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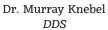
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# CONTENTS

- 7 DOLLARS AND SENSE: SPRING CLEANING YOUR FINANCES
- 9 MENTAL HEALTH MOMENT: HOW TO HEAL FROM INTIMATE BETRAYAL
- 11 ERLTON COMMUNITY GARDEN
- 20 RECIPE: HAM AND PINEAPPLE BAKE
- 28 BUSINESS CLASSIFIEDS







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### **ERLTON**











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# ROXBORO COMMUNITY W REAL ESTATE ACTIVITY

|           |    | Prope  | erties | Media       | n Price     |
|-----------|----|--------|--------|-------------|-------------|
|           |    | Listed | Sold   | Listed      | Sold        |
| February  | 24 | 0      | 0      | \$0         | \$0         |
| January   | 24 | 0      | 0      | \$0         | \$0         |
| December  | 23 | 0      | 1      | \$780,000   | \$760,000   |
| November  | 23 | 0      | 1      | \$1,800,000 | \$1,825,000 |
| October   | 23 | 2      | 0      | \$0         | \$0         |
| September | 23 | 0      | 1      | \$1,250,000 | \$1,255,000 |
| August    | 23 | 1      | 0      | \$0         | \$0         |
| July      | 23 | 0      | 1      | \$3,500,000 | \$3,350,000 |
| June      | 23 | 1      | 0      | \$0         | \$0         |
| Мау       | 23 | 0      | 0      | \$0         | \$0         |
| April     | 23 | 0      | 0      | \$0         | \$0         |
| March     | 23 | 0      | 1      | \$1,245,000 | \$1,217,500 |

ty Group. Terms and Conditions apply. WINDSOR PARK COMMUNITY REAL ESTATE ACTIVITY

|              | Prope  | erties | Media     | n Price   |
|--------------|--------|--------|-----------|-----------|
|              | Listed | Sold   | Listed    | Sold      |
| February 24  | 11     | 7      | \$239,900 | \$240,000 |
| January 24   | 11     | 10     | \$239,450 | \$245,250 |
| December 23  | 3      | 7      | \$215,000 | \$228,000 |
| November 23  | 15     | 17     | \$239,900 | \$248,650 |
| October 23   | 14     | 13     | \$199,500 | \$200,000 |
| September 23 | 11     | 4      | \$492,400 | \$494,000 |
| August 23    | 11     | 14     | \$225,000 | \$218,750 |
| July 23      | 12     | 14     | \$284,450 | \$284,250 |
| June 23      | 17     | 13     | \$234,900 | \$232,400 |
| May 23       | 14     | 17     | \$214,000 | \$209,200 |
| April 23     | 17     | 12     | \$224,950 | \$217,250 |
| March 23     | 16     | 14     | \$279,400 | \$271,000 |

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# **DOLLARS & SENSE**

# **Spring Cleaning Your Finances**

### by Danielle Robbertze

Do you have a bunch of documents, statements, receipts, and more lying around? Well, April is the perfect time to sort this all out. April is often the time for spring cleaning. Although this mostly involves general cleaning of your house or donating items you no longer need. This time can also be used to 'spring clean' your finances.

Here are a few tips on how you can spring clean your finances this year:

### 1. Sort, Sort, and Sort Some More

Sort your financial documents into categories, this way it becomes easier to manage. Categories can include bank statements, bills relating to your home, receipts, contracts, and miscellaneous. Throw away (or shred which is a more secure option) that which is old and no longer relevant. This could be bank statements for an old credit/debit card, bills from a previous residence, or pay slips older than three months.

Create a filing system with labelled folders in a secure area of your house. Once this filing system is set up it becomes easy to file new documents and throw out old ones.

### 2. Consider Digital

Some documents are best to keep as hard copies such as rental agreements, mortgage statements, and work contracts. However, documents such as bank statements and receipts are available online these days which can be easily filed digitally either through Google Drive or directly on your computer.

