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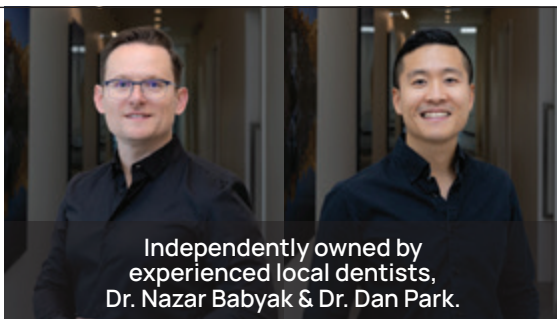
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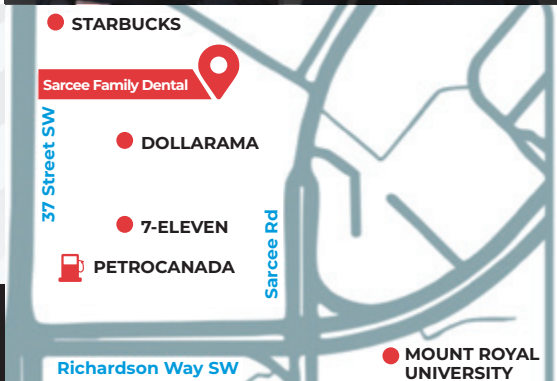
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		Listed	Sold	Listed	Sold
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June	25	13	8	\$1,112,500	\$1,102,500
May	25	13	12	\$994,950	\$997,500
April	25	10	6	\$874,950	\$876,000
March	25	11	8	\$709,950	\$725,000
February	25	5	5	\$899,000	\$970,800
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	6	5	\$749,900	\$825,000

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

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	7		4	5	9			
5			7			4	6	
		2						3
	9							5
		4			8		9	1
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Celebrating Calgary 150 - Oil Capital

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

The Leduc oil well discovery launched Calgary onto the world's stage.

Calgary's first skyscraper was the 11-storey Barron Building (ca.1951). The Guinness family built Elveden Centre (ca.1958), Calgary's first to 20 storeys.

Calgary's most iconic building is Husky Tower, built for Canada's centennial. CPR's station was demolished for an office complex with tourist attraction, a freestanding observation tower, the tallest building in Canada outside Toronto.

The Ukrainian Catholic Church (ca.1955) stands out for its Byzantine style. In Inglewood, the Standard Church of America served the Black community. The Shaarey Tzedec Synagogue arrived in Mission in 1959.

Alberta's 50th anniversary, the post-war boom, and the centennial brought several institutions to Calgary.

Eric Harvie preserved Western Canadian heritage through the Glenbow Museum. The Southern Alberta Jubilee Auditorium was built, and a Brutalist-style planetarium opened. Confederation Park preserved a creek and coulee.

Stampede Corral (ca.1950) replaced Victoria Arena and McMahon Stadium was ready in 1960. Calgary's first mall was North Hill Centre (ca.1958).

Britannia became Calgary's first complete neighbourhood, with plaza, residences, and parks. Queen Elizabeth II toured it in 1959.

In 1953, an updated Calgary General Hospital opened. Foothills Hospital opened in 1966, Calgary's lead trauma centre and research/training hospital. It's associated with the University of Calgary, also founded in 1966.

Heritage Park (ca.1963) became a living museum of early modern prairie life and preserves heritage buildings.

Bearspaw Dam was built (ca.1953), named after a Treaty 7 signatory. The airport received a new passenger terminal (ca.1956) and began international flights.

Mewata Bridge was built to handle automobiles. McKnight Boulevard was named after a WWII flying ace, which connects John Laurie Boulevard, named for an Indigenous advocate.

Macleod Trail was moved from Ramsay to 2 Street SE. Bow Trail replaced Old Banff Coach Road, with Sarcee and Blackfoot Trails flanking the city's west and east sides. But the Sien Lok Society opposed razing Chinatown for a highway.

In 1961, the Trans-Canada Highway replaced Morley Trail and Banff-Windermere Parkway.

In 1973, Crowchild Trail was named after Tsuu T'ina chief David Crowchild. He said, "May this be a symbol of cutting all barriers between all peoples."

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"View of the Barron Building showing Uptown marquee, Calgary, Alberta," 1952-08, (CU1111123) by *Calgary Herald*, unknown photographer. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF10EEZZ6?WS=SearchResults>.



"Expanding downtown skyline, Calgary, Alberta," 1961-01, (CU1111336) by *Calgary Herald*, unknown photographer. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Published in the *Calgary Herald*, January 31, 1961. Tall building is Elveden House. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF10EKM7?WS=SearchResults>.



Husky Tower over 200 feet in height - 27 feet of concrete poured a day, City of Calgary Archives, item CaIA 2006-042sVII-0054.



Needle Installation on the Husky Tower, 10 November 1967, City of Calgary Archives, item CaIA 94-004-003.



"Opening day, Leduc #1 discovery well, Leduc, Alberta.", 1947-02-13, (CU1137357) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F7K3LP?WS=SearchResults>.



