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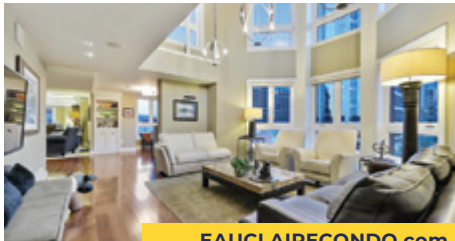
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Bow River

by Garth Paul Ukrainetz

Bow River, Bow River, O where is your quiver
Where are the arrows you hide deep inside
Take aim for the moon, let them fly thru the heavens
Shooting like stars over Calgary skies

Bow River, Bow River, melt of glaciers deliver
Water flows pure from the mountaintops high
Your destiny's duty to guard and protect it
Transporting for all under big prairie sky

Bow River, Bow River, always generous giver
Jubilation you bring to Alberta's dry land
For water is life, you bestow of it freely
Grateful animals drink from the palm of your hand

Bow River, Bow River, mighty warrior consider
While forward you lead, we'll be watching your back
To be perfectly clear, we can't take you for granted
Drought and pollution will sneak and attack

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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!

Erlton Business Owners

The Erlton Community Association (ECA) Board of Directors recognizes the challenging environment that small business owners in Calgary are facing, and we would like to provide an opportunity to our Erlton business owners to introduce their business to our membership.

If you are interested and would like more information, please contact Lorraine at Erltoncommunications@gmail.com. We can't wait to meet you!

Erlton Community Association Board of Directors Vacant Position

The Erlton Community Association is seeking a volunteer to fill a vacant position on the Board of Directors. Board positions are one-year terms, ending in November. If you are interested in volunteering your time, please email Erltoncommunications@gmail.com or Erltonpresident@gmail.com.

Word of the Month

Lugubrious: Adjective
(loo-GOO-bree-us)

Looking or sounding very gloomy and sad.

He droned on in his lugubrious tone.



Celebrating Calgary 150 - Oil Town

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

Calgary was booming by 1920.

The CPR built the Palliser Hotel, called the “Castle by the Tracks”, which employed immigrants like my Nona and father. The Kings Arm Tavern inside was frequented by gay men. Meanwhile, Fort Calgary was razed.

A splendid City Hall reflected Calgary’s prominence. And another public building is Heritage Hall, Western Canada’s first post-secondary institution. Hudson’s Bay’s new store opened with a granite columned arcade, unique in North America.

Parks Superintendent William Reader sought to beautify Calgary with Reader Rock Garden, his experimental site. Shaganappi (“rawhide lacing” in Cree), an Indigenous gathering place, became the first municipal golf course (ca.1914).

St. George’s Island became the zoo’s home, with concrete dinosaurs added in 1935. Dinny is the only survivor. Annie Gale, the British Empire’s first woman city councillor, supported self-sufficiency through the Vacant Lot Gardens Club.

Energy resources started dominating the economy. Coal was mined in the Crowsnest Pass - my great-grandfather Salvatore was a miner who died in an accident. Nearby is Turtle Mountain, known to Indigenous peoples as “the mountain that moves”. On April 29, 1903, the Frank Slide destroyed the mine and several homes. Between 70 and 90 people perished.

At Turner Valley, William Herron’s well struck gas. He’s considered the father of Alberta’s petroleum industry. The Herald wrote, “a lively but fairly sane cow town became a madhouse”. Oil was discovered in 1936, sealing Calgary’s fate as Oil Town.

New main streets developed. Off 10 Street NW is the Art Deco-style Plaza Theatre (ca.1934). Apartment buildings also appeared, including Spanish Colonial-style President Apartments and Tudor Revival-style Barnhart Apartments.

Another kind of community formation occurred in 1928 when Métis Nation of Alberta was founded to establish eight settlements.

Then the Great Depression began in 1929. Public works projects generated employment, including the Glenmore Reservoir and Banff-Jasper Highway. Norman Luxton spearheaded Banff’s Winter Carnival and Buffalo Nations Museum. Mount Norquay and Sunshine became ski resorts.

During hard times, sport offered respite. The Calgary Tigers played rugby football and threw Canada’s first forward pass in 1929. The Stampeders won their first game in 1945, perfect for a city approaching 100,000.

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“Palliser Hotel, Calgary, Alberta,” 1929-06-20, (CU1101121) 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/2R3BF1WU3E87WS=SearchResults>.



