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		Properties		Media	n Price
		Listed	Sold	Listed	Sold
May	25	17	12	\$994,950	\$997,500
April	25	12	6	\$874,950	\$876,000
March	25	13	8	\$709,950	\$725,000
February	25	5	5	\$899,000	\$970,800
January	25	11	9	\$799,900	\$830,200
December	24	0	0	\$0	\$0
November	24	5	6	\$827,450	\$812,000
October	24	6	11	\$899,000	\$895,000
September	24	8	4	\$774,900	\$787,500
August	24	7	5	\$749,900	\$825,000
July	24	9	8	\$962,400	\$975,500
June	24	5	5	\$539,000	\$580,000
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To view more detailed information that comprise the above MLS averages please visit lakv.mycalgary.com







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#### **SCAN HERE TO VIEW ADDITIONAL LAKEVIEW CONTENT**









## 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.



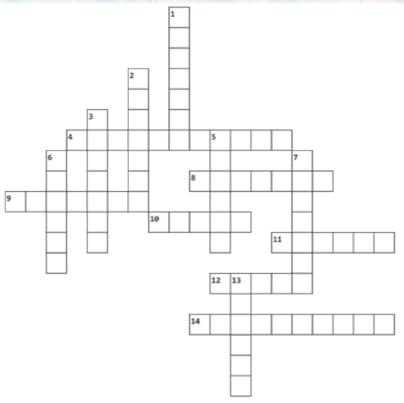
This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: "Put your shoes on before going outside." But children test rules—that's what they do. The real boundary isn't whether the child follows the rule, but how the parent responds when they don't. 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.



## **July Crossword**





#### 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

- 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.
- Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
- 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.

#### **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
- $\frac{1}{2}$  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:**

- 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

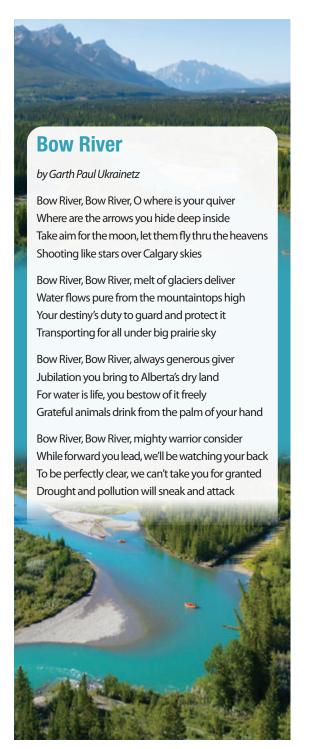


in the centre of each patty which helps to keep them in shape while cooking.

- 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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#### 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=specI).

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## Lakeview Real Estate Update Last 12 Months Lakeview

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2025	\$994,950	\$997,500
April 2025	\$874,950	\$876,000
March 2025	\$709,950	\$725,000
February 2025	\$899,000	\$970,800
January 2025	\$799,900	\$830,200
December 2024	\$0	\$0
November 2024	\$827,450	\$812,000
October 2024	\$899,000	\$895,000
September 2024	\$774,900	\$787,500
August 2024	\$749,900	\$825,000
July 2024	\$962,400	\$975,500
June 2024	\$539,000	\$580,000

Last 12 Months Lakeview
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2025	15	12
April 2025	12	6
March 2025	12	8
February 2025	5	5
January 2025	11	9
December 2024	0	0
November 2024	5	6
October 2024	6	11
September 2024	8	4
August 2024	7	5
July 2024	9	8
June 2024	5	5

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





McMan Calgary invites you to join us for our 3<sup>rd</sup> Annual Charity Golf Tournament, in support of youth mental health.

Wed, July 30 I 9am Shotgun Start Hamptons Golf Club I \$250/person

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#### **Age-Friendly Calgary Essential Numbers for Seniors in Calgary**

#### **9-1-1** Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

#### **8-1-1** Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

#### **3-1-1** City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

#### **2-1-1** Community Resources (24-Hour)

Information and referrals for community and social services.
www.ab.211.ca.

#### 403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

**403-266-HELP (403-266-4357)** Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

#### 403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

**403-705-3250** Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

## **GRANDPARENT SCAM ALERT**

#### WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

#### **BAIL FACTS:**

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.





"Court appointed" couriers don't exist. If someone asks to come to your home to pick up payment, it's a scam.



If it has to be now, it has to be no. Using fear or highpressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

CALGARY POLICE SERVICE If you have lost money or the scam is in progress, contact the Calgary Police Service at <u>403-266-1234</u>

To report a scam in general, contact the Canadian Anti-Fraud Centre at 1-888-495-8501



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#### MY RECENT COMMUNITY LISTINGS & SALES



123 Pump Hill Place SW Pump Hill \$1,459,000

2.190 SQ.FT 4 BEDROOMS I 3 BATHS



1020 Premier Way SW **Upper Mount Royal** \$2,300,000

4.136 SQ.FT 4 BEDROOMS | 5 BATHS



3444 Lane Crescent SW Lakeview \$2,650,000

3.558 SQ.FT 5 BEDROOMS | 5 BATHS



3207 Alfege Street SW **Upper Mount Royal** \$3,199,900

2.971 SQ.FT



6428 Law Drive SW Lakeview \$2,725,000

3.516 SQ.FT

4 BEDROOMS | 5 BATHS 5 BEDROOMS | 5 BATHS

LAKEVIEW MAY 2025 STATISTICS



LISTINGS 18

AVERAGE DAYS ON MARKET

AVERAGE SALES PRICE \$1,296,208 NORTH GLENMORE PARK MAY 2025 STATISTICS



NEW LISTINGS 16

AVERAGE DAYS ON MARKET 22

AVERAGE SALES PRICE \$940.000

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