"General Hospital, Calgary, Alberta.", 1955-07-28, (CU1131227) by Rosettis Studio. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FH47LJ?WS=SearchResults>.



"House of Israel, Calgary, Alberta.", [ca. 1940-1945], (CU1216464) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1X4X4>.



"Bearspaw dam, Calgary, Alberta.", 1954-12, (CU1141494) by De Lorme, Jack. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FMZG3A?WS=SearchResults>.



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Trans Canada Highway - Canmore, September 2006, Jack Borno, via Creative Commons Attribution-Share Alike 3.0 Unported license. [https://commons.wikimedia.org/wiki/File:Trans_Canada_Highway_-_Canmore_-_panoramio_\(1\).jpg](https://commons.wikimedia.org/wiki/File:Trans_Canada_Highway_-_Canmore_-_panoramio_(1).jpg).



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Let's Keep Our Kids Safe as They Head Back to School

by The City of Calgary



As we gear up for the school year, we are asking people who drive to prioritize the safety of our students, and remember these safety tips:

- The kids are counting on us. Slow down and look out for them, especially in playground zones and around schools. It takes less than a minute to travel through most playground zones and speeding typically only “saves” a driver ten seconds. Be safe and slow down.
- Watch the crosswalks. Stopping or parking too close to a crosswalk creates dangerous conditions for pedestrians. People crossing the street cannot see past a car that is parked too close and approaching drivers cannot see pedestrians. Stopping too close to a crosswalk, even for just a minute, is too long. Be safe and watch out—please do not block crosswalks.
- Double parking creates unsafe conditions. Double parking is when a vehicle stops or parks in the roadway alongside another already parked car. Double parked vehicles not only obstruct the flow of traffic but can block the view of other drivers, making it difficult to see pedestrians or other vehicles. Encouraging passengers to get out of the car when double parked puts them in harm’s way. When you choose to double park, even just for a minute, our kids are at risk of getting hurt. Be safe, park smart!

When driving, please choose safety over convenience—the kids are counting on us.

Learn more at calgary.ca/besafe.

What Is Cart Contamination?

by The City of Calgary, Waste and Recycling Services

We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures material ends up at the right facility to be turned into new products or to be disposed of properly.



Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at calgary.ca/contamination.



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Nutrition to Help Manage Blood Pressure

by Alberta Health Services

Hypertension means there is too much pressure in your blood vessels. Over time, this can damage them and can increase your risk of heart attack and stroke.

Managing high blood pressure may include changing what you eat, managing your body weight, being physically active, limiting alcohol, engaging in relaxation practices, reducing or stopping tobacco use, and can include medication. Your healthcare provider can support you.

This article will focus on which food and nutrition choices may help manage your blood pressure. It includes what to eat more of and what to cut back on.

What To Consume More Of

Vegetables and Fruits: Vegetables and fruits are packed with fibre and nutrients that can help lower blood pressure. People who eat many vegetables and fruit are at lower risk for developing high blood pressure. Fresh, frozen, or canned varieties can all help lower your risk. At meals, try to fill half your plate with vegetables and fruits. Ideas to get more: have a piece of fruit at breakfast or add extra vegetables to wraps, sandwiches, and leftovers at lunch.

Whole Grains: Whole grain foods include all parts of the grain and have important nutrients like fibre, vitamins, and minerals. They include bulgar, buckwheat, oats, cornmeal, wild, or brown rice. If choosing a bread or a cereal, look for “whole” or “100% whole grain” on the package. For example, whole grain or whole rye.

Beans, Peas, and Lentils: Replace meat with beans, peas, or lentils at some meals. Add kidney beans, chickpeas, and lentils to soups, casseroles, salads, and pasta sauce. Try roasted chickpeas or lentils as a crunchy snack.

Foods with Calcium: Try to have at least two servings daily of calcium-rich foods like milk, yogurt, fortified plant-based beverages such as soy, oat, or almond, and salmon or sardines canned with bones.

What To Eat or Drink Less Of

Refined Grains: Refined grains are different than whole grains. Refined grains have parts of the grain removed



when they are being processed, so they have less fibre and sometimes fewer vitamins. Examples of refined grains include white bread, cakes, and other foods made with white flour.

Added Sugar: Added sugar means sugar, syrup, or honey added to food and drinks. It's recommended to limit sugary drinks.

Added Salt, Packaged or Processed Food: Salt contains a mineral called sodium. Your body needs small amounts of sodium to work properly. Most Canadians eat almost two times the sodium they need. The top sources of sodium in the Canadian diet include soup, cheese, breakfast cereals, salty snacks (like chips and pretzels), baked goods like bread and crackers, processed meals like deli meats and sausages, and condiments and dips such as ketchup, soy sauce, and BBQ sauce.

Caffeine: Caffeine is found in coffee and coffee-based drinks, tea, colas, and energy drinks. Limit caffeine to no more than 400 mg a day. This is equal to two to three cups (eight ounces each) or 500 to 750 ml of coffee.

