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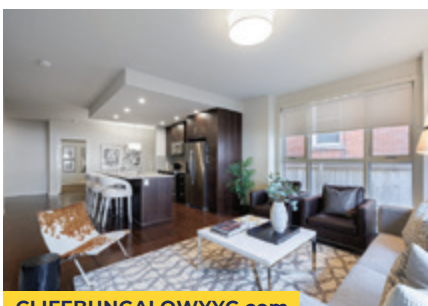




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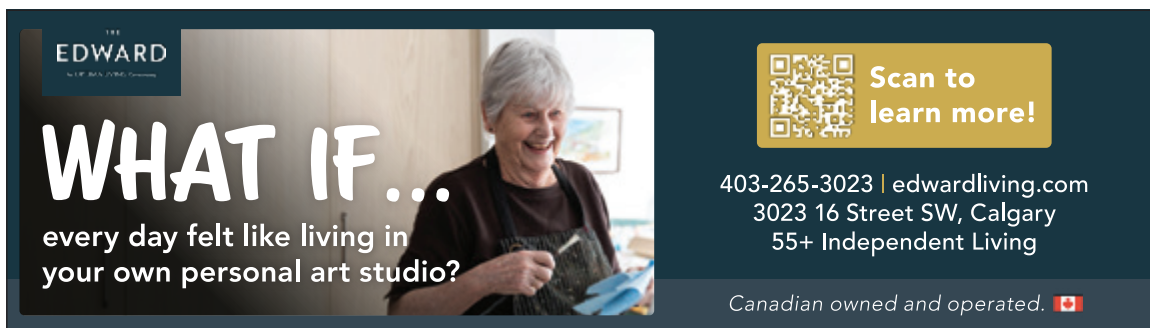


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BEL-AIRE



ERLTON



ELBOW PARK



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A central white oval contains the text 'HAPPY Father's DAY' in blue, with a blue mustache icon below it. Surrounding this oval on a light blue background are various Father's Day-themed cutouts: a black fedora, a black bow tie, a pair of black-rimmed glasses, a gold 'DAD' sign, a gold 'HAPPY DAY' sign, a black necktie, and a black mustache. Purple and blue streamers are scattered around the collage.

**HAPPY
Father's
DAY**



SCAN ME

Stop Apologizing Already

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

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

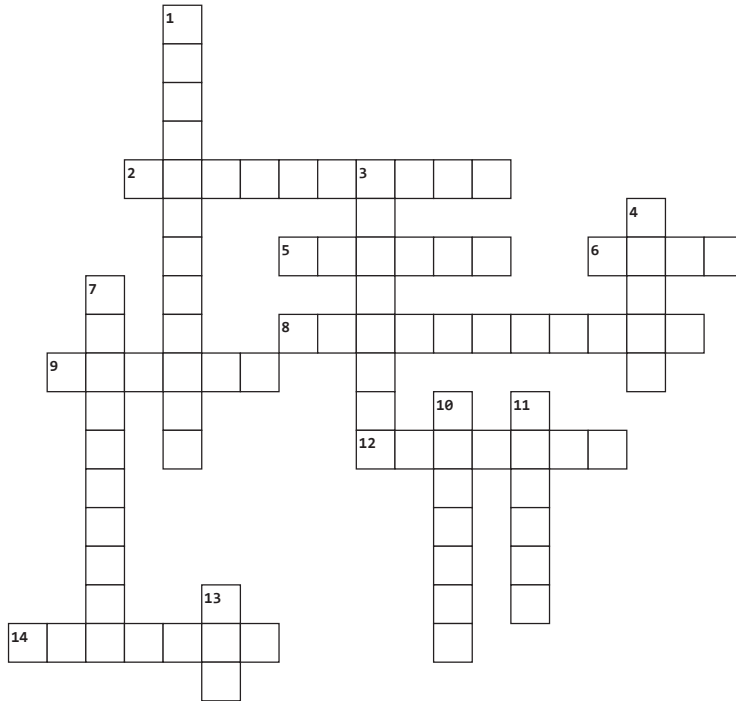
Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.