### 3. See Where You Can Start Saving

Once everything is organized it becomes easier to see where your money goes every month. Consider creating an Excel sheet where you can clearly see where you spend your money. Here you can also create categories such as income, savings, bills, subscription fees, groceries, bank accounts, loans, and miscellaneous (spending on clothes, recreational activities, and luxury items).

Indicate in green the money that comes in your account monthly and indicate in red the money that comes out. You can create an easy equation after doing this to see how much money you have left every month.



When all this is done you could possibly see that you no longer use a certain subscription and could save money by unsubscribing, or you have a bank account you no longer use which you can close.

All of this may seem like a bit of a hassle, but once it is done you will not regret spring cleaning your finances. It will only make your life easier moving forward.





# 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!



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# How to Heal from Intimate Betrayal

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

Healing from intimate betrayal trauma is a complex and deeply personal journey. Here are twenty strategies that may be helpful in your healing process:

**1. Seek Professional Help** - Support from a therapist trained in trauma and betrayal can provide guidance and a safe space for processing overwhelming emotions. There are many modalities for treating trauma. It is not a one size fits all.

**2. Practice Self-Compassion** - Be gentle and understanding towards yourself, recognising that healing takes time, support, and effort.

**3. Establish Healthy Boundaries** - Set clear boundaries to protect yourself from further harm and create a sense of safety. This is not just with your partner, but friends and family as well.

**4. Engage in Self-Care Activities** - Prioritize activities that nurture your physical, emotional, and mental well-being, such as exercise, meditation, and spending time in nature.

**5. Join a Support Group** - Connecting with others who have a shared lived experience can provide validation, understanding, and a sense of belonging.

**6.** Journaling - Writing about your thoughts, feelings, and experiences can be a therapeutic way to process emotions and gain insight into your healing journey. It is also beneficial to do this as a 'mind dump' to keep rumination at bay.

**7. Educate Yourself** - Learn about the impact of betrayal trauma and explore resources on healing and recovery.

**8. Practice Mindfulness** - Cultivate present-moment awareness to manage overwhelming emotions and reduce anxiety. Ground yourself in what you are doing in the here and now.

**9. Express Yourself Creatively** - Engage in activities such as art, music, or dance to express overwhelming emotions and foster self-expression.

**10. Challenge Negative Beliefs** - Identify and challenge negative beliefs about yourself, relationships, and trust that may have developed as a result of the betrayal.

**11. Cultivate Forgiveness** - Explore forgiveness as a way to release resentment and find peace, recognizing that forgiveness is a process and may not happen immediately. This includes yourself as well as your partner.

**12. Engage in Healthy Relationships** - Surround yourself with supportive and understanding people who respect your boundaries and encourage your healing journey. Be discerning about whom you choose to share with.

**13. Set Realistic Expectations** - Be patient with yourself and recognize that healing is not linear, and there may be setbacks along the way. It takes time to process trauma and heal from PTSD.

**14. Practice gratitude** - Focus on aspects of your life that bring you joy and gratefulness, even amidst the pain of betrayal.

**15. Connect with your Spirituality** - Draw strength and comfort from your spiritual beliefs and practices, if applicable.

**16. Engage in Activities You Enjoy** - Participate in hobbies and activities that bring you pleasure and fulfilment, helping to restore a sense of joy and purpose.

**17. Practice Relaxation Techniques** - Incorporate relaxation techniques such as deep breathing, progressive muscle relaxation, or guided imagery to reduce stress and promote relaxation.

**18. Seek Closure** - Explore ways to find closure, whether through conversations, rituals, or symbolic gestures, to help facilitate the healing process.

**19. Focus on Personal Growth** - Use the experience of betrayal as an opportunity for self-reflection, growth, and transformation.

**20. Celebrate Milestones** - Acknowledge and celebrate your progress and achievements along your healing journey, no matter how small they may seem.

It's important to remember that healing from intimate betrayal trauma is a gradual and individualized process. What works for one person may not work for another. It's okay to seek professional help and support as needed, and to honour your unique journey towards healing and recovery.



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# Erlton 2024 Community Garden Will Open on Saturday, April 13 – Join Us!

