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Cover Photo by Annette



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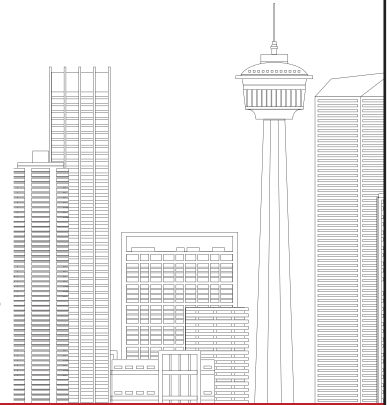


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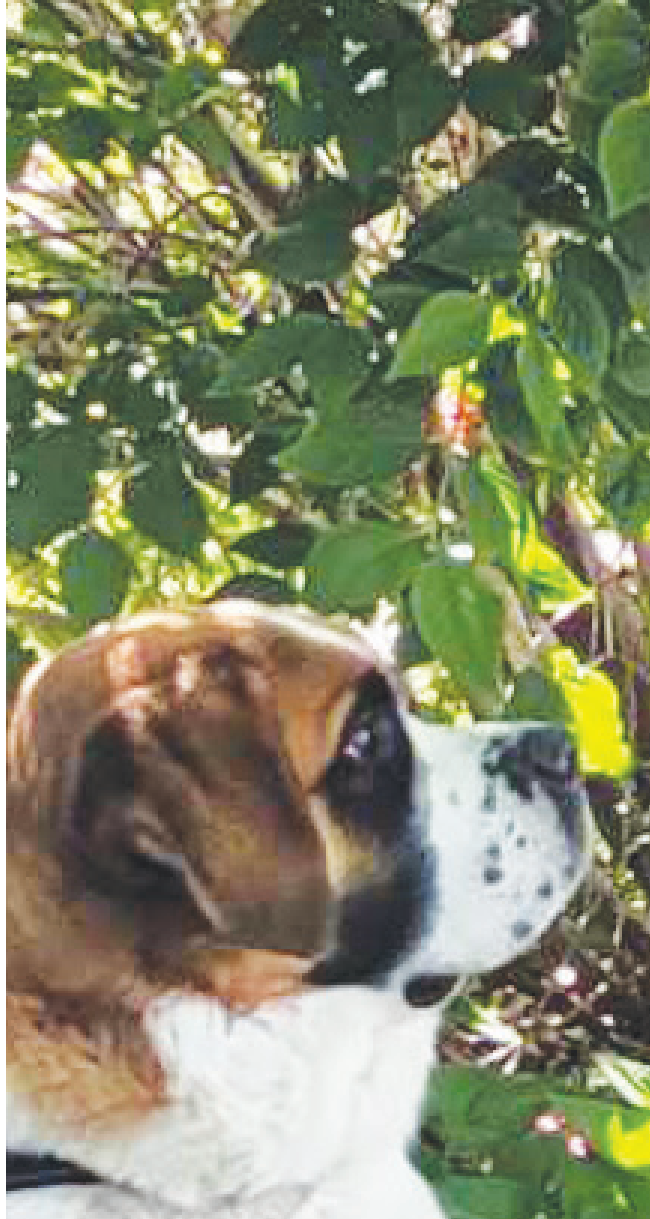
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BEL-AIRE

ERLTON

ELBOW PARK



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Erlton Community Association Board Vacancies

There are several vacancies on the board of the Erlton Community Association. These positions are for a one-year term, ending in November. If you are interested in volunteering your time to improve your community and get to know your neighbours, please email membership@erltoncommunity.com with the position that interests you (descriptions can be found at www.erltoncommunity.com).