June Crossword



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

Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, _____ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George _____ was first published on June 8, 1949.
12. Charles Blondin crossed _____ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in _____, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam _____, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironie" and "Hand in My Pocket", Alanis _____ celebrates her birthday on June 1.
10. Avril _____'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.



Erlton Community Association

NEIGHBOUR DAY

JUNE 21, 2025

5-9PM

ERLTON PARK

(25TH AVE & ERLTON ST SW)

See you there!

- food trucks
- live music
- campfire
- games for kids



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.

BRAIN GAMES SUDOKU

		7	3		5	9		
	6	3		9		5	4	
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			1		2			
		6				2		
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Celebrate Neighbour Day!

by The City of Calgary

Celebrate Neighbour Day in your community on Saturday, June 21! Get involved in this year's event by gathering with your neighbours for a block party or community event. In addition to the many neighbourhood events taking place across the city on June 21, Sport Calgary's All Sport One Day will also give children a free opportunity to try a new sport, while collecting donations of used sports equipment.

Neighbour Day is our city's annual celebration of community spirit and connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Get to know your neighbours—whether through a friendly chat or a helping hand, small connections build stronger communities and a greater sense of belonging and wellbeing.

Show us how you're celebrating! Share your photos on social media using #YYCNeighbourDay.

To see Neighbour Day events in your community visit calgary.ca/NeighbourDay.



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MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
May	24	3	1	\$1,345,000	\$1,500,000

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
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
May	24	3	4	\$409,950	\$415,000

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

Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Water Hazards

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

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.



- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

**SCAN HERE TO VIEW ADDITIONAL CONTENT:
NEWS, EVENTS, CRIME STATISTICS, REAL ESTATE STATISTICS, & MORE**

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ELBOYA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	25	4	2	\$3,349,450	\$3,275,000
March	25	4	7	\$1,060,000	\$1,065,000
February	25	8	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
May	24	6	4	\$1,099,900	\$1,162,500

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
April	25	5	3	\$1,890,000	\$1,829,000
March	25	6	4	\$1,599,250	\$1,589,000
February	25	4	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
May	24	9	9	\$1,800,000	\$1,915,000

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

Overcoming the Barriers of Fruit and Vegetable Intake

by Alberta Health Services



Did you know that since 2015, intakes of vegetables and fruit by Canadians have been steadily decreasing? Only 16 percent of Albertan men consume vegetables and fruit five times or more per day.

Most people know that vegetables and fruit are good for their health.

Research has shown that men identified the following barriers to getting enough vegetables and fruit daily: lack of time, taste, and cost. Read more to find out about these obstacles and tips on how to incorporate more fruit and vegetables in your daily life.

Lack of Time

Having a busy schedule, whether it is due to work, family, or other daily activities, may make it difficult to plan, shop for, and prepare healthy meals and snacks. The following tips provide ways to add vegetables and fruits into your daily diet, without making meal preparation too overwhelming.

• Plan Ahead

Look at your schedule at the beginning of the week and brainstorm meal and snack ideas for the week.

Choose vegetables and fruits that can be used for multiple meals in that same week to reduce waste. Try filling half of your plate with vegetables and fruits at every meal.

Feeling like you have no time to cook? Try preparing your meals in bulk on your days off for the week ahead. This way, you can come home after a busy day to a completed meal full of vegetables.

• Grocery Shop with Ease

Make a grocery list and stick to it. This may reduce food waste and additional grocery trips.

Buy vegetables, fruits, and other ingredients needed for your meals and snacks ahead of time so you have enough for the week ahead.

To reduce food preparation time, try pre-cut or pre-washed vegetables such as baby carrots and spinach or frozen mixed vegetables.

• Prepare

Place washed and cut up vegetables in containers to always have options ready to go.

Add it to your breakfast: berries on cereal/oatmeal, vegetables to omelets, spinach to smoothies.

