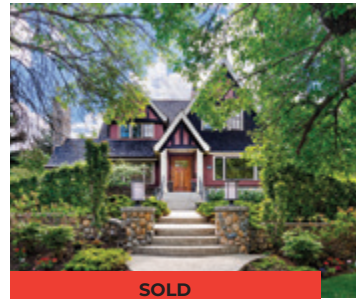




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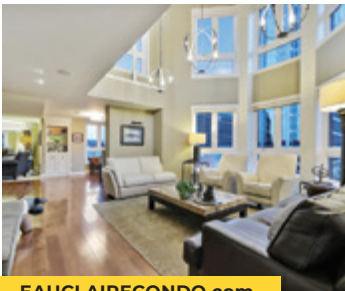
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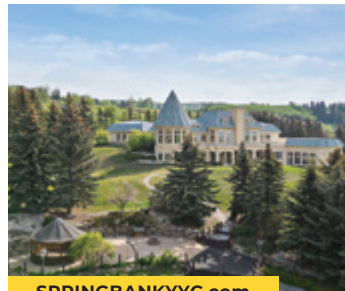
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ERLTON



ELBOW PARK



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Join the Erlton Community Association Board of Directors!



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

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

Join the Erlton Community Association

Join the Erlton Community Association and take advantage of local discounts, meet some new friends at a social event, stay informed of community planning and development projects, and find out what's happening in traffic and parks news. Members are welcome to join us at our monthly meeting. Yearly membership fees are very reasonable, and seniors can join for free! Email erltonsecretary@gmail.com, erltonpresident@gmail.com, or erltonmembership@gmail.com for more information.



ERLTON COMMUNITY ASSOCIATION Monthly Meetings

The ECA hosts monthly meetings every second Tuesday of the month at the MNP Community and Sport Centre, except for July and August. Meetings provide an opportunity for community members to receive updates on the status of projects from the ECA and bring any new issues to the attention of the community and executive. Agendas are usually sent the weekend before the next scheduled meeting. All are welcome!

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ROXBORO COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
August	23	1	0	\$0	\$0

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

WINDSOR PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	24	15	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
August	23	11	14	\$225,000	\$218,750

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

How to Deal with Resentment: A Better Way to Process the Poison We Drink, Expecting the Other to Die

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



In the recovery community, resentment is a hot topic. It's often referred to as "drinking poison hoping the other person will die." Psychologist Susan Albers, PsyD, shares some of the signs you might be harbouring resentment, along with ways you can pull yourself out of it.

Resentment is a complex emotional reaction to being or feeling mistreated or wronged by another person, situation, or series of circumstances. Resentment can feel like a mix of anger, bitterness, disgust, or disappointment toward the person or events from your perception. It can be triggered by several things:

- Being taken advantage of by others.
- Being put down, dismissed, or ignored.
- Feeling inadequate, overlooked, or unheard.

- Having unrealistic expectations of others or the world around you.
- Maintaining relationships with people who insist their needs are more important than your own.
- Having interactions with people who undermine your authority.

The challenge with resentment is that if you hold onto it tightly, it becomes harder to forgive or let go and move on from the situation. When you've been mistreated or wronged, it's common to experience an overlap of negative emotions that continue to resurface and return whenever you're confronted with these individuals, situations, or memories. These emotions may include anger, hostility, hate, bitterness, discomfort, or disgust. Suppressing these emotions over time, can lead to resentment, which can have significant negative effects on your mental and physical health. "In the short-term, suppressing feelings may seem like a way of coping. However, in the long run, pushing down or ignoring emotions can be an entry into mental health issues like PTSD, trauma, depression, and anxiety," warns Dr. Albers.

Resentment can make it difficult to let go of your anger. You find yourself hyper-focusing on these feelings, especially whenever you're confronted by the person or situation that caused them in the first place. You might even be enraged or experience strong urges to seek revenge. These things can take a significant toll on your mental and physical health. "Emotions are not solely confined to our minds; they can also take residence in our bodies," clarifies Dr. Albers. "Anger, if left unaddressed, can manifest physically by increasing your heart rate and blood pressure, causing muscle tension and headaches, digestive issues, weakening your immune system, and causing sleep disturbances. These can all put you at higher risk for cardiovascular issues like high blood pressure and heart disease or chronic conditions like diabetes and autoimmune disorders."