- Vice-President
- Director of Membership

ELECTED OFFICIALS



MP Greg McLean
Calgary Centre
 445 – 1414 8 Street SW
 Calgary, Alberta T2R 1J6
 403-244-1880
greg.mclean@parl.gc.ca



Councillor Kourtney Penner
Ward 11
Ward11@calgary.ca
www.calgary.ca/ward11
 403-268-2430



MLA Samir Kayande
Calgary – Elbow
 205 – 5005 Elbow Drive SW
 403-252-0346
Calgary.Elbow@assembly.ab.ca



Councillor Courtney Walcott
Ward 8
www.calgary.ca/ward8



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!



JOIN THE ERLTON COMMUNITY ASSOCIATION

We're here to positively impact our community.
Get involved and lets make a difference together!

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**COMMUNITY
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**RIVER
CLEAN UP**

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BC Orchards

FARM STAND

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NATIONAL **Terry Fox** DAY

After a cancer diagnosis and leg amputation in 1977, 18-year-old Terry Fox began a cross-Canada run to raise funds for cancer research. He ran from 4:30 am to 7:00 pm for 143 days! Thanks to Terry and his incredible legacy, a total of \$850M has been raised! In honour of this indomitable Canadian, August 7 is National Terry Fox Day.

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ROXBORO COMMUNITY REAL ESTATE ACTIVITY

	Properties	Median Price			
		Listed	Sold	Listed	Sold
June	23	1	0	\$0	\$0
May	23	0	0	\$0	\$0
April	23	0	0	\$0	\$0
March	23	0	1	\$1,245,000	\$1,217,500
February	23	1	0	\$0	\$0
January	23	0	0	\$0	\$0
December	22	0	0	\$0	\$0
November	22	0	1	\$3,350,000	\$3,250,000
October	22	1	1	\$2,699,900	\$2,650,000
September	22	1	1	\$1,525,000	\$1,425,000
August	22	0	0	\$0	\$0
July	22	3	1	\$3,400,000	\$3,400,000

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

WINDSOR PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties	Median Price			
		Listed	Sold	Listed	Sold
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
February	23	9	9	\$229,900	\$229,900
January	23	8	5	\$225,000	\$220,000
December	22	5	3	\$700,000	\$700,000
November	22	5	4	\$219,950	\$213,500
October	22	6	9	\$588,888	\$580,000
September	22	10	5	\$550,000	\$522,000
August	22	4	5	\$600,000	\$575,000
July	22	6	6	\$190,250	\$184,225

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

Have Your Own Reasons for Healthier Eating

from Alberta Health Services

Your reasons for healthy eating are really important. Don't do it just because your spouse, friend, or someone else wants you to eat healthier. What makes you want to change how you eat? Do you:

- Want to feel better and have more energy?
- Want to improve your health?
- Want to prevent or treat health problems, such as high blood pressure, high cholesterol, or diabetes?
- Have another reason for wanting to do it?

Whatever your reason, you may already know what areas you want to work on. Maybe you want to cut back on high-fat snacks or eat more high-fibre foods.

If you aren't sure where to start, keeping a food diary can help. For a week or two, write down everything you eat, then compare what you are eating to Canada's Food Guide. It will help you see which foods you need to eat more of and which foods you eat too often.

Set goals you can reach. Ask yourself if you feel ready to begin taking steps toward big goals. If you're not ready yet, try to pick a date when you will start making small changes. Any healthy change—no matter how small—is a good start.

When You Are Clear About Your Reasons for Wanting to Make a Change, It's Time to Set Your Goals

- **Long-term goals:** These are goals that you want to reach in six to 12 months. A long-term goal might be to eat plenty of vegetables and fruits every day.
- **Short-term goals:** You may not be ready to eat more vegetables and fruits every day. What are the short-term goals that will help you get there? Your first small goal might be to eat fruit at breakfast each day. As soon as you've reached that goal, you can set a new one by adding vegetables or fruits to your lunch or dinner. Or you could try eating a piece of fruit as a snack every day.
- **Update your goals:** It will help you stay motivated if you track your progress and update your goals as you move forward.