Our community garden has been so beneficial to the health and well-being of our community and the environment. Our members have met new friends, shared tips and tricks for successful growing seasons, and have been rewarded with fresh vegetables, herbs, fruits, and fun social events at "The Garden."

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# **RESIDENT PERSPECTIVES**

# Syrupy Sweetness: **Embracing the Maple Magic!**

### by Danielle Robbertze

With the arrival of spring, another season dawns on Canada which satisfies all the sweet tooths out there -

maple syrup season! A trip down to the sugar shack is a spring tradition especially for those in Eastern Canada. The warmer weather that comes with spring turns the starch stored in maple trees into a golden treasure ready for tapping.

But how did this beloved treat come to be? Canada is the largest producer and exporter of maple products with a whopping average of 60 million kilograms being exported annually. Quebec leads the way in this market, representing 96% of exports.

We owe a great deal to the Indigenous peoples of Canada for the discovery of this sweet harvest. It is recorded by Indigenous tribes that they would tap trees by cutting into the maple trees with willow tubing, and then bowls were placed underneath to catch the maple sap. The sweet harvest would then be used to cure meats which would preserve food and sustain tribes during the harsh winter months.

But the use of maple sap did not stop there. The sap could be boiled to create the syrup we know and love today.

French settlers arrived and loved the sweet sap just as much as the Indigenous peoples. They would begin production of maple products in the 18<sup>th</sup> century, and even sent products back to their homeland for all to enjoy including King Louis XIV, who especially enjoyed dragée (the French word for maple sugar candy).

So, when this month seems a bit drab and chilly, remember maple syrup is there to warm up your spirits just as it did centuries ago for the Indigenous peoples and settlers of Canada.





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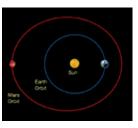


# **RESIDENT PERSPECTIVES**

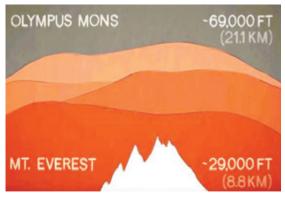
# Stargazing with Pat J: Mars -More Than a Bit Weird

by Patricia Jeffery © 2024 of the Calgary Centre of the Royal Astronomical Society of Canada

Mars hasn't always been a dry, dusty, desolate planet. It used to be a much nicer place with an atmosphere and oceans of water. The ravages of time, however, have not been kind to this little planet, leaving it with a host of bizarre features.



- Fourth planet from the sun.
- If our sun is the goal post of a CFL football field, Earth would be at the two-yard line; Mars on the three.
- Half the size of Earth; its red colour is because iron in the rocks and soil has rusted.
- Rotation: 24.6 hours.
- Revolution: 687 days. It has an egg-shaped orbit due to Jupiter's powerful gravitational field tugging on it.
- Tilted 25 degrees gives Mars four distinct seasons.
- Mean temperature: -65 degrees Celsius.
- Two tiny moons: Phobos is 22 kms in diameter and Deimos is even smaller at 13 kms. Shaped like potatoes, they may actually be captured asteroids.
- A thin atmosphere of 95% carbon dioxide.
- Mars' small size meant it couldn't retain enough heat to drive plate tectonics. Without tectonics, it lost its protective magnetic field, and as a result, its atmosphere is gradually being stripped away by the sun's solar wind.



- Lack of plate tectonics is what allowed Olympus Mons to grow into the largest volcano in the solar system at three times the height of Mount Everest.
- Of the abundant water Mars once possessed, some is frozen in the polar ice caps, some is trapped inside minerals in the planet's crust, and the rest escaped into space.
- A massive crack called Valles Marineris spans nearly a quarter of its surface. At 4,800 km long, 320 km wide, and 7 km deep, it is ten times larger than Earth's Grand Canyon.