“City Hall, Calgary, Alberta,” [ca. 1911], (CU169103) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1SLYACF?WS=SearchResults>.

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“Provincial Institute of Technology, Calgary, Alberta,” [ca. 1925], (CU1212545) 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/2R3BF1ZY6LN>.



“Dinny the Dinosaur under construction at zoo, Calgary, Alberta,” 1937, (CU1225525) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1O8Q5OQ>.



"Hudson's Bay Company Department Store, Calgary, Alberta," 1917, (CU166208) 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/2R3BF1F3I3I3?WS=SearchResults>.



"First Nations camp, Shaganappi Point, Calgary, Alberta," 1901, (CU1125950) by Notman. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Please credit Notman Archives, McCord Museum. On occasion of Royal Visit of Duke and Duchess of Cornwall and York. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF108XTG9?WS=SearchResults>.



"Entry to St. George's Island, Calgary, Alberta," [ca. early 1920s], (CU1104276) by McDermid Photo Laboratories. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1XZKVOH>.



"View of Turtle mountain and slide area, Frank, Alberta," [ca. 1903], (CU1104678) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F1MFB1?WS=SearchResults>.



"View of Dingman #1 (Calgary Petroleum Products #1) well, Turner Valley, Alberta," 1914, (CU1157433) 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/2R3BF1FRZGBP?WS=SearchResults>.



"Filtration plant, Glenmore dam, Calgary, Alberta," [ca. 1938], (CU1130063) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FP1RIS?WS=SearchResults>.



"Stoney at Banff Carnival, Banff, Alberta," 1922, (CU1154126) by McCowan, Dan. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OKFKF?WS=SearchResults>.

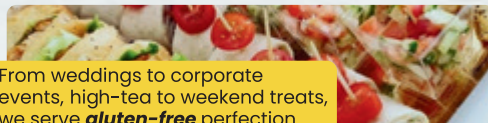


"Sunshine ski lodge, Simpson Pass, Alberta," [ca. 1936-1937], (CU1118448) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



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Try Bell Ringing for a Change

by Miles (age 11)

Have you ever heard the soothing sound of those bells and wondered "What is it like to ring?"

Today, I am telling you how and why you should get started in this rare and exciting opportunity; because in bell ringing, there are no limits.

Now the first reason you need to start bell ringing is that it is incredibly rare. I want you to guess how many ringable towers there are in Canada. Fifty? One hundred? Wrong! There are six in Canada, only six compared to the one thousand in England. A lot of people think bell ringing is for a certain age, but eight, and even eighty-year-olds can ring. A lot of people think all bell towers are automatic but luckily, we have a ringable one right next to us: Christ Church!

The second reason you absolutely need to try bell ringing is that there are no limits. Most people think that in bell ringing, you just learn one technique and then you're done. That is simply not true! In bell ringing, there are hundreds of different patterns to choose from. Now the true reason there are no limits is kaleidoscope ringing, which is basically ringing in your own patterns. And on top of that, you can ring with different amounts of bells! There are truly no limits in bell ringing.

The last reason you need to try bell ringing is that it is unbelievably easy to start. All you have to do is firstly, contact a ringer, which isn't hard at all because they always come to the Christ Church tower on Sundays. Secondly, arrange a time to ring with them which also isn't hard because they are available basically every day of the week! Lastly, keep repeating this so you can become a full ringer and done! It's really that easy to start ringing.

Now that you know how rare this exciting opportunity is and how endless the possibilities are: you better get started! I hope to see you in the bell tower soon!



Try Ringing for a Change!

SCIENCE OF SOUND SUMMER CAMP

Learn about acoustics, coding, and gamification, through change bell ringing!

GENERAL INFORMATION:

When: August 25-29, 2025

Time: 1:00pm-4:30pm

Where: 3602 8 St SW, Calgary, AB

Who: Ages 12-18

DID YOU KNOW?

- Tower bells are one of the largest instruments in the world
- Tower bells are too heavy for playing melodies, so we ring patterns

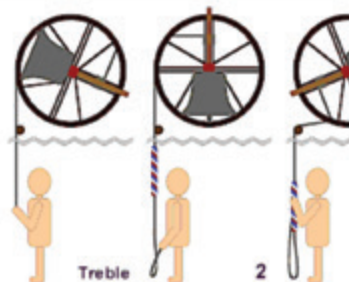
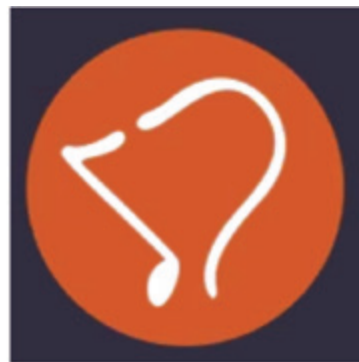
WHAT DO BELL RINGERS SAY?