When emotions like resentment linger, we tend to associate it with other feelings like regret, shame, guilt, or remorse, especially if we're made to feel like we're at fault. When you're resentful, you're on guard. Why would you ever surround yourself with the same people or situations that hurt you again from the start? We see this often in relationships. If you've been wronged in the past by a previous partner, you might resent them

and anyone else who reminds you of them or presents that kind of behaviour because it triggers your fears and anxiety around betrayal and lack of commitment. On the surface, resentment may appear to offer you the ability to have power and control over the situation. But internally, it can cause real, long-lasting damage to your mental health. "At first, it may seem like avoiding the situation is a way of coping. However, by engaging in avoidance behavior, we inadvertently fuel the flames of resentment, allowing it to fester and intensify inward," says Dr. Albers.

When you're ready to let go, and leave resentment in the past, these steps are useful:

- Do a personal inventory of what's important to you. What would it take for you to "settle the score"? Are you looking for an apology? Are you looking for an explanation? Or are you looking to make amends?
- Acknowledging where you stand on the issue, what you need in order to heal, and what your expectations are for yourself and the other party involved are the keys to handling any unresolved conflict.
- "Empathy plays a vital role in putting a stop to resentment, as it allows us to step into the shoes of others and understand their perspective," says Dr. Albers. "Coming to terms with the person or situation that caused resentment can open the door to healing and closure, as it enables us to find empathy towards ourselves and create space for forgiveness and growth."
- When you're steeped in doubt and negativity, lean on the people, places, and things that bring you peace and positivity by practicing gratitude. Try keeping a gratitude journal of all the things that make you happy and serve as a positive step toward improving your well-being.

"It's OK to seek support because navigating resentment alone is not easy," reaffirms Dr. Albers. "Working with a therapist can help you to see the situation from a new perspective and access self-compassion, which becomes key to making a manageable journey of healing and growth."

Finding ways to practice self-love and compassion will not only set you up for success in the future. It will also help you recognize that when you feel like you're caught in the throes of resentment, you can stop drinking the poison hoping the other person will die.



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	24	6	4	\$662,450	\$651,250
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
August	23	4	6	\$549,950	\$571,250

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
July	24	3	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
August	23	5	3	\$469,900	\$471,000

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

A Walk in the Wetlands

by Alisha Sharma



Wetlands are a very important part of our community. They serve as a habitat for birds and other animals, especially when things such as city development force the animals out of their homes. Well, I'm here to support the idea of going to the wetlands more often. Let me share my experiences in the wetlands with you.

I enjoy going to a trail in the Silverado community which runs along a lively wetland. My favourite thing to do there is birdwatching. There's a good range of birds in the wetland, so I recommend doing a bit of birdwatching in your free time. Common birds found there include yellow-headed blackbirds, red-winged blackbirds, Grackles, American Robins and if you're lucky, you'll find some ducks there as well. And the occasional run-in with the dreaded Canadian Geese!

The wetlands are also a great place to just walk, enjoy the view, and find a bit of time for yourself, which I know

some people really struggle with. It's calming, especially with all the sights and sounds; it definitely helps get rid of any stress. So, if you're looking for your next "you-time" destination, check out the wetlands and see what you think.

I've recently noticed that each time I've walked or cycled in the wetlands, I've felt more active. My guess is it's all the Vitamin D from the sun (but still, don't forget sunscreen!). I feel I've improved my physical activity and I feel really good after a peaceful walk. I'm a kid and so far, being in the wetlands has piqued my curiosity because of the variety of creatures and plants. I just can't help but explore it.

I hope you will begin exploring your local wetlands. Maybe next time you need somewhere to walk, to have a bit of "you-time", or even to meet new people, make sure to try the wetlands.