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# ERLTON COMMUNITY REAL ESTATE ACTIVITY

|             |    | Prope  | erties | Media     | n Price   |
|-------------|----|--------|--------|-----------|-----------|
|             |    | Listed | Sold   | Listed    | Sold      |
| February 2  | 24 | 7      | 8      | \$462,750 | \$456,000 |
| January 2   | 24 | 8      | 6      | \$484,400 | \$481,500 |
| December 2  | 23 | 2      | 0      | \$0       | \$0       |
| November 2  | 23 | 3      | 2      | \$569,900 | \$575,500 |
| October 2   | 23 | 2      | 8      | \$489,000 | \$482,000 |
| September 2 | 23 | 11     | 11     | \$555,500 | \$502,000 |
| August 2    | 23 | 4      | 6      | \$549,950 | \$571,250 |
| July 2      | 23 | 7      | 4      | \$779,900 | \$784,000 |
| June 2      | 23 | 9      | 5      | \$424,900 | \$424,900 |
| May 2       | 23 | 8      | 6      | \$467,450 | \$457,200 |
| April 2     | 23 | 5      | 3      | \$400,000 | \$411,000 |
| March 2     | 23 | 6      | 7      | \$395,000 | \$390,000 |

|             |    | Prope  | rties | Media       | n Price     |
|-------------|----|--------|-------|-------------|-------------|
|             |    | Listed | Sold  | Listed      | Sold        |
| February 2  | 24 | 3      | 6     | \$1,159,450 | \$1,152,000 |
| January 2   | 24 | 1      | 6     | \$1,064,500 | \$984,000   |
| December 2  | 23 | 2      | 3     | \$499,900   | \$499,900   |
| November 2  | 23 | 8      | 5     | \$850,000   | \$890,000   |
| October 2   | 23 | 12     | 7     | \$460,000   | \$450,000   |
| September 2 | 23 | 6      | 5     | \$700,000   | \$705,000   |
| August 2    | 23 | 5      | 3     | \$469,900   | \$471,000   |
| July 2      | 23 | 8      | 4     | \$484,900   | \$533,587   |
| June 2      | 23 | 5      | 11    | \$399,900   | \$405,000   |
| May 2       | 23 | 9      | 5     | \$279,000   | \$273,000   |
| April 2     | 23 | 5      | 5     | \$799,000   | \$785,000   |
| March 2     | 23 | 6      | 2     | \$748,500   | \$804,500   |

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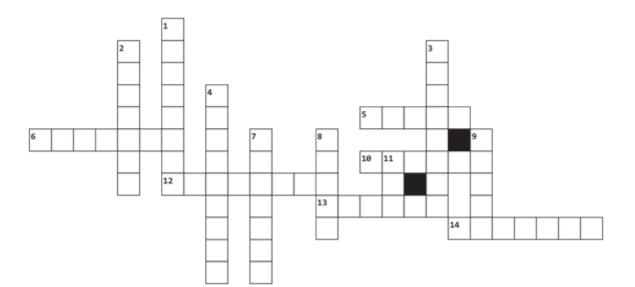
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# **April Crossword**



### Across

5. The \_\_\_\_\_\_ and the Sweet Pea are April's official birth flowers.

6. This famous Leonardo was born on April 15, 1452.

10. In April of 1970, \_\_\_\_\_ 13 launched and famously ran into difficulties 56 hours later.

12. *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, recently made into a feature film directed by Martin\_\_\_\_\_, was originally published on April 18, 2017, and written by David Grann.

13. This popular holiday, typically in April, is thought to be named after the goddess "Eastre".

14. Noah \_\_\_\_\_\_ copyrighted this eponymous, well-known dictionary used by many on April 14, 1828.





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

### Down

1. After a 1,500-year break, this international multi-sport event was reintroduced in Athens on April 6, 1896.

2. Famously nicknamed "The Unsinkable", this ship went down on April 14, 1912, in the North Atlantic Ocean.

3. This year, the World Ski and Snowboard Festival will be held the second week of April in \_\_\_\_\_\_, BC.

4. This cultural hub of Canada was incorporated into the country as a city on April 6, 1886.

7. Ford released the first version of this beloved muscle car on April 17, 1964.

8. "I Want to Break Free" by \_\_\_\_\_ was released in April of 1984, with a controversial yet playful music video.