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Bell Ringing Summer Camps



August 25 to 28

Are you a teenager who likes gaming, coding, and is up for a challenge?

Join us in the tower for five fun-filled afternoons packed with activities and learning opportunities. This in-person camp is perfect for teenagers looking to try something new and exciting in their local community.

Change ringing, also known as scientific ringing, is a form of music that involves creating mathematical sequences. Once you have learned how to code, you can start experimenting with different sound patterns and challenge yourself to ring your "blue line" on the simulator.

Up in the tower you will learn how to swing bells weighing up to 450 kilograms.

Come and discover the traditional art of ringing with your peers in a supportive and friendly environment. Don't miss out on this unique opportunity to ring for a change! Spaces are running out fast.

Some More Information for Parents

The ringing camp invites a group of eight youngsters to explore the science of sound whilst also providing an

opportunity to dive into a unique form of making music at the intersection of science, coding, and performing arts. Tower bells are too heavy for playing melodies, so the bells are rung in mathematical patterns called "changes". The program will be led by Yolande, an experienced ringing instructor (accredited by the UK Association of Ringing Teachers), and Dr. Lucie Jones who recently completed her research into the science of gamification in music education.

What Other People Are Saying About Learning to Ring

- "... a vibrant learning environment where students feel comfortable sharing their ideas and asking questions."
- A thirty-something with a career in hospitality and kitchen design
- "... in bellringing there are no limits; you better get started!" - Young man (11) who has been ringing for two years
- "... the methodical and constructive approach makes learning to ring fun." - Parent of ringer (11)
- "He is always keen to go to bells lessons." - Parent of ringer (13)



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ELBOYA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	25	2	2	\$969,500	\$900,000
April	25	4	2	\$3,349,450	\$3,275,000
March	25	4	7	\$1,060,000	\$1,065,000
February	25	7	2	\$587,400	\$578,500
January	25	4	1	\$1,348,000	\$1,205,000
December	24	0	1	\$1,095,000	\$1,065,000
November	24	2	1	\$899,900	\$880,000
October	24	2	2	\$1,394,500	\$1,334,500
September	24	2	0	\$0	\$0
August	24	2	3	\$1,199,999	\$1,205,000
July	24	2	3	\$1,140,000	\$1,030,000
June	24	1	2	\$2,698,500	\$2,675,000

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
May	25	11	9	\$2,100,000	\$2,025,000
April	25	5	3	\$1,890,000	\$1,829,000
March	25	6	4	\$1,599,250	\$1,589,000
February	25	3	2	\$3,549,900	\$3,512,500
January	25	4	2	\$1,449,950	\$1,444,950
December	24	0	1	\$1,999,000	\$1,950,000
November	24	1	1	\$999,000	\$963,000
October	24	6	5	\$1,495,000	\$1,523,000
September	24	5	8	\$2,299,950	\$2,317,500
August	24	5	9	\$2,545,000	\$2,425,000
July	24	8	5	\$1,589,000	\$1,525,000
June	24	10	4	\$2,674,000	\$2,597,500

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

Building Your Emergency Food Kit

by Alberta Health Services



Emergencies often happen without warning. They may be natural disasters like floods, wildfires, or severe storms that require evacuation. They could also be events such as extended power outages that require you to shelter in place for some time. In both cases, access to food and water may be limited so it's a good idea to have an emergency food kit ready. Your kit should contain a collection of non-perishables, ready-to-eat food items stored for use during emergencies when access to supplies may be disrupted.

This article will provide information on what emergency food kits are, why they are necessary, and what to include in your kit.

Why An Emergency Food Kit Matters

During a disaster, you may not be able to shop for food, cook, or access clean water. You may have to evacuate your home with very little notice or be asked to shelter in place. Having an emergency kit is essential. An emergency food kit contains non-perishable foods designed to sustain your family during unexpected situations like natural disasters. Food items that can be stored for a long time without refrigeration are

ideal for emergencies. In addition to peace of mind, having an emergency kit ensures you will have enough energy to handle the physical and emotional stress that emergencies often cause.