Add it to your lunch or dinner: broccoli to macaroni and cheese, peppers and mushrooms on pizza, extra vegetables in stir-fries.

Choose fruits that come in their own “package.” Bananas, oranges, and apples are foods that require no cutting or to be put into containers.

Texture and Taste

Flavours and textures of some vegetables and fruits may not be appealing to all people. However, with some various preparation and pairings, these suggestions might influence you to retry your least favourite vegetable or fruit:

• Try New Cooking Methods and Textures

Roasted: Roasting is a slow cooking process that uses dry heat (like an oven) at high heat to cook and create browned edges on the food. Try roasting broccoli and topping it with parmesan cheese or thinly slicing sweet potatoes into fries.

Pureed: Pureeing changes the textures of solid foods by turning them into a smooth texture with no lumps. Use a blender or food processor to puree berries into a sauce or squash into a soup.

Steamed: Steaming uses indirect heat from hot steam to cook food. Try steaming frozen or fresh corn and add it into a dish.

Grilled: Grilling is a quick cooking method that uses direct heat at a high temperature. Try placing mushrooms and peppers on a skewer and placing them on your BBQ or even place them directly onto the grill.

Sautéed: Sautéing uses a hot pan with a small amount of fat over high heat while constantly stirring the food.

Use chopped onions, broccoli, and carrots with some olive oil to add into your next meal.

• **Add Some Flavour**

Drizzle olive oil or lemon juice and add herbs or garlic to vegetables.

• **Pair with Foods You Enjoy**

Add bananas, apples, or berries into pancakes.

Add carrots, zucchini, or apple into muffins and loaves.

Add mushrooms or peppers into your favourite omelets.

Add tomato and lettuce to a burger.

Cost

With grocery prices rising, it can be difficult to incorporate vegetables and fruit into your diet. Check what you have at home in your pantry, fridge, and freezer before going out to buy more vegetables and fruit. See if you can use what you already have.

Plan your shopping trips and compare prices with different grocery stores to find the cheapest products. Some stores will even match a lower price product found at a competitor's store. Compare brand names, as some popular brands may be more expensive than a generic brand. Look for grocery stores with discount days, where you can save money off your total grocery bill. Fresh, frozen, and canned vegetables and fruits are equally healthy options. Research fresh produce in season or choose frozen and canned options for lower prices of your favourite vegetables and fruits. Choose items with close best before dates if you can use it within the date, as they may price it lower.

Store food properly. Storing vegetables and fruit properly will reduce waste, prevent extra grocery store trips, and save you money. Some vegetables and fruit should be stored at room temperature, while others need to be refrigerated. Freezing produce can allow them to last longer and to be used at a later time. Visit Canada.ca/FoodGuide and search "Storing Vegetables and Fruits" to find out more information.

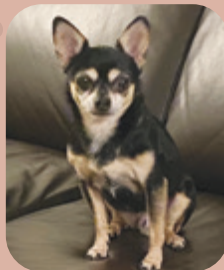
Find more resources on healthy eating including meal planning, recipes, and grocery shopping tips at HealthyEatingStartsHere.ca.

Find more tips on incorporating vegetables and fruits into your diet at Canada.ca/FoodGuide.

Cats, Canines, & Critters of Calgary



Bart, Heritage Park



Chico, Shawnessy



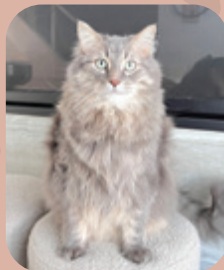
Elsbeth, Airdrie



Harry, Lakeview



Icy, North Glenmore Park



Jagger, Richmond



Millie, North Glenmore Park

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Celebrating Calgary 150 - Stampede City

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

Calgary's first boom saw the population grow 10x during 1901 to 1911.

Inglewood developed a commercial street, including mixed-use blocks, Fire Hall No. 3, and National Hotel. The Calgary Brewery expanded, producing 450 barrels/day.