9. Vancouver-born \_\_\_\_\_ Smulders, who famously plays Robin Scherbatsky in *How I Met Your Mother*, celebrates her birthday on April 3.

11. On April 11, National \_\_\_\_\_ Day is celebrated and advocates against animal violence and cruelty.

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# ELBOYA COMMUNITY REAL ESTATE ACTIVITY

|           |    | Prope  | erties | Media       | n Price     |
|-----------|----|--------|--------|-------------|-------------|
|           |    | Listed | Sold   | Listed      | Sold        |
| February  | 24 | 1      | 2      | \$2,147,000 | \$2,035,000 |
| January   | 24 | 2      | 0      | \$0         | \$0         |
| December  | 23 | 0      | 0      | \$0         | \$0         |
| November  | 23 | 0      | 1      | \$2,999,990 | \$2,775,000 |
| October   | 23 | 2      | 3      | \$990,000   | \$990,000   |
| September | 23 | 2      | 6      | \$789,450   | \$714,000   |
| August    | 23 | 3      | 2      | \$909,950   | \$905,000   |
| July      | 23 | 5      | 3      | \$999,000   | \$1,000,000 |
| June      | 23 | 4      | 2      | \$1,024,950 | \$973,500   |
| Мау       | 23 | 4      | 5      | \$1,050,000 | \$935,000   |
| April     | 23 | 3      | 3      | \$1,998,000 | \$2,000,000 |
| March     | 23 | 4      | 0      | \$0         | \$0         |

# ELBOW PARK COMMUNITY REAL ESTATE ACTIVITY

|           |    | Prope  | erties | Media       | n Price     |
|-----------|----|--------|--------|-------------|-------------|
|           |    | Listed | Sold   | Listed      | Sold        |
| February  | 24 | 6      | 3      | \$985,000   | \$980,000   |
| January   | 24 | 6      | 3      | \$1,085,000 | \$1,177,000 |
| December  | 23 | 1      | 4      | \$2,546,500 | \$2,475,000 |
| November  | 23 | 5      | 3      | \$1,950,000 | \$1,932,500 |
| October   | 23 | 5      | 6      | \$1,572,500 | \$1,562,000 |
| September | 23 | 3      | 5      | \$1,075,000 | \$1,000,000 |
| August    | 23 | 6      | 4      | \$2,147,450 | \$2,139,950 |
| July      | 23 | 5      | 1      | \$3,250,000 | \$3,323,428 |
| June      | 23 | 9      | 11     | \$1,990,000 | \$2,200,000 |
| Мау       | 23 | 10     | 6      | \$1,912,450 | \$1,865,000 |
| April     | 23 | 7      | 4      | \$1,970,000 | \$1,987,500 |
| March     | 23 | 7      | 4      | \$1,847,450 | \$1,925,500 |

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# **RESIDENT PERSPECTIVES**

# Do I Need to Be Happy?

by Michelle Poon, Registered Psychologist



Happiness is defined as an emotional state characterized by feelings of pleasure, contentment, and a sense of satisfaction. During a state of happiness, we may feel energized, enjoy healthy relationships, and feel like we are living with a sense of purpose. Alternatively, during a state of unhappiness, we may feel disappointed, think more pessimistically, and experience fatigue and changes in weight or appetite.

However, life is a balance of a variety of emotions, both comfortable and uncomfortable, and it's healthy to experience a wide range of emotions. Anxiety, sadness, guilt, and anger are all normal emotions, and they can help us grow and become more resilient. Life satisfaction does not come from feeling happy all the time, but instead stems from evolving factors such as mindfulness, living by your values, and responding more effectively to unhelpful thoughts.

The following are ways to both increase life satisfaction, and cultivate more moments of happiness:

- Have more mindful moments be in the here and now, practice gratitude, perform random acts of kindness, and pay more attention to the small things around you.
- Live by your values identify what you want to stand for in life and incorporate these values into activities such as volunteering and/or other community involvement.
- Reframe and respond more effectively to unhelpful thoughts consider alternative perspectives, focus on the bigger picture, and let go of thoughts that aren't enhancing your life.