When assembling an emergency food kit, it's important to consider both nutrition and practicality. Focus on non-perishable items that are easy to prepare, require minimal cooking, and meet basic needs. Your grab and go emergency kit should contain enough food and water for each member of your family for a minimum of 72 hours. If sheltering at home, ensure that you are prepared for a minimum of 14 days.

Items to Include

Choose non-perishable foods using the principles from Canada's Food Guide and consider what you might have for meals and snacks. Examples include dry cereal with shelf-stable milk and dried fruit or canned fish, with whole grain crackers and canned vegetables.

Some of these items require minimal heating. If you do not have a camp stove and fuel, as well as pots for an emergency kit, do not choose foods that require some heating.

- **Water:** 4 litres per person, per day for drinking and basic hygiene.
- **Vegetables and Fruits:** Dehydrated potatoes, canned fruits and vegetables, canned vegetable soups, as well as dried fruits.
- **Grain Foods:** Crackers, cereal, granola bars, instant oatmeal, rice, and pasta. Consider whole grain crackers and cereal for added nutrition.
- **Protein Foods:** Protein options include canned beans or canned meat, nuts, seeds, nut butters, and jerky.
- **Milks and Plant-Based Beverages:** Choose options that are sold at room temperature and in special cartons or in cans. These do not need refrigeration until they are opened.
- **Special Diet Foods:** If you have individuals with dietary restrictions, ensure that your kit contains enough specialty foods to last for the full duration of the emergency.
- **Other Foods:** While it's important to focus on essentials, you may also want to include some foods such as canned pudding, chocolate or packaged snacks, tea or coffee.
- **Meal Preparation Materials:** Include plates, cutlery, a multipurpose knife, manual can opener, and hand sanitizer. If you have a camp stove, store it with your emergency food kit as well as fuel and a pot or pan.
- If you have pets, remember to include their water and food needs.

Practical Considerations

Store food in a cool, dry place and avoid areas prone to moisture or pests. When packing canned and dried goods, opt for smaller containers that can be consumed in one sitting to prevent spoilage once opened. Check foods every year and rotate out those that are nearing expiry as needed. Some foods may last for several years.

Emergency preparedness is essential for every household, and a well-planned food kit can provide comfort, nutrition, and safety during crises. By incorporating a variety of non-perishable items and water, you can ensure that you and your family remain well-nourished and prepared for any emergency.

Setting aside food for emergencies may not be possible for everyone due to cost. There may be resources in your social network or community to go to in case of emergency. Call, text, or chat with 2-1-1 Alberta (ab.211.ca/) to find out about financial benefits, programs, and services.



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Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.



- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

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ERLTON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	25	4	8	\$557,000	\$546,250
April	25	11	5	\$749,900	\$731,000
March	25	9	6	\$719,950	\$714,625
February	25	6	3	\$879,000	\$875,000
January	25	3	0	\$0	\$0
December	24	0	2	\$892,450	\$859,750
November	24	5	3	\$699,900	\$697,900
October	24	1	4	\$632,450	\$617,500
September	24	10	5	\$439,900	\$434,355
August	24	4	4	\$872,000	\$900,000
July	24	4	5	\$474,900	\$469,900
June	24	7	7	\$475,000	\$450,000

To view more detailed information that comprise the above
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PARKHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	25	4	2	\$921,700	\$900,000
April	25	4	2	\$261,950	\$253,500
March	25	6	2	\$314,850	\$310,450
February	25	3	2	\$587,450	\$582,000
January	25	2	3	\$1,300,000	\$1,241,000
December	24	4	0	\$0	\$0
November	24	0	1	\$599,900	\$595,000
October	24	2	2	\$1,600,000	\$1,578,250
September	24	5	7	\$775,000	\$745,000
August	24	6	6	\$749,950	\$743,750
July	24	4	2	\$1,799,900	\$1,730,913
June	24	3	0	\$0	\$0

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

Staying Safe This Summer

by Chima Akuchie



Hello neighbours,

Summer is finally here—and with it comes longer days, park strolls, BBQs, and plenty of sunshine! But as we enjoy this beautiful season together, it's also a great time to think about how we can keep each other safe, especially our kids and seniors.