There are many foods that can affect blood pressure. When you start with small changes, improving what you eat and drink seems more manageable—your heart will thank you for it.

You can find more tips on managing blood pressure by visiting ahs.ca/nutritionhandouts and searching “Nutrition and Lifestyle Choices to Manage Blood Pressure”.

Starting Fall SMART

by Recovery Alberta – Community Health Promotion Services

Fall is the time to set goals! Goals help us make positive changes in our day-to-day lives that move us towards our hopes for the future. Goals are like a map – they guide us. They provide us with a sense of ease and comfort knowing we have a plan. Setting them gives us an opportunity to reflect and prioritize what we find most meaningful. Goals that we share and work on with our family, friends or colleagues can also build stronger relationships and closer connections.

Goal setting should not have to be overwhelming, which is why many reframe it and call it “intention” setting. Intention is rooted in our beliefs and values but focuses on present actions rather than far-off outcomes. Whether we set goals or intentions, we need to give ourselves the freedom to change our minds and adjust our goals as we move towards them.

One tool that can support your process in setting goals is using the SMART strategy.

- Specific – What exactly would you like to do? What is your aim?
- Measurable – How will you know if you are moving towards your goal? What will you see?
- Achievable – Can you act to reach your goal? Is it something you can do?
- Relevant – Does this goal have meaning for you?
- Time – When would you like to reach this goal?

All parts of our lives can benefit from setting meaningful goals. Here are a few ideas on where you could get started today:



- Attitude (e.g. Being positive, hopeful, and grateful or seeing the good)
- Physical Health (e.g. Being active, eating healthy food, sleeping, and drinking water)
- Relationships (e.g. Spending more time with family and friends)
- Public Service (e.g. Volunteering, helping your community)

Taking the time to write, type, or vocalize our goals, will set the stage for us to reach them! Another important piece is to celebrate our successes along the way. Focus on all that you have done rather than on things you still need to do.

Remember to be kind to yourself. This is a good year to think about what is important and fall gently back into our routines again!

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Creamy Beef Enchiladas

by Jennifer Puri

The idea of rolling tortillas around food originated in Aztec times but it was the Spanish Conquistadors who adopted the dish and added new ingredients like cheese, pork, and chicken.

Enchiladas, meaning “to season with chilies”, refers to stuffed corn tortillas that have been dipped in a chili sauce. A traditional Mexican dish, Enchiladas have a unique flavour and are a perfect combination of tortilla, meat, cheese, and sauce.

Smothered in sauce and baked, creamy beef enchiladas are filling and rich, so they are best paired with a simple bean salad or Mexican rice.

Prep Time: 20 minutes

Cook Time: 30 minutes

Bake Time: 30 minutes

Servings: 5 to 6

Ingredients:

- 1 ½ lbs lean ground beef
- 1 tbsp. canola oil
- ½ cup yellow onion, sliced
- 1 cup cooked and rinsed black beans
- 2 packets (24 gm each) hot and spicy taco seasoning
- 6 large flour tortillas
- 1 ½ tsp. powdered cumin
- ¼ cup all purpose flour
- 1 can diced green chili peppers
- 1 cup milk
- 2 cups light sour cream
- ½ cup low fat Greek yoghurt
- 2 cups Mexican shredded cheese

Directions:

1. Heat oil in a medium size pan, add onion and sauté until it turns a light brown. Then add the ground beef and brown about 3 to 4 minutes. Next add the taco seasoning and the black beans and continue to stir for 2 to 3 minutes.
2. Add the water and simmer the beef and bean mixture for about 20 minutes or until the liquid has dried up. Remove from heat and allow to cool.



3. Preheat oven to 350 degrees Fahrenheit.
4. Grease a large, rectangular oven-proof dish with butter. Place the tortillas on a flat surface and divide the cooled meat mixture between the tortillas. Fold tortillas and place them in the baking dish seams side down.
5. Prepare the cream sauce by combining the flour, cumin, sour cream, milk, yoghurt, and chilies in a bowl. Then spoon the sauce over the tortillas and sprinkle the cheese over it. Cover with non-stick foil and bake in the oven for 30 to 40 minutes.
6. Garnish with chopped tomato, avocado, and coriander leaves, and serve with a salad, salsa, and sour cream if desired.

Bon Appétit!



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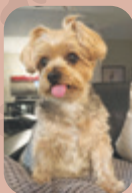
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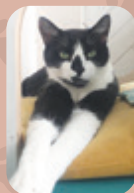
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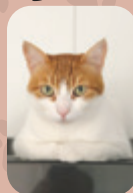
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LAKEVIEW JULY 2025 STATISTICS

SALES	NEW LISTINGS	AVERAGE DAYS ON MARKET	AVERAGE SALES PRICE
9	8	32	\$877,604

NORTH GLENMORE PARK JULY 2025 STATISTICS

SALES	NEW LISTINGS	AVERAGE DAYS ON MARKET	AVERAGE SALES PRICE
3	5	35	\$1,716,667

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