Keep in mind that the above strategies take committed action and time. It's always okay to ask for help and to try out different strategies to find the one that works best for you.

"Even if happiness forgets you a little bit, never completely forget about it." - Jaques Prevert

# Ham and Pineapple Bake

# by Jennifer Puri

Cheap and easy to prepare eggs are an inexpensive source of high-quality protein. Eating enough protein can help with weight loss, increase muscle mass, optimize bone health, and lower blood pressure.

A whole egg contains a tiny bit of every nutrient you need and there are many ways to prepare eggs but poaching or boiling them preserves most of their nutritional benefits.

Tasty and filling, eggs have been popular for thousands of years and in many cultures, eggs are a symbol of new life, fertility, and rebirth.

Eggs are a breakfast mainstay and frittatas, quiches, burritos, quesadillas, devilled, pickled, or creamed eggs are just some of the delicious ways to consume eggs.

This Ham and Pineapple Bake can be enjoyed any time of the day and pairs well with a side of fingerling potatoes and a tossed salad.

Prep Time: 20 minutes

Cook Time: 45 minutes

Servings: 4

### Ingredients:

- 1 small loaf of French bread
- 4 tbsps butter
- 1/2 lb cooked ham cut into small pieces
- 1 cup shredded cheddar cheese
- ¾ cup drained pineapple bits
- 4 eggs



- 2 ¼ cups milk
- 1 tsp ground mustard
- 1/2 tsp salt
- <sup>1</sup>/<sub>2</sub> tsp black pepper
- 1 tbsp chopped chives

### Directions:

1. Butter a medium size glass baking dish. Slice the French bread and then spread butter on one side of each slice.

2. Next slice the bread into one-inch cubes and place in baking dish. Spread the ham cubes and pineapple bits on top of the bread and sprinkle with cheddar cheese.

3. In a mixing bowl, beat the eggs and then blend in the mustard, salt, pepper, milk, and chives. Pour the mixture evenly over the bread mixture. Cover tightly with saran wrap and refrigerate overnight.

4. The next day preheat oven to 350 degrees Fahrenheit.

5. Remove baking dish from refrigerator and place on middle rack of oven. Bake uncovered for 45 minutes or until puffed and golden in colour. A knife inserted in the centre should come out clean. Serve immediately.

Bon Appétit!





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# Get Ready Calgary – Green Line Is on Its Way!

### by The City of Calgary

Main construction of the Green Line LRT is starting this year, and the benefits will last Calgarians a lifetime. Phase one spans 18 kilometers from Shepard Station at 130 Ave SE to Eau Claire at the north end of downtown. With 13 stations, it provides connections to the Red and Blue LRT lines and three MAX rapid bus routes.

The Green Line will provide transit options for 70,000 people living within a ten-minute walk of the line, unlocking land for development, and increasing access to housing options. This leads to a more vibrant and diverse community for all Calgarians to enjoy.

As the largest infrastructure project in Calgary's history, the Green Line will also improve social equity by providing direct access to 190,000 jobs in downtown, Quarry Park, and industrial areas. The project is also expected to create over 20,000 direct and supporting jobs by the end of construction.

With an estimate of 55,000 daily Green Line riders, there will be less congestion on existing transit routes, and fewer cars on the road. This is great news for the environment and public transit riders!

As construction begins and excitement grows, stay up to date on the project by visiting calgary.ca/GreenLine or following @GreenLineYYC on social media.