Stay Cool, Stay Hydrated

Whether you're gardening, heading to the splash park with the little ones, or simply enjoying a walk, remember to drink water often. Calgary's dry heat can sneak up on us quickly! Keep reusable water bottles handy and wear light, breathable clothing.

Look Out for Our Elders and Young Ones

Hot weather and busy sidewalks can be tough on seniors and children. Let's check in on elderly neighbours and keep an eye out for kids biking or playing near roads. A friendly wave or offer to help can go a long way.

Road Safety Matters

More people are out walking, biking, and rolling, so please slow down in residential zones, and remind young ones to use crosswalks and wear helmets.

Fire Safety and BBQs

Backyard fires and cookouts are a summer staple but always be sure to follow city fire bans and keep water nearby. Never leave a fire unattended, and double-check your BBQ is turned off properly.

This season is a time for joy, connection, and community. Let's look out for one another and make this summer not just fun but safe for everyone.

See you around the neighbourhood!

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BEFORE THE BEATLES

John Lennon, Paul McCartney, and George Harrison are well-known for their incredible roles in the English rock band *The Beatles*. But did you know that it wasn't the first band these three talented musicians were in together? First, they were in a band called *The Quarrymen*!



What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.

BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

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ROXBORO COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	25	1	1	\$1,599,900	\$1,475,000
April	25	2	1	\$3,620,000	\$3,595,000
March	25	1	0	\$0	\$0
February	25	1	2	\$2,374,950	\$2,441,000
January	25	1	0	\$0	\$0
December	24	0	0	\$0	\$0
November	24	0	0	\$0	\$0
October	24	0	0	\$0	\$0
September	24	3	3	\$1,950,000	\$1,950,000
August	24	0	0	\$0	\$0
July	24	0	0	\$0	\$0
June	24	2	2	\$1,549,950	\$1,605,000

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
May	25	8	10	\$337,394	\$332,500
April	25	13	13	\$299,999	\$298,000
March	25	17	8	\$267,450	\$266,500
February	25	9	7	\$234,000	\$241,000
January	25	9	3	\$255,000	\$251,000
December	24	3	6	\$392,450	\$393,750
November	24	5	6	\$544,950	\$531,000
October	24	10	13	\$265,000	\$268,800
September	24	11	10	\$257,400	\$256,500
August	24	16	14	\$304,850	\$294,500
July	24	11	4	\$242,450	\$242,000
June	24	9	8	\$265,000	\$260,750

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

What Are Imaging Tests?

by Alberta Health Services



Imaging tests (also called diagnostic imaging tests) let your healthcare team look for clues inside your body. They can help your doctor find out what's making you feel unwell and find disease early, even when you don't feel sick. Your healthcare team uses the results of your imaging tests along with other information to find out what's causing a health problem (called a diagnosis).

Each type of imaging test shows different details and information about the organs and structures in your body. Your healthcare team chooses which imaging test you need based on your symptoms and the part of your body they want to look at. They'll often send you for more than one type of imaging test to help them understand the problem or cause of your symptoms.

How Imaging Tests Are Done

Imaging tests use different types of machines and procedures to take pictures of the inside of your body. These tests show what your organs and structures look like. And some even show how well they're working. The information from imaging tests helps you and your healthcare team decide the care and treatment that's best for you.

Many imaging tests are quick, painless, and easy. Some tests are done while you're lying inside of a machine. Imaging tests can be very short, and others take longer to do.

Some imaging tests use a small amount of radiation and others don't. Most imaging tests are non-invasive, but some are minimally invasive. Your healthcare team will let

you know if your test is non-invasive or minimally invasive. Non-invasive means your healthcare team doesn't put a tool or device inside your body. Minimally invasive means your healthcare team passes a tool or device through a small cut in your skin during a test or procedure.

Your healthcare provider will give you instructions for how to prepare for your test. Be sure to follow the instructions carefully.

Imaging Tests and Your Health and Safety

Some imaging tests use radiation (a wave of energy), and contrast dye. Image-guided test may also use sedation or anaesthesia (medicine to numb an area or make you sleepy and comfortable). When you or your child has one of these tests, you might have questions about health and safety.

Your imaging healthcare team will watch you closely to keep you safe. Ask them any questions you have about health and safety. You can also talk to your healthcare provider to learn more about safety and imaging tests.

The Healthcare Team

When you have an imaging test, you'll meet a technologist. Technologists are healthcare professionals who work in a diagnostic imaging department. They're often the ones who use the equipment and machines to do your test. They make sure the pictures show the right amount of detail and information to help the radiologist make a diagnosis.

