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	Listed	Sold	Listed	Sold	
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May	24	29	24	\$464,450	\$487,500
April	24	27	20	\$592,400	\$587,500
March	24	13	17	\$779,900	\$810,000
February	24	19	18	\$699,950	\$709,950
January	24	18	19	\$689,000	\$685,000
December	23	4	10	\$669,950	\$653,750
November	23	16	11	\$514,900	\$520,000
October	23	19	21	\$449,900	\$450,000
September	23	21	18	\$731,894	\$729,444
August	23	24	25	\$669,900	\$675,000
July	23	23	22	\$704,450	\$682,500

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



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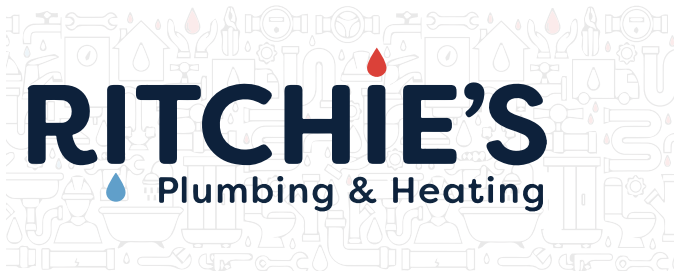


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Visit us in August to hear special guest speakers from Israel. Attend our community dinner
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CONTENTS

- 6 HERITAGE STORIES: CALGARY'S OUTDOOR PROMENADES
- 8 GAMES AND PUZZLES: AUGUST CROSSWORD
- 10 TAKE ON WELLNESS: ERGONOMICS AND YOU
- 12 BUSINESS CLASSIFIEDS



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**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Calgary's Outdoor Promenades

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

In January, we surveyed Calgary's first shopping mall. In summertime, let's consider its outdoor promenades.

Stephen Avenue comes to mind. It's a National Historic Site and served as Calgary's main commercial street from 1880 until the 1930s. Its centrality is marked by beautiful examples of Victorian, Art Deco, and Beaux-Arts architecture. I have fond childhood memories of visiting Stephen Ave to see Aunt Barb, who worked in the 1932 Bank of Montreal building, or to take luncheon with Aunt Maria at the 1913 Hudson's Bay Department Store (the fries and gravy were a must!)

Stephen Ave's grandeur contrasts with the workhorse nature of Bridgeland-Riverside's two main streets, 1 Ave NE and 4 Street. Bridgeland dates back to the 1880s, when Russian-German immigrants, then Ukrainians and Italians, took up residence. Over the decades, it's been a first stop for many newcomers to our bustling prairie city. Its main streets contain fine examples of Edwardian commercial buildings, including the 1911 Morasch Block and 1909 Reliance (Armour) Block. Today, many eclectic shops, eateries, and services await you.

A modern promenade is Britannia Plaza (Elbow Drive and 49 Ave SW). Britannia was Calgary's first comprehensively planned community designed by the City's Planning Department. It's a complete neighbourhood, with a park, public building (today's B'nai Tikvah Temple), mixture of dwellings, and a shopping plaza, completed in 1955.

The Plaza joined the area's other destinations, the Calgary Golf and Country Club (Alberta's oldest private golf club, est. 1909) and the Windsor Park Riding Stables and Racetrack. It fit in nicely with the existing stores, McDermid Greig Drugs and the no.7 branch of Jenkins Groceteria. Henry Jenkins brought the first self-serve grocery store to Canada in 1918. Behind Jenkins was the end of the trolley line. The building burnt down in 1978 and was rebuilt, today housing Sunterra Market.

The Plaza was a model for other promenades, including Cambrian Heights, Haysboro, Mayland Heights, and the now-demolished Stadium Shopping Centre. With its

suburban London feel and old-world name, Britannia Plaza retains a unique charm and ambiance.

Take a stroll before the season changes and enjoy Calgary's outdoor promenades.

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Hudson's Bay Company building, corner of 1 St SW and 8 Ave, 2019. Photo courtesy of Olivia Breytenbach, Calgary Heritage Initiative.



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The Reliance (Armour) Block, an Edwardian commercial-style building constructed in 1909-1912, former site of Wiggins Hall, June 2024. Photo courtesy of Anthony Imbrogno.



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Britannia Plaza, Elbow Drive and 49 Avenue SW, June 2024. Photo courtesy of Anthony Imbrogno.



