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		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	23	12	9	\$899,000	\$905,000
February	23	2	3	\$554,900	\$554,900
January	23	4	2	\$1,254,950	\$1,217,500
December	22	3	3	\$460,000	\$470,000
November	22	2	2	\$615,000	\$609,500
October	22	8	9	\$699,900	\$706,500
September	22	9	7	\$689,900	\$680,000
August	22	7	9	\$634,900	\$620,000
July	22	7	7	\$775,000	\$765,000
June	22	10	5	\$799,900	\$785,000
May	22	13	10	\$647,450	\$690,800
April	22	12	16	\$687,450	\$700,000

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

YOUR CITY OF CALGARY

Join the Conversation About the Future of Calgary's River Valleys

from the City of Calgary



Calgary's river valleys are essential to our city; they're at the core of our city's identity and its appeal as a place to live, play, and do business. Making careful decisions about how we plan, develop, and build in the floodplain is fundamental to protecting and enhancing the value of our river valleys while strengthening our overall resilience to the impacts of flooding.

We are now updating Calgary's River Valleys Plan, which will provide guidance for decisions about how we plan, develop, and build in the floodplain. This is an opportunity for all Calgarians to voice what is important about our river valleys to ensure that those values shape approaches to development, recreation, natural space, and flood hazard planning.

Early engagement takes place from April 27 to June 5, focused on clarifying priorities and values for our river valley communities. Participate in the conversation at calgary.ca/RiverValleys.

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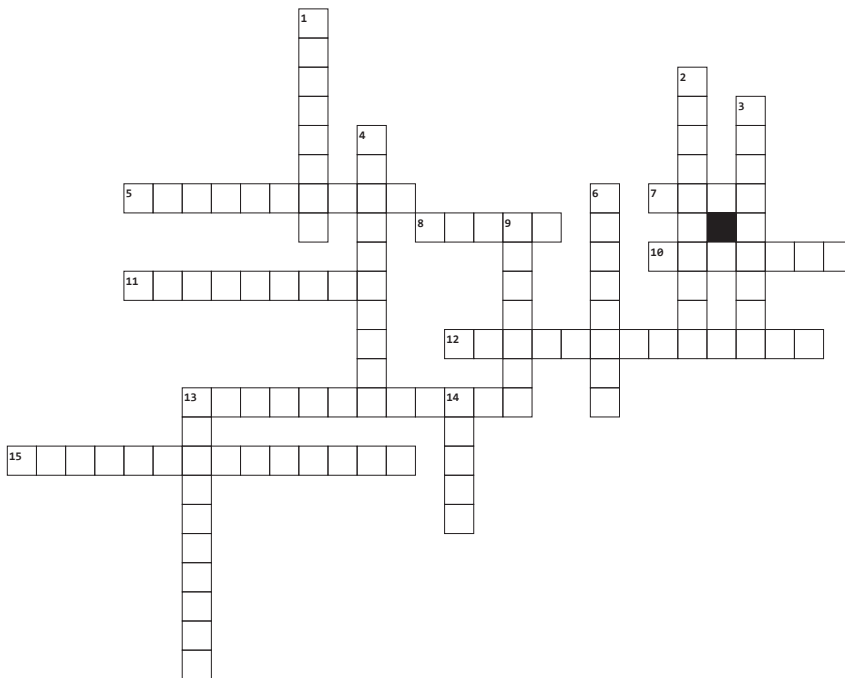
www.BanburyCrossroads.com

Joke of the Month

What do you call a little bear with no teeth?

A gummy bear.

May Crossword Puzzle



Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World _____ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved _____'s theory of general relativity.
9. Canada's first _____ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of _____ was taken.

**SCAN THE QR CODE FOR
THE ANSWER KEY**



Limit Sugar for a Sweet Smile

April is Oral Health Month in Canada. Regular brushing and flossing are good habits to help reduce tooth decay. However, limiting added sugar is also an important way you can prevent tooth decay and protect overall health.

Choosing too many foods and drinks with added sugar can increase your risk for tooth decay. Acid is produced when the bacteria in your mouth eat sugar. The acid dissolves the tooth surface (enamel) and can lead to tooth decay. Added sugar also adds calories without any nutrients, and can contribute to other diseases such as diabetes, obesity, and cardiovascular disease.

Added sugars are found in processed foods and drinks and can also be used to preserve foods such as jams and jellies. They can be added for taste, texture, and colouring. Sugary drinks are the main source of added sugars in most people's diets. Examples include pop, fruit-flavored drinks, flavoured milks, sport drinks, and specialty coffees. Other foods high in added sugar are sweetened baked goods and desserts, chocolate and candy, and condiments like ketchup and jam.

The good news is that when we eat and drink less sugar, we lower the risk of tooth decay.

Here are some tips to limit added sugar for healthy teeth and overall health:

At the grocery store:

- Read the ingredient list. Words ending in "ose" such as sucrose and fructose, or words such as syrups, honey, molasses, fruit juice, and puree concentrate are sugars. When they appear at the beginning of the list, the food is higher in sugar. Choose these foods less often.