Radiologists are doctors who work in a diagnostic imaging department.

- Diagnostic radiologists diagnose diseases. They look at your test results and let other doctors know what they find.
- Interventional radiologists treat diseases with therapeutic imaging procedures. They use imaging tests to guide needles, probes, or other tools inside the body.

Diagnostic imaging departments may also include nurses. Nurses help prepare you for your procedure, support the radiologist, and keep you as comfortable as possible during the procedure. They're also the healthcare team members who watch you as you recover after any type of imaging test or procedure.

Find out more about medical specialists on healthcare teams (<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=specl>).

Cannabis and Youth

by Recovery Alberta – Community Health Promotion Services

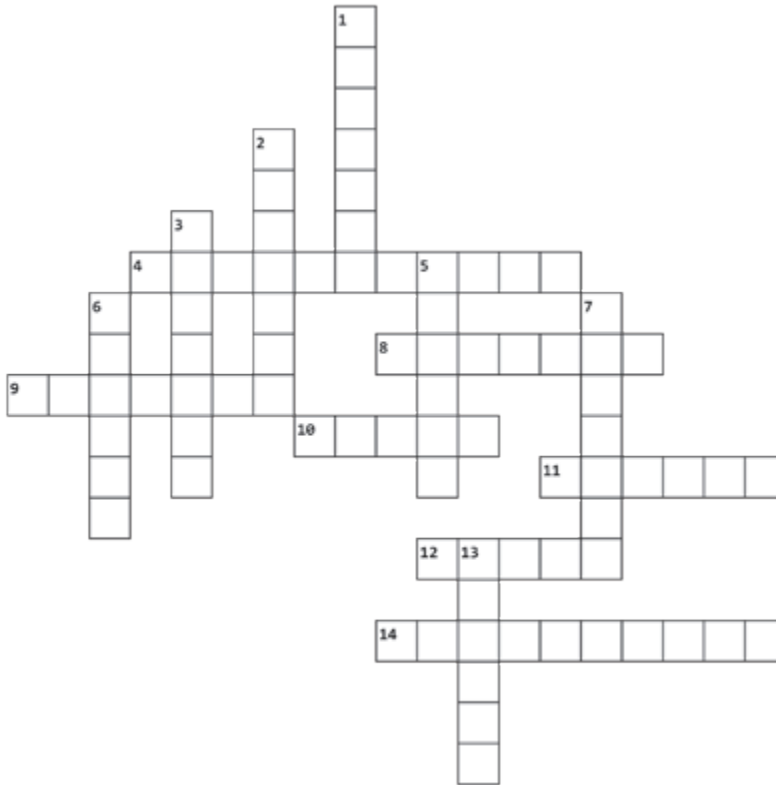


Cannabis or other common names including, marijuana, weed, or pot, is a drug that comes from a plant that contains over 100 compounds. The two common compounds are THC and CBD which have completely different effects on the body, but both affect how you think, feel, and act. Cannabis can be smoked, vaped, consumed by eating or drinking, and absorbed through the skin.

Having conversations with a young person may be uncomfortable or difficult to know where or how to begin. Below are some key areas to focus on:

- **Discussions:** When is the right time to start having these conversations? Well, it is known that discussions about substances should begin as early as 12 years or earlier when appropriate. Educating yourself on how the substance is used and why it may be popular is the first step.
- **Try To Understand Why:** There are many reasons why a young person may decide to use substances, which can include coping, curiosity, or peer pressure. Ask questions and try to understand why they want to use and what they know about the substance.
- **Set Clear Expectations:** It is known that youth succeed with consistency. Be clear with your expectations of "no use of substances" while keeping in mind that you still want to be the support they come to. Role modeling and applying the same expectations for yourself will support with maintaining consistency.

July Crossword



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

Across

4. Harper Lee's Southern Gothic novel, *To Kill a _____*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast _____ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate _____ celebrates her 22nd birthday on July 1.
14. Lucy Maud _____, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan _____ premiered on July 22, 1988.
3. The popular mobile game, _____ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first _____ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.