The Beltline became a bustling neighbourhood. There was Club Carousel, which housed Calgary's first coffeehouse, first gay club, and a venue for Joni Mitchell. Pryce-Jones Department Store opened in 1910 followed by manufacturing buildings, like Biscuit Block.

After work, the King Eddy and St. Louis hotels were staples of Calgary's social scene. If you fell ill, Calgary's second general hospital opened in 1895, and the third opened in Bridgeland in 1910. Bridgeland-Riverside is located along the Old North Trail to Edmonton, with the DeWaal Block housing working class immigrants.

Alberta's first library, Memorial Park, was built in 1912. Westwards, Nimmons ranch house became Calgary's first to use brick, supplied by Brickburn (today's Edworthy Park).

The surrounding towns grew too. A railway siding called Airdrie became today's bedroom community. Canmore was a coal mining town in 1884. Bragg Creek was homesteaded in 1894 and hosted North America's first hostel. Okotoks is on the Calgary-to-Fort Macleod trail, with the US-bound railway arriving in 1892. Due east is Chestermere, a wetland turned lakeside community thanks to an irrigation canal, and Strathmore, a hamlet for workers and farmers.

Calgary also grew by annexation. Mount Royal was known as American Hill since Americans first built mansions along Royal Avenue. Ramsay was/is an industrial, commercial, and residential neighbourhood. Sunnyside was home for CPR and Eau Claire sawmill workers, while Hillhurst/Hounsfield became "Mount Royal of the North". Meanwhile, Calgary's third Chinatown was founded by Chinese owners.

Calgary's diversifying economy meant the cowboy life was fading away. Guy Weadick thought Calgary was perfect for an agricultural festival. The Big Four ranchers thought it could be one last sunset ride for Cow Town. Weadick invited Indigenous peoples to the first Stampede, held in 1912. It was a smashing success.

Another success in 1919 proved Weadick's point, and the annual Stampede tradition began in 1923. The city continues to embrace its roots every July, rightfully becoming Stampede City. Yahoo!

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"No. 1 mine, Canmore, Alberta," [ca. 1913-1919], (CU1115985) by Carroll, Daisy. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF10651G?WS=SearchResults>.



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"Central Park [Memorial Park], Calgary, Alberta," 1913, (CU183489) by Reader W. R.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F9LZIS?WS=SearchResults>.



"View looking east from Calgary Pressed Brick and Sandstone Company plant, Brickburn, Alberta," [ca. 1920-1931], (CU1136204) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1XGYURN?WS=SearchResults>.



"Houses in Mount Royal district on Royal Avenue, Calgary, Alberta," [ca. 1912], (CU1218716) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OMH243>.



"Eau Claire and Bow River Lumber Company office, Calgary, Alberta," [ca. 1904], (CU181923) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OMXWST7WS-SearchResults>.



"Decorated tipis, Calgary Exhibition and Stampede, Calgary, Alberta," 1912-09, (CU182251) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OV9V9V>.



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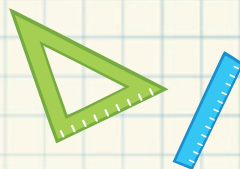
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ERLTON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	25	11	5	\$749,900	\$731,000
March	25	10	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
May	24	4	6	\$439,950	\$434,950

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
April	25	2	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
May	24	5	9	\$349,900	\$329,900

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

Reducing Household Food Waste: Planning, Shopping, and Storage

by Alberta Health Services



Food waste is food that was grown or harvested but never eaten. Some food waste at home can't be avoided, like eggshells, bones, tea bags or coffee grounds, but some food waste can. Avoidable food waste is food that is thrown out because we don't store it properly, buy too much, or cook too much. A 2022 study showed that 63% of food Canadians throw away could have been eaten. While all types of foods are wasted, the top foods that are thrown away are: vegetables and fruits, leftovers, and bread.

This article includes tips and resources to reduce your food waste at home.