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YOUR CITY OF CALGARY

Call for Volunteers: Help Plan Calgary's Future for Older Adults!

by the City of Calgary

If you have first-hand insight on living as an older adult or as a caregiver to an older adult, your experience and ideas are needed. Consider volunteering for the Older Adult Advisory Table (OAAT). Your expertise will be used to inform strategies and actions for the Age-Friendly Calgary Steering Committee, action teams and staff.

Your Role as a Volunteer

- Inform and support strategic and action planning of the Seniors Age-Friendly Strategy in an advisory capacity.
- Provide the perspective of older adults to help make Calgary more age friendly.
- Share ideas and perspectives from your personal networks or social groups with OAAT.
- Bring OAAT ideas and perspectives back to your personal networks or social groups.
- Share information about Age-Friendly Calgary with people you know and support the vision of Age-Friendly Calgary.

Requirements

- Aged 45 or over.
- Live in Calgary.
- Passionate about your community.
- Understand older adults' needs now or in the future/ have experience as a caregiver.
- Feel comfortable to share and to provide feedback in a group setting.
- Commit to take part in monthly meetings and a two-year term.

Benefits

- Have your voice heard; help shape City programs and services.
- Make connections and broaden your network.
- Build and expand your skills.

Deadline for online applications is Wednesday, September 11. For more information visit calgary.ca/OAAT.



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ELBOYA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	24	2	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
August	23	3	2	\$909,950	\$905,000

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
July	24	9	5	\$1,589,000	\$1,525,000
June	24	10	4	\$2,674,000	\$2,597,500
May	24	11	9	\$1,800,000	\$1,915,000
April	24	3	3	\$2,500,000	\$2,415,000
March	24	5	4	\$1,669,400	\$1,747,500
February	24	6	3	\$985,000	\$980,000
January	24	6	3	\$1,085,000	\$1,177,000
December	23	1	4	\$2,546,500	\$2,475,000
November	23	4	3	\$1,950,000	\$1,932,500
October	23	5	6	\$1,572,500	\$1,562,000
September	23	3	5	\$1,075,000	\$1,000,000
August	23	6	4	\$2,147,450	\$2,139,950

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

Korean Beef Bowl

by Jennifer Puri



Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!

The Art of Finding Work: A Job Search Game Changer: Assertive Communication

by Nick Kossovan



King of all skills: communication skills.

Clear, concise communication is the key to getting and keeping an interviewer's attention. An hour-long interview boils down to having 30 minutes to make your case.

First 15 minutes: Small talk, building rapport, setting the tone for the interview.

30 minutes: Actual interview.

Last 15 minutes: Asking questions and wrapping things up, which influences how your interviewer will remember you.

Making your case in 30 minutes requires assertive communication, a powerful skill for conveying your message clearly and directly. When you start using assertive communication, you'll experience a game-changing shift in your job search and career because it's linked to self-confidence and an alpha-like personality, traits that are valued in business environments.

During the interview process, your competitors will likely exhibit signs of passivity or aggression. In this context, assertive communication is a strategic advantage, making you stand out and, most importantly, be taken seriously. You want to aim for the sweet spot between the timid passivity of "I'm not sure, whatever you think is fine" and the overly aggressive "This is how it's going to be."

The assertive communicator strikes a balance between self-promotion and humility. They state their case firmly

but also listen to the other person's point of view. This balance is crucial during an interview, where you must promote yourself by showcasing your qualifications while appearing poised, professional, and easy to work with.

Assertive communication has three elements:

1. Adamantly believing in what you speak of.
2. Knowing why you believe what you believe.
3. Being ready to prove why you believe, think, or feel what you do; otherwise, it's just your opinion, and "opinions" rarely convince anyone to take action.

A few examples of assertive communication in an interview setting:

Scenario 1: Discussing salary expectations

Passive approach: "I'm open to whatever you offer for this role."

Aggressive approach: "To take this job, I need no less than \$80,000."

Assertive approach: "Based on my 20 years of experience managing inside sales teams and my track record for exceeding sales targets, I think \$85,000, plus a commission and quarterly bonus, which we can work out, would be fair. Would this work for you?"