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MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	25	0	1	\$1,499,900	\$1,500,000
April	25	2	0	\$0	\$0
March	25	0	0	\$0	\$0
February	25	0	1	\$1,685,000	\$1,615,000
January	25	1	1	\$1,550,000	\$1,492,000
December	24	0	2	\$2,149,950	\$2,030,000
November	24	2	0	\$0	\$0
October	24	2	1	\$1,600,000	\$1,580,000
September	24	1	1	\$1,879,000	\$1,879,000
August	24	0	1	\$1,390,000	\$1,340,000
July	24	0	0	\$0	\$0
June	24	0	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
May	25	6	0	\$0	\$0
April	25	0	2	\$399,450	\$392,500
March	25	6	1	\$575,000	\$563,000
February	25	3	3	\$1,299,900	\$1,249,000
January	25	5	2	\$499,950	\$466,250
December	24	1	0	\$0	\$0
November	24	2	0	\$0	\$0
October	24	2	4	\$1,569,500	\$1,475,000
September	24	2	0	\$0	\$0
August	24	5	3	\$525,000	\$535,000
July	24	3	1	\$1,825,000	\$1,710,000
June	24	2	2	\$1,300,000	\$1,316,285

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

Downtown Summer Festivals and Events

by The City of Calgary



Calgary's Summer Festival Season is in full-swing and downtown is where you'll find the electric energy as people come to experience the ultimate celebration of community, creativity, and culture. With over 100 festivals and events happening downtown this summer, the heart of our city will be bursting with fun and entertainment for everyone.

Whether you are a resident or a visitor, this is your invitation to immerse yourself in the vibrant spirit of our Downtown Summer Festival Season. Downtown is home to some of our proudest landmarks and our biggest celebrations, like Canada Day, Stampede, Carifest, and the Calgary Folk Music Festival. The best of our city is reflected in these festivals and events, as people come together to have fun, celebrate, and enjoy life's moments.

With a wide variety of entertainment, the Downtown Summer Festival Season has something for everyone and this year, we want to make sure you're just a click away from staying connected. That's why we've created the Downtown Summer Festival Itinerary; a guide to keep you informed about the festivals and events happening downtown from now until the end of September.

Mark your calendars, gather your friends and family, and get ready for an unforgettable Downtown Summer Festival Season. Ready, set, explore! To learn more about the exciting festivals and events happening downtown, visit calgary.ca/exploredowntown.

Six Steps to Keeping Our Rivers Healthy

by The City of Calgary



Calgary is a growing city on a small river. When it rains, water runs off our streets, driveways, and yards and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, fertilizers, dirt, and other debris, washing it into our storm drains and our rivers. Calgary is seeing

higher volumes of stormwater, which is resulting in urban flooding and more river pollution.

The City of Calgary and Calgarians need to work together to manage our stormwater. The City uses storm ponds to naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is critical. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

You can help keep stormwater clean and our rivers healthy by doing these simple actions:

- Point downspouts toward lawns and gardens or use a rain barrel.
- Limit the use of fertilizers and pesticides.
- Sweep up debris from your garage and driveway instead of washing it away.
- Wash your vehicle at a car wash instead of your driveway.
- Never pour anything down the storm drain.
- Pick up pet waste and litter and put them in the proper waste containers.

What ends up on our streets, ends up in our rivers. Visit calgary.ca/stormwater to learn more.

Get the Lowdown on Slow Downs: How We Keep Calgarians Moving

by The City of Calgary



We know construction season can be frustrating; The City of Calgary's Mobility teams work in close collaboration with project managers and city event organizers to avoid multiple delays and plan for traffic flow congestion. The City's Traffic Management Centre monitors roadways 24/7 by using traffic cameras, live traffic data, and digital road signs.

It's not a pain when you have a plan, and we have Waze to help. The City's partnership with Waze means you can get real-time traffic flow and construction updates right in the app. This free download is our preferred navigation tool because it syncs with The City's advanced traffic system. With the right tools you can get to where you need to go.

Learn more at calgary.ca/PlanYourTrip.

Game On! Calgary Soccer Centre Dome Opened for Public Bookings May 31

by The City of Calgary



Soccer lovers, rejoice! The new air-supported dome and turf field at the Calgary Soccer Centre is now open for public bookings, complementing the existing amenities at the facility. The facility is set to inflate new opportunities for competitive and recreational users, providing players with a high-quality, year-round space for practice and play.

The Soccer Centre Dome features a competition-sized artificial turf field and an amenity building with eight change rooms, one referee change room, and a universal public washroom. The parking lot was also upgraded, adding approximately 100 additional parking spaces at the facility.