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# MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

|           |    | Prope  | erties | Media       | n Price     |
|-----------|----|--------|--------|-------------|-------------|
|           |    | Listed | Sold   | Listed      | Sold        |
| February  | 24 | 1      | 0      | \$0         | \$0         |
| January   | 24 | 1      | 1      | \$1,598,000 | \$1,650,000 |
| December  | 23 | 0      | 0      | \$0         | \$0         |
| November  | 23 | 0      | 1      | \$1,699,900 | \$1,570,000 |
| October   | 23 | 2      | 1      | \$1,650,000 | \$1,650,000 |
| September | 23 | 1      | 1      | \$1,799,000 | \$1,710,000 |
| August    | 23 | 2      | 0      | \$0         | \$0         |
| July      | 23 | 0      | 0      | \$0         | \$0         |
| June      | 23 | 1      | 1      | \$1,995,000 | \$1,979,500 |
| May       | 23 | 1      | 0      | \$0         | \$0         |
| April     | 23 | 2      | 2      | \$1,336,500 | \$1,362,500 |
| March     | 23 | 1      | 0      | \$0         | \$0         |

|           |    | Prope  | erties | Media       | n Price     |
|-----------|----|--------|--------|-------------|-------------|
|           |    | Listed | Sold   | Listed      | Sold        |
| February  | 24 | 1      | 1      | \$324,900   | \$315,000   |
| January   | 24 | 3      | 0      | \$0         | \$0         |
| December  | 23 | 1      | 1      | \$238,000   | \$222,500   |
| November  | 23 | 2      | 2      | \$322,500   | \$308,750   |
| October   | 23 | 3      | 1      | \$452,000   | \$460,000   |
| September | 23 | 2      | 1      | \$1,250,000 | \$1,220,000 |
| August    | 23 | 2      | 5      | \$549,000   | \$540,000   |
| July      | 23 | 5      | 2      | \$337,500   | \$338,000   |
| June      | 23 | 2      | 3      | \$438,800   | \$438,800   |
| Мау       | 23 | 3      | 2      | \$429,950   | \$417,150   |
| April     | 23 | 2      | 1      | \$1,675,000 | \$1,850,000 |
| March     | 23 | 0      | 1      | \$425,000   | \$415,000   |

**RIDEAU PARK COMMUNITY** 

**REAL ESTATE ACTIVITY** 

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MLA Calgary-Elbow Samir Kayande 205 – 5005 Elbow Drive SW T2S 2T6 ▲ 403-252-0346 ➡ calgary.elbow@assembly.ab.ca

Dear Neighbours,

This year's budget sadly offers no relief to Albertans struggling with inflation and affordability. Many of your neighbours will be wondering: how can they stay afloat? Over the past year Albertans have seen their cost-of-living skyrocket, from groceries, to insurance, to energy bills, to housing. Twenty-eight thousand new school children in Alberta will be met with only twelve new schools under construction. That means children will see higher class sizes and parents face higher school fees.

Meanwhile our healthcare system will get worse as our hospitals remain woefully understaffed and under resourced.

I believe that government can make our lives better. Governments exist to provide services for things like public healthcare and education. Addressing and funding government services, also addresses affordability. A well-funded school in your own neighbourhood means less time spent commuting and less money spent on school fees. A local hospital or health clinic with plenty of family doctors means that your family gets the preventative care they need, sparing them the future costs of unforeseen health problems.

But when government spending does not keep up with inflation and population growth, that is a cut. Population growth without investment means crowded schools and failing healthcare. Getting the services, you expect and deserve is why I ran for office, and it is why I'm proud to represent you in the legislature.

Should you have any other questions or concerns, my office is located at 205, 5005 Elbow Drive SW. You can also reach me at calgary.elbow@assembly.ab.ca or by phone at 403-252-0346. My door is always open.





MP Calgary Centre Greg McLean 445 – 1414 8 Street SW Calgary, AB T2R 1J6 Substant August Aug

Just over two years ago, Russia invaded Ukraine, a sovereign nation with close ties to Canada. We have the largest number of people of Ukrainian descent outside of Ukraine and Russia. The Canadian Prairies have been home to Ukrainian descendants for over a century, and now we have welcomed over 230,000 Ukrainians fleeing for their lives from Putin's War, not knowing when or if they will ever get home.

The Ukrainian people and soldiers continue to inspire and defy the odds as they bravely fight the Russian offensive and occupation of their nation. These heroes are not simply fighting a war for themselves, they are the vanguard for the nations of Europe and all the world's democracies. History has shown that we ignore this aggression at our peril.