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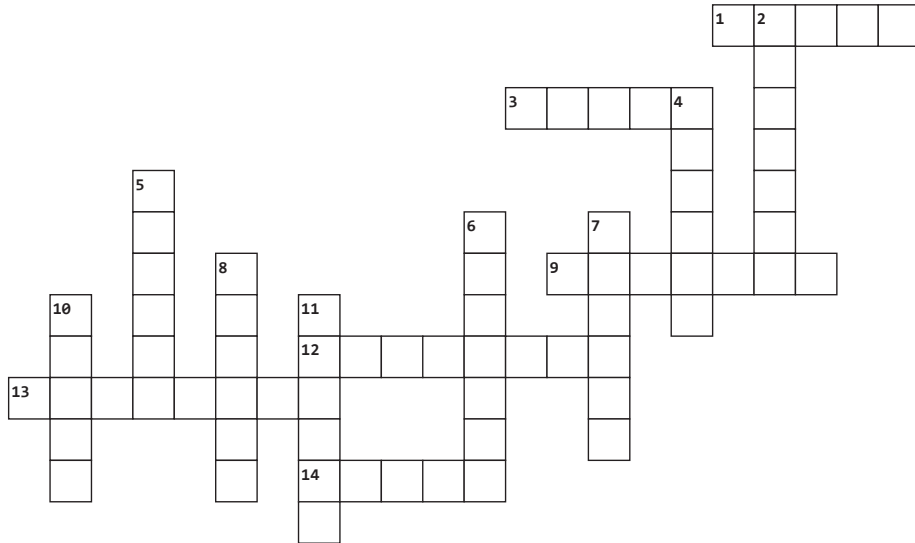
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JOKE OF THE MONTH

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August Crossword



Across

- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a _____" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate _____ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the _____ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, _____.
- The fantasy novel *A Game of Thrones*, written by George R.R. _____, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The _____, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid _____ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called _____, also known as the Dog Star.
- Canadian actress, Evangeline _____, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael _____ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



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



City of Calgary Launches Secondary Suite Incentive Program

by the City of Calgary

The City of Calgary is proud to introduce the Secondary Suite Incentive Program, an initiative aimed at encouraging safe and accessible housing for Calgarians.

The Secondary Suite Incentive Program is a component of 'Home is Here: The City of Calgary's Housing Strategy.' It provides a qualifying homeowner up to \$10,000 to cover a portion of construction costs to develop and register a safe secondary suite.

The incentive applies to suites built within the main dwelling, not for backyard or detached suites. Applications are limited to one per person and you must own the property through the entire process. Qualifying homeowners with an active building permit can apply for the following:

- Egress windows
- Hardwired and interconnected smoke and carbon monoxide alarms
- Protected exiting
- Smoke-tight barriers
- Split heat/separate air

Additional funding is available for accessibility and energy efficiency.

The Secondary Suite Incentive Program is open for applications. Learn more about the program or apply at calgary.ca/suite-incentive.

DYNAMITE!



When K-Pop group BTS released their single "Dynamite" on August 21, 2020, they changed the music industry forever. Their upbeat music video set an impressive world record by becoming the first video to be watched more than 100 million times in just 24 hours on YouTube! Talk about explosive popularity!

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Ergonomics and You

by Alberta Health Services



Ergonomics is the study of the kind of work you do, the environment you work in, and the tools you use to do your job. It can prevent musculoskeletal injuries such as back strain or carpal tunnel syndrome by reducing physical and mental stress caused by the workstation setup. This is why it's important to evaluate your work process, including job organization, worker rotation, task variety, and demands for speed and quality.

Office Ergonomics

The goal of office ergonomics is to set up your office workspace so that it fits you and the job you are doing. By focusing on the physical setup of your workstation and the tools you use, you can reduce your chances of injuries.

It focuses on how things are set up in your office workspace such as:

- Your workstation setup, how you sit, and how long you stay in one position.
- How you do a certain task, the kinds of movements you make, and whether you make the same movements over and over.
- Your work area, including light, noise, and temperature.
- The tools you use to do your job and whether they are set up to fit your needs.

Office ergonomics can help you be more comfortable at work. It can help lower stress and injury caused by awkward positions and repetitive tasks.

It's common for injury and illness to happen at work. Both can cost you and your employer time and money. They can also affect how well you do your job. Injuries can cause stress and strain on your muscles, nerves, tendons, joints, blood vessels, and spine.

You could also be at risk for problems such as tendinopathy and bursitis. These are caused by overuse and repetitive movements. Over time, these kinds of movements can make you feel bad. They can cause long-term health problems. And they use up your sick time.

By applying ergonomic solutions, you may be able to reduce physical problems and improve your comfort and ability to work effectively.

A properly set up workstation could have the following positive effects:

- Reduce problems such as headaches or eye strain.
- Reduce neck and back pain.
- Prevent bursitis or tendon problems that are linked to doing the same task over and over (repetitive tasks).

Ways To Use Your Workstation Properly

When setting up an ergonomic workstation, choose workstation tools that fit your personal, physical, and comfort needs. Consider utilizing a work surface or desk that is large enough to accommodate papers, reference manuals, and other workstation tools. Ensure the desk or work surface is at a height that allows enough space for your knees and thighs to fit comfortably underneath. Arrange your work to reduce stress on your body. If you are using a laptop as a secondary workstation, try using a docking station with an adjustable keyboard and mouse to help keep your wrists in a neutral position to reduce stress and strain.