When cooking and baking:

- Choose recipes with little or small amounts of added sugar.
- Try cutting down on the sugar, syrup, molasses, and honey in your recipes. For example, instead of 1 cup (250 mL) use 1/2 or 3/4 cup (125 or 175 mL).

- Flavour foods with spices, herbs, lemon, or vinegars, such as balsamic and cider, instead of bottled, premade sauces.
- Ready-made sauces such as sweet and sour, honey garlic, and ketchup contain sugar. Use them less often and in smaller amounts.

At home and when eating away from home:

- Drink water to quench your thirst.
- Limit the amount of sugar you add to foods and drinks during preparation or at the table.
- Limit the number of sugary drinks you have, such as pop, fruit-flavoured drinks, flavoured milks, sport drinks, and specialty coffees.
- When choosing a snack, pick vegetables or fruits that do not contain added sugar.

Learn more at ahs.ca by searching "all about sugar."

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Data Privacy

from the Better Business Bureau

The possibility of a cyberattack by a foreign country has gone from being the stuff of science fiction to a common threat that is often reported in the news.



While it may seem like there is nothing an individual can do to stop a cyberattack, there are some best practices that consumers and businesses can do to help guard against losing important personal information to cyber thieves. When online, safeguard your information to help avoid scam fraud, and identity theft. Periodically, it is a good idea to review who has your information. The Better Business Bureau and the National Security Alliance offer the following tips to help secure the privacy of critical information.

- **Share with care.** Posts on social media last a long time. Consider who will see the post, how readers might perceive it, and what information it might reveal about the individual posting it.

- **Manage privacy settings.** Check the privacy and security settings on web services and apps and set them to your comfort level for information sharing. Each device, application, or browser used will have different features to limit how and with whom you share information.
- **Personal info is like money. Value it. Protect it.** Personal information, such as purchase history, IP address, or location, has tremendous value to businesses – just like money. Make informed decisions about whether or not to share data with certain businesses by considering the amount of personal information they are asking for and weighing it against the benefits you may receive in return.
- **Make your passwords long and strong.** Use long passwords with a combination of upper- and lower-case letters, numbers, and symbols – eight characters for most accounts and twelve characters for email and financial accounts. Don't use the same password for multiple accounts, especially email and financial. Keep a paper list of your passwords in a safe place, not on or near your computer. Consider using a password vault application. See BBB's tips for creating a strong password.

For more information go to BBB.org.

GAMES & PUZZLES

Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



**SCAN THE QR CODE
FOR THE ANSWERS!**



Window and Balcony Safety

from Alberta Health Services

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

Windows and Screens

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

Balconies

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

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.
- EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.



The Orient Express

In 1883, a luxurious passenger train called the Orient Express began serving the European continent and did so successfully for almost a century. Sadly, the emergence of air travel meant that it had to shorten its routes. On May 20, 1977, the Orient completed its last direct trip from Paris to Istanbul, the endpoints on their line.

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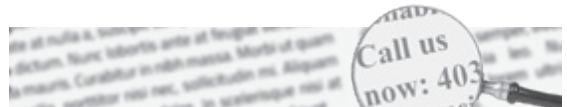
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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Mother's Day Trivia

by Shelly Smith

In honour of Mother's Day, I thought it might be fun to share this short and informative quiz with you. Have fun with it!

1. What date in May does Mother's Day fall on?
 - a. The first Sunday of May
 - b. The second Sunday of May
 - c. The last Sunday of May
2. In 1908, which country was the first to celebrate Mother's Day as an official day of celebrating mothers?
 - a. United States
 - b. Canada
 - c. India
3. Which scientist won two Noble Prize awards and was the mother of a Nobel Prize winner?
 - a. Emily Green Balch
 - b. Gerty Theresa Cori
 - c. Marie Currie
4. Which pop music group is known for a hit song named *Mamma Mia*?
 - a. Abba
 - b. Blondie
 - c. Fleetwood Mac
5. How much do Canadians spend on average for a Mother's Day gift according to Finder.com?
 - a. \$52
 - b. \$111
 - c. \$132
6. How much does phone (landline and cellular) traffic increase on Mother's Day?
 - a. 23%
 - b. 37%
 - c. 45%



7. Why is it that words for "Mom" start with a "ma" sound in a lot of languages? (For example, "Mom" is "MaMa" in Ukrainian and "Mor" in Danish)
 - a. Coincidence
 - b. Repetition
 - c. It is one of the first sounds a baby makes
8. In 2011, how many mothers were there in Canada (including biological, adoptive, and stepmothers) according to Stats Canada?
 - a. Almost 10 million
 - b. 12 million
 - c. Almost 13 million

Courtesy of Springbank Hill Community Association

SCAN THE QR CODE FOR THE ANSWERS!



**BRAIN
GAMES**

SUDOKU

		8			1			
	5							1
9			5		2			7
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			1		5	9		
						2	3	6
			8			7		
2	7	5			6			1
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LAKEVIEW VILLAGE

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Lakeview / was listed at \$2,975,000**



SOLD

LAKEVIEW VILLAGE

**6914 Livingstone Drive SW / Lakeview
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LAKEVIEW MARCH 2023 STATISTICS



NORTH GLENMORE PARK MARCH 2023 STATISTICS



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