The assertive communicator clearly and confidently states their salary expectations, acknowledges the employer's perspective, and leaves room for negotiation. Rather than just throwing out a number, they provide context and explanation.

Scenario 2: Addressing a weakness

Passive approach: "I definitely need to improve my public speaking. It's something I struggle with."

Aggressive approach: "Public speaking is not my weakness at all. I'm an excellent presenter and communicator."

Assertive approach: "I'm actively improving my public speaking skills. In my last role, I volunteered to conduct more team presentations. This past March, I joined Toastmasters and have given three talks since. Although I am proud of my progress, there is still room for improvement."

An assertive communicator acknowledges their weaknesses honestly and explains how they're addressing them, demonstrating self-awareness and a growth mindset, qualities employers find attractive.

Scenario 3: "Do you have any questions for me?"

Passive approach: "No, you've covered everything."

Aggressive approach: "When can I expect a job offer?"

Assertive approach: "Yes, I do. I'm excited about this opportunity and believe I would excel in this role. How soon can I expect to hear from you regarding next steps? I'm eager to move forward."

Scenario 4: Expressing interest in the job.

Passive approach: "I'd be happy to work here."

Aggressive approach: "I am perfect for this job. I expect you to offer it to me today."

Assertive approach: "This opportunity excites me. Based on our discussion, I can see how my qualifications and experience align with being able to meet the expectations you have for this role; therefore, I'm confident I would excel in this role. I'm very interested in joining your team. Is there anything else I can tell you about my background to help you decide to hire me? Otherwise, when can I expect to hear from you regarding next steps?"

The assertive communicator expresses interest and enthusiasm for the job while respecting the employer's decision-making process. They state their case compellingly without demanding or pressuring the interviewer.

Today's job market is hyper-competitive, making job seekers desperate. Hence, it's becoming common for candidates to ask outright at the end of an interview, "Am I hired?" No matter how much you need or want the job, never ask outright if you got the job.

While it's understandable you want to "close the deal," putting pressure on the hiring manager to tell you whether you got the job will create an uncomfortable situation. As I mentioned earlier, how you end your interview will influence how you're remembered. Creating an uncomfortable situation isn't what you want to be remembered for.

Finding the right balance is the key to assertive communication. Your goal: Be bold and confident without being arrogant or confrontational. Assertive communication is a superpower. Few do it well. It shows employers that you're self-assured, adaptable, and can advocate for yourself. By embracing assertive communication, you'll be far ahead of your competition.



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Building Language Skills in Toddlers

by Alberta Health Services



Toddlers, or children from ages one to three years old, communicate in many ways. They make sounds, say words, use short sentences, or point to tell you what they need or want. Recognizing and encouraging all attempts toddlers make to communicate helps in building language skills. When you respond, toddlers realize that what they've done is important and are likely to do it again!

Teaching Your Toddler New Words

New words help toddlers talk about the things they see and do. Building their vocabulary can be achieved by talking about many kinds of words, including the names of things (e.g. spider, car), actions (e.g. painting, running), feelings (e.g. sad, happy), and words that describe things (e.g. soft, hot).

Here are some ways you can draw attention to new words and help toddlers build their vocabulary:

- Use daily routines to introduce new words, ideas, feelings, and concepts. Routines such as dressing, and mealtime are natural times to talk with your toddler. Use these routines to emphasize and repeat words that may be new for them. Talk with them about what's happening in the moment.
- Talk slower and sound out the new word.
- Talk about what you're doing as you're doing it. Hearing words combined with actions makes the new words easier to learn (e.g. "I'm mixing the cookie dough. The cookie dough is very sticky. Let's put them in the oven.

The oven is very hot. I'll be careful not to touch it.")