Québec Village



On July 3, 1608, a trading post was established on the site of present-day Québec City that was part fort and part village. Samuel de

Champlain fostered fur trades and used this building as a base. We're sure it looked a whole lot different back then!



Cats, Canines, & Critters of Calgary



Lily and Fern, Calgary



Enzo, Calgary



Molly, Elbow Scene



Roscoe,
McKenzie Towne



Stella,
Elbow Scene



Tigger,
Elbow Scene



Willow,
McKenzie Towne

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MLA Calgary-Elbow
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Dear Neighbours,

The spring session of the Alberta legislature ended in May just as it began in February, with the UCP government shrouded in a scandal that shockingly gets worse with every new development or revelation.

In April, UCP MLA Peter Guthrie, who called out his party over its handling of the investigation into allegations of corruption in multi-million-dollar private surgery contracts, was kicked out of the UCP caucus.

In the middle of May, the *Globe and Mail* reported that “Danielle Smith’s former chief of staff lived in a home owned by a sister of Sam Mraiche, a businessman whose dealings with Alberta Health Services are subject to multiple investigations.”

And in late May, the *Globe and Mail* revealed that Alberta handed over \$70 million for Turkish Tylenol, “paying a price more than six times greater than what the provincial health authority would normally pay for the same volume of product”, in a deal that did not protect Albertans and cost taxpayers over \$15,000 a bottle.

This summer, I’ve been talking to a lot of people at Stampede, dog parks, and in and around Marda Loop, and they’ve told me that Alberta is better off in Canada.

The majority of Albertans know as a country; we are stronger together.

That’s why this summer especially I am looking forward to celebrating everything about our province, our country, and the people who call it home; the things that makes me so proud to be an Albertan and a Canadian.



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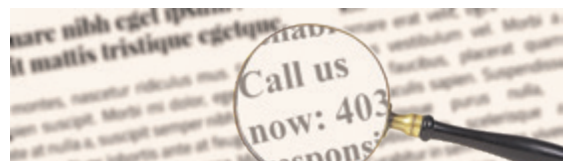
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BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	25	2	2	\$4,324,440	\$4,266,940
April	25	2	0	\$0	\$0
March	25	0	0	\$0	\$0
February	25	0	0	\$0	\$0
January	25	0	0	\$0	\$0
December	24	0	1	\$5,100,000	\$4,875,000
November	24	0	0	\$0	\$0
October	24	0	1	\$3,100,000	\$2,550,000
September	24	1	0	\$0	\$0
August	24	0	0	\$0	\$0
July	24	0	0	\$0	\$0
June	24	0	0	\$0	\$0

To view more detailed information that comprise the above
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BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	25	3	3	\$1,299,999	\$1,245,000
April	25	4	6	\$1,574,950	\$1,540,000
March	25	7	3	\$2,400,000	\$2,330,000
February	25	3	1	\$2,750,000	\$3,100,000
January	25	3	1	\$2,495,000	\$2,470,000
December	24	0	1	\$1,750,000	\$1,700,000
November	24	2	0	\$0	\$0
October	24	2	1	\$1,700,000	\$1,860,000
September	24	0	0	\$0	\$0
August	24	1	0	\$0	\$0
July	24	1	0	\$0	\$0
June	24	1	1	\$4,899,000	\$4,800,000

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

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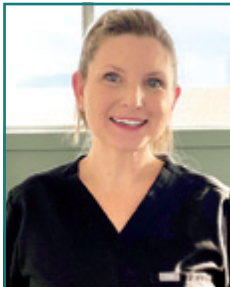
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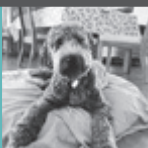


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RESPONDING TO HOMELESSNESS IN YOUR COMMUNITY



8,689

Calls for Service



29,191

Client Interactions



12,281

Client Transports

THE HELP TEAM **AROUND ELBOW PARK**



Alpha House's HELP Team is a mobile response program, **working to support individuals experiencing homelessness, substance use, and mental health challenges.** Our teams respond to calls from businesses, community members, and local agencies to provide welfare checks, basic needs supplies, and connection to needed services and resources at the street level. The HELP team reduces immediate crisis through:

- Transportation service to shelters, hospitals, housing or detox services, and other programs and resources
- Provision of food, water, and weather appropriate clothing
- Reducing unnecessary and inappropriate use of CPS and EMS when these interventions are not needed



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