Ukraine's military has suffered over 30,000 casualties and according to the UN, more than 10,000 civilians have been killed in the two years of conflict, and more than 20,000 have been injured. What happens in Europe is felt in Canada. We see the effects of a war in Ukraine echoed in our economy, our supply chain limitations, the price of goods and commodities – to say nothing of the 1.4 million Ukrainian Canadians watching their ancestral homeland invaded by a regime that does not respect human life.

President Vladimir Putin's aggression and dismissal of the Ukrainian people is also a threat to Canadian and international safety and paves the way for other rogue leaders to follow suit.

We stand with Ukraine. Slava Ukraini.

Sincerely,

Greg McLean



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# BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

# BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

|           |    | Prope  | erties | Median Price |             |  |
|-----------|----|--------|--------|--------------|-------------|--|
|           |    | Listed | Sold   | Listed       | Sold        |  |
| February  | 24 | 2      | 1      | \$1,800,000  | \$1,990,000 |  |
| January   | 24 | 1      | 1      | \$2,950,000  | \$2,941,000 |  |
| December  | 23 | 0      | 1      | \$4,450,000  | \$4,271,000 |  |
| November  | 23 | 0      | 0      | \$0          | \$0         |  |
| October   | 23 | 1      | 0      | \$0          | \$0         |  |
| September | 23 | 1      | 1      | \$2,095,000  | \$1,860,000 |  |
| August    | 23 | 0      | 0      | \$0          | \$0         |  |
| July      | 23 | 0      | 0      | \$0          | \$0         |  |
| June      | 23 | 0      | 0      | \$0          | \$0         |  |
| Мау       | 23 | 3      | 4      | \$1,945,000  | \$1,925,000 |  |
| April     | 23 | 1      | 1      | \$1,850,000  | \$1,800,000 |  |
| March     | 23 | 3      | 0      | \$0          | \$0         |  |

|           |    | Prope  | erties | Media       | n Price     |
|-----------|----|--------|--------|-------------|-------------|
|           |    | Listed | Sold   | Listed      | Sold        |
| February  | 24 | 0      | 1      | \$2,700,000 | \$2,550,000 |
| January   | 24 | 2      | 0      | \$0         | \$0         |
| December  | 23 | 0      | 0      | \$0         | \$0         |
| November  | 23 | 1      | 0      | \$0         | \$0         |
| October   | 23 | 2      | 2      | \$2,196,500 | \$2,395,000 |
| September | 23 | 2      | 1      | \$1,850,000 | \$1,850,000 |
| August    | 23 | 4      | 5      | \$1,700,000 | \$1,650,000 |
| July      | 23 | 2      | 3      | \$2,099,000 | \$2,100,000 |
| June      | 23 | 4      | 1      | \$899,900   | \$875,000   |
| Мау       | 23 | 1      | 1      | \$1,649,900 | \$1,600,000 |
| April     | 23 | 3      | 1      | \$1,669,000 | \$1,640,000 |
| March     | 23 | 0      | 2      | \$1,587,500 | \$1,505,000 |

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

# HOUSTON, WE HAVE A PROBLEM

On April 11, 1970, Apollo 13 launched and ran into difficulties days later. But did you know the famous line uttered by Tom Hanks (who plays US astronaut James Lovell) in the 1995 film is wrong! The correct quote uttered by astronaut John Swigert first was "Okay, Houston, we've had a problem here".

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| 7 | 2                | 4   | 1 | 8 |    | 5 |    |            |
|   |                  |     |   |   | 4  |   |    |            |
|   |                  |     |   |   |    | 3 |    |            |
| 8 | 4                |     |   |   |    |   | 5  | 6          |
| 3 |                  | 9   |   |   |    | 4 |    |            |
|   |                  |     | 2 |   |    |   | 6  |            |
|   |                  | 3   |   | 9 | 5  | 2 | 8  | 1          |
| 2 |                  | 1   |   |   | 8  |   | 4  |            |
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