- Talk about what the toddler is doing. This will help them learn words that describe activities or things that interest them (e.g. "That's a nice red truck. It's driving really fast. It's going up the ramp and around the corner.")
- Toddlers say many words, but not always clearly. You can help them speak clearly by repeating back the words they say, using correct pronunciation. Exaggerate the missing or mispronounced sound. Listening to these correct models will gradually help the toddler to improve their speech.
- Use new words many times throughout the day. To learn new words, most children need to hear the words spoken many times before they start to say them (e.g. "Look, the wheels on the truck roll." "Roll the ball to Daddy." "I'm going to roll the cookie dough." "Let's roll a snowball.")
- Use short, simple sentences to help them learn to say a new word (e.g. "Let's buy pie.")
- Let them experience new things. Go on field trips to the zoo, museum, grocery store, and playground. Use educational videos, television, songs, and books to help them hear new words (e.g. "Put the sand in the bucket.")
- Link new words to things and experiences the toddler already knows (e.g. "The dinosaur is very big. It's huge! Remember the huge dinosaurs we saw in Drumheller? We also saw dinosaurs in the movie *The Land Before Time*.")

Get Down to Their Level

Kneel, bend down, sit on small chairs, or stretch out on the floor when talking to a toddler. Do whatever works to get down to their level to make it easier to imitate the actions and words of toddlers. It also lets them know that you are interested in what they're doing or saying. Make sure you're able to look into each other's eyes when you're speaking to one another.

Make It Fun!

Toddlers learn language by listening and copying what they hear around them. If you keep your sentences short, and talk that way often, toddlers will have an easier time learning to talk in sentences.

Use the rhythm and repetition of songs, finger plays, and books to build language skills. Rhythm and repetition of songs and finger plays help your toddler to learn and remember words and sentences. Choose songs and rhymes with a theme they like (e.g. animals, dinosaurs, trains). Visit your local library to find books and DVDs to give you new ideas.

Make books fun and accessible. Have them within your toddler's reach so they can choose a book to bring to you. Good books for toddlers have bright, realistic, and fun pictures, with only a few words on each page. Reading books together can be a fun time with your child and a great way to introduce new words and sentences. Your library has a wide variety of books suitable for toddlers.

Act Early!

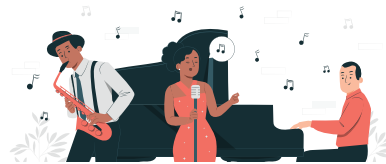
From the moment they are born to five years of age is an important time for the development of speech, language, and hearing in children. Strong speech, language, and hearing skills are important for later learning and school success. Acting on concerns early is important.

Where to go get help? For more information about how speech-language pathologists and audiologists can help, contact:

- Your doctor, public health nurse, or other health provider.
- Your local health centre.
- Visit the Talk Box (<https://www.alberta.ca/creating-language-rich-environments>) - A parent guide to creating language rich environments.

Guess the Musician!

1. This individual holds the Guinness World Record for best-selling solo artist.
2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
3. On his debut album, this musician is said to have played 27 different instruments.
4. At 1,560 words, this artist has the most words spoken in a single song.
5. This famous musician's stage name came from a popular song by the band 'Queen'.
6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.



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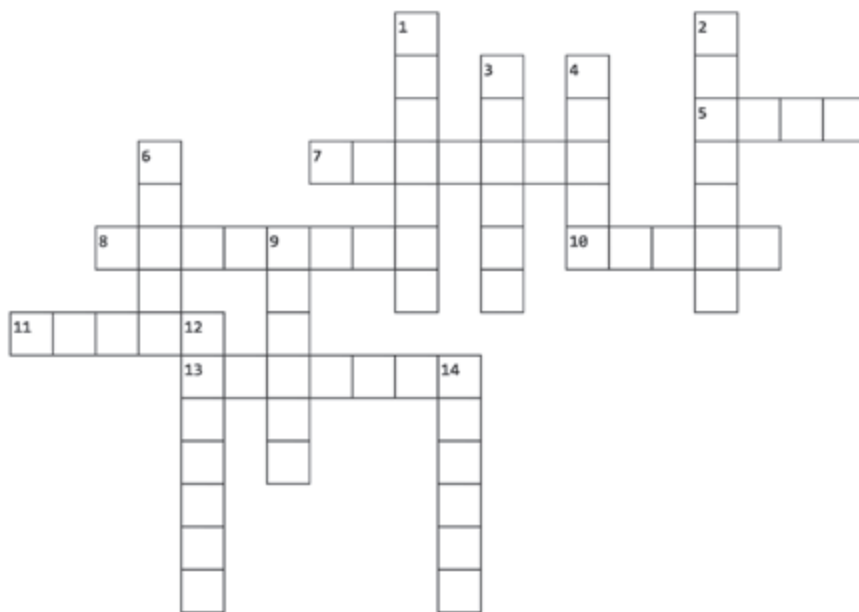
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September Crossword