Planning Your Meals

Planning meals a few days or a week ahead of time may prevent you from buying too much food. Consider what food items you already have. Check your fridge and cupboards carefully to see how much is left in containers or packages. Checking best before dates is helpful so you can use up food while it's at its freshest. Note that 'best before' dates are not the same

as expiration dates. Expiration dates are about food safety, whereas 'best before' dates are about freshness. So just because a food is past its 'best before' date doesn't mean it needs to be tossed. Then think about some meals that you like or can easily make with items you already have. Then create a list on paper or your phone of items you do not have.

Grocery Shopping

When buying fresh, consider what options are best for your family, for example, pre-washed and pre-cut fruits, vegetables and salads can be convenient, but are more expensive. However, if this means you are more likely to eat them instead of throwing out unprepared produce, then this may be an option for you. It can also be helpful to pre-wash and cut your produce for easy access during the week, so you are more likely to eat it and less likely to have waste.

Frozen and canned options are also time-savers as the preparation has already been done for you. They last a lot longer than fresh, so are less likely to go bad before

Guess the Year!

1. The Canadian dollar was established across Canada.
2. Canada sent its first national team to the summer Olympics in St. Louis.
3. Women get the right to vote.
4. Alberta becomes a province of Canada.
5. The first railway opens in Canada.
6. Terry Fox begins his Marathon of Hope.



you can use them up. Buying frozen or canned produce offers year-round variety that otherwise might not be available. Try adding frozen or canned vegetables into pasta sauce, casseroles, soups, or stir-fry. Frozen or canned fruit can be added to yogurt, cereal, baking, or smoothies.

Storing Foods

Consider the order that you use some foods as some foods can keep longer in the fridge than others. Most fresh vegetables and fruits will stay fresh longer if they are unrinsed. Consider washing produce before preparing, freezing, or eating it. Some produce gives off a gas (ethylene) that speeds up ripening - apples, bananas, kiwis, tomatoes, avocados. Keep these vegetables and fruits in a loosely tied bag away from already ripe produce. Some produce will also stay fresh longer than others so consider using produce like kale, chard, carrots, and cabbage later in the week.

Since bread and baked goods are among the top foods that are thrown away, store bread and buns in a cool, dark, and dry place in the original packing. Or consider freezing if you don't think you will be able to use up the bread by the best before date. Storing bread in the fridge may make it go stale more quickly.

If you have leftovers, it's important to store them properly. Wrap leftovers or place them in a covered container. Place them in a refrigerator within two hours of preparing or cooking. Consider labelling them with a date and remember to use the oldest ones first. Leftovers like soup can be safely eaten within two to three days after cooking, while other cooked dishes containing eggs, meat, vegetables, cooked fish, or poultry can be safely eaten within three to four days of being stored at the correct temperature in the fridge. Leftovers can be frozen for longer.

Making some or all of these choices when shopping or storing food can play a part in reducing your food waste at home.

For more helpful tips on food storage and safety visit Canada.ca and search: "Storing Vegetables and Fruits" and "Food Safety".

For more ideas to reduce food waste visit ahs.ca/nutritionhandouts and search "Reduce Food Waste."

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BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	25	2	0	\$0	\$0
March	25	1	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	1	0	\$0	\$0
June	24	0	0	\$0	\$0
May	24	0	0	\$0	\$0

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

BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	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
May	24	3	3	\$2,375,000	\$2,300,000

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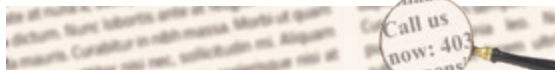
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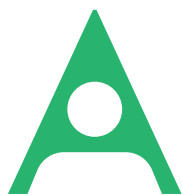
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ROXBORO COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	25	2	1	\$3,620,000	\$3,595,000
March	25	2	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
May	24	1	2	\$1,822,500	\$1,887,500

WINDSOR PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	25	13	13	\$299,999	\$298,000
March	25	19	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
May	24	16	19	\$369,999	\$401,000

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