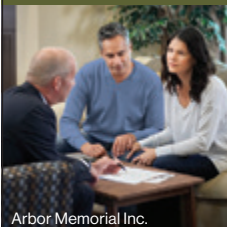
These tips can also help avoid the cumulative effect of repetitive motions:

- Try to sit or stand comfortably in a position that does not put stress on any specific area of your body. You should be able to keep your neck in a neutral position and minimize the need to look up or to the sides continuously while you are working.
- Try to not move from your waist.
- Keep the workstation and workstation tools within reach without having to lean, bend, or twist at the waist frequently.
- Vary postures if possible.
- Take ten- to fifteen-second breaks frequently throughout your task.
- For example, look away from your computer monitor, stand up, or stretch your arms. Short breaks reduce eye strain and buildup of muscle tension.
- Take regular breaks.
- Try taking three- to five-minute breaks or changing tasks every twenty to forty minutes. Working intensely over long periods of time without taking breaks can greatly increase your risk for musculoskeletal injuries. Taking breaks and stretching may reduce the risk of repetitive motion injuries.
- Do stretching exercises during your breaks.

Stretch your body by getting up out of your chair and stretching your arms, shoulders, back, and legs. When you are sitting, shrug and relax your shoulders.

Having proper office ergonomics can help reduce your chances of injury and stress, and can even make your workday comfortable and enjoyable.

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Councillor, Ward 6
Richard Pootmans

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📱 @richardpootmans9



MLA Calgary - West
Mike Ellis

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Hello, Ward 6,

The District 2 Calgary Police Service would like Ward 6 residents to be aware of an uptick in break and enters. This time of year, CPS generally sees an increase of break and enters due to the warm weather. We encourage you to be diligent in completing the 9PM routine.

The 9PM routine recommends: Removing valuables from vehicles including keys and garage door openers. Ensuring vehicles are locked, windows are closed, and, if possible, parked in a garage. Closing garage doors and windows. Locking any person-doors in the garage, including those leading into a house. Checking that all house doors are locked. Ensuring all windows are shut. Turning on an exterior light. Report suspicious activity by calling the non-emergency number at 403-266-1234.

Another advisory that we would like to make sure you are aware of is parking payment scams. Physical parking tickets are being placed on vehicles which include a fraudulent website link - CalgaryParkPlus.com - for payment of tickets.

What Calgarians should know:

Fake vs Real: Fake tickets direct individuals to make payments at CalgaryParkPlus.com. This is not the authorized website that Calgary Parking uses for paying tickets. Calgary Parking's official website for ticket payments is www.calgaryparking.com/tickets.

Verify it: If you receive a parking ticket, you can verify its authenticity by contacting Calgary Parking at 403-537-7000 or online at CalgaryParking.com.

Destroy it: If you identify a parking ticket as fake, please destroy it immediately to prevent further confusion. Do not follow any instructions provided on the fraudulent ticket.

Report it: If you have any information or witness individuals distributing these fake parking tickets, please report it to the Calgary Police Service (CPS) non-emergency line at 403-266-1234.

Protect Yourself: Do not share personal information online or over the phone unless you are sure it's safe.

Sincerely,

Councillor Richard Pootmans

Over recent years, many Calgary-West residents who support the Calgary Catholic School District (CCSD) advocated diligently for a high school to be built in our community. Great news! A new west Calgary CCSD high school will be open in the fall of 2028! Though this new school will be beneficial to CCSD students, it will also benefit families and students who attend the Calgary Board of Education (CBE), as this new high school will reduce the overcrowding that has been present in Earnest Manning High School.

Starting this school year, students will have limits placed on their personal mobile devices. Students will no longer be permitted to use personal mobile devices during class time. Access to social media sites in schools will be restricted.

Situations where students will be able to use those devices include medical or health reasons, special learning needs, or as directed by a teacher or principal on a case-by-case basis.

These rules represent minimum standards. A school board has the autonomy and flexibility to implement and enforce additional restrictions. During class time, all devices must be turned off and stored out of sight. Parents must be notified if their child(ren) violate the new rules.

The Alberta government recognizes that personal mobile devices can be important research and learning tools. Personal mobile devices will be permitted for educational or other purposes as determined by a principal or equivalent on a case-by-case basis.

Approximately 68,000 responses were collected during a province-wide survey. 90 percent of respondents were concerned over the proliferation of devices in classrooms.

These rules apply to all public, separate, francophone, public charter, and independent school authorities.

I extend my best wishes to students and parents for an exciting, productive start to the 2024 to 2025 school year!

Mike Ellis MLA, Calgary-West

David.

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