Across

5. The first _____ *Hour* movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.
7. World _____ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.
8. The birthstone for September, the _____, symbolizes royalty and nobility.
10. World _____ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.
11. At the 1988 _____ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.
13. On September 1, 1905, _____ was officially declared a Canadian province.

Down

1. On September 1, 1972, Bobby _____ made history by becoming the first American to win the World Chess Championship held in Reykjavik, Iceland.
2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".
3. On September 29, 1962, _____ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.
4. One of September's birth flowers, the _____ comes from the Greek word for star.
6. Treasured Canadian actor, _____ Reeves turns 60 this year on September 2.
9. September 22 is _____ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.
12. Canadian pop-punk singer, Avril _____ was born on September 27, 1984, in Belleville, Ontario.
14. *The Blind Assassin* by Canadian author Margaret _____, was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.



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MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
August	23	2	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
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
August	23	2	5	\$549,000	\$540,000

To view more detailed information that comprise the above
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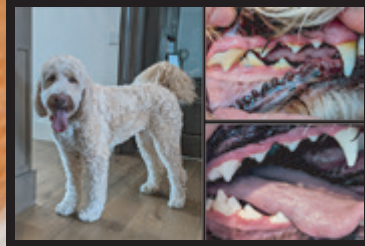
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Dear Neighbours,

Seven thousand children entered the Calgary Board of Education (CBE) last year. The CBE expects 9,000 new students this year. For this explosive growth in students, the province is building one new school right now.

I've talked to a lot of parents this year about schools. They've told me that they're concerned about large class sizes, ailing facilities, and overworked teachers. Because of these shortfalls in available space the Calgary Board of Education is now having to consider renting space from recreation centres like the YMCA in Seton. By no means an ideal or long-term solution to this current crisis.

I got into politics because of concerns about the quality of education my children were receiving. When I grew up in Alberta, we had the world's best education system. A child who can't speak a word of English can come to school in Alberta and be operating at grade level in three years on average. No other system in the world can do this. It's something that all Albertans should be proud of.

I fear that cutbacks to funding and failing to build for our population growth will lead to that reputation being lost and Alberta trailing behind other provinces in education rankings.

It's September. Time for new hope and promise, and what I personally consider the real beginning of a new year. I know the people of Calgary-Elbow are struggling under the weight of affordability and health care challenges and want smaller class sizes for their kids. I've got your back. I care about these issues too, and I'm reminding the government of their obligation to you every chance I get.

Should you have any other questions or concerns, 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. My door is always open.



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Checkmate!



On September 1, 1972, Bobby Fischer made history by becoming the first American to win the World Chess Championship. He outplayed the reigning champion, Boris Spassky, with a score of 12.5 to 8.5 in what became the most famous chess match at the time, capturing the world's attention!

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BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
August	23	0	0	\$0	\$0

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BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
August	23	4	5	\$1,700,000	\$1,650,000

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141 EVERGREEN WAY SW
\$1,299,900



1106 COLGROVE AVENUE NE
\$975,000



69 DOVERCLIFFE CLOSE SE
\$549,900



3532 33 STREET SE
\$529,900



32 FONDA DRIVE SE
\$499,900



#132, 721 4 STREET NE
\$479,900



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Information herein deemed reliable, but not guaranteed. The information included in this document is a guide only, and must be verified independently.

These properties are listed by: Tink Real Estate, 709 Edmonton Trail NE, Calgary AB, T2E 3J5