Tips for Setting Goals:

- **Focus on small goals.** This will help you reach larger goals over time. With smaller goals, you'll have success more often, which will help you stay with it.
- **Write down your goals.** This will help you remember, and you'll have a clearer idea of what you want to achieve. Make a personal action plan where you can record your goals. Hang up your plan where you will see it often. It will remind you of what you're trying to do.
- **Make your goals specific.** Specific goals help you measure your progress and adjust your plan. For example, setting a goal to eat vegetables two times each day is better than a general goal to "eat more vegetables."
- **Focus on one goal at a time.** By doing this, you're less likely to feel overwhelmed and then give up.
- **As soon as you reach a goal, set a new one.**

Photo Gallery



Geese on River by Janice Kayser

RESIDENT PERSPECTIVES



Carolyn's Corner

Summer Gardening Tips

by Richard Plummer, Calgary Gardener

All this rain is perfect to help our gardens flourish and grow. As we hit the mid-season point of the growing season, here are some helpful tips to ensure success.

Whether you have a vegetable or flower garden, here are some simple tips:

1. Do not let the weeds take over. Create a daily routine each morning when it is cooler to do some simple weeding.
2. As you approach mid-season, it is time to start moving beets, carrots, possibly tomatoes, and leafy vegetables to give them more room to flourish and spread out. It is best to use the 'three finger rule' in spacing plants.
3. Give your plants a boost. If you use the same beds over and over again for your vegetables, then maybe it's time for a mid-summer top up. By 'top up,' I mean adding a top dressing of compost, aged manure, or a liquid fish fertilizer.
4. Always remember that water is the critical element. You can buy a rain gauge to ensure that when watering, it is penetrating the soil deeply. The water should be soaking down to 15 cms (6 inches), because that is where the roots of your plants are. Buying a soaker hose is often the best solution for watering. Placing mulch around plants can help you conserve water.
5. Always be checking for pest insects. Harmful insect infestations can occur quite quickly, so one should remain vigilant. Check the underside of leaves for insect eggs. Most insects like to sleep in, so if you are an early riser, take a small bucket of soapy water to scoop any harmful insects you find into.
6. Don't forget about your flower beds. Deadheading flowers should be part of your daily routine when you are out there weeding. Deep watering and adding mulch are also a way to keep your flower beds looking amazing.
7. Plants in containers require special attention. In hot weather, they might require more water. Frequent watering will also wash away soil nutrients, so you will probably need to fertilize more frequently.



Joke of the Month

Why do seagulls fly over the sea?

Because if they flew over a bay,
they would be bagels.





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		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	23	10	5	\$424,900	\$424,900
May	23	8	6	\$467,450	\$457,200
April	23	5	3	\$400,000	\$411,000
March	23	6	7	\$395,000	\$390,000
February	23	3	2	\$407,400	\$442,500
January	23	3	3	\$389,900	\$400,000
December	22	2	2	\$359,950	\$340,000
November	22	2	6	\$355,000	\$351,750
October	22	3	6	\$392,000	\$377,250
September	22	8	3	\$475,000	\$460,000
August	22	3	5	\$359,900	\$342,000
July	22	9	6	\$362,000	\$358,750

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

PARKHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	23	6	11	\$399,900	\$405,000
May	23	11	5	\$279,000	\$273,000
April	23	6	5	\$799,000	\$785,000
March	23	6	2	\$748,500	\$804,500
February	23	3	3	\$234,900	\$245,000
January	23	2	2	\$727,400	\$707,500
December	22	0	5	\$869,900	\$840,000
November	22	8	5	\$770,000	\$750,000
October	22	2	5	\$255,900	\$245,000
September	22	8	3	\$184,900	\$184,900
August	22	6	3	\$189,900	\$180,000
July	22	7	5	\$635,000	\$600,000

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

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

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2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



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FEDERATION OF
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Bike Safety

A message from the Federation of Calgary Communities

Protect your head! Any age – from toddlers to adults – should think twice before getting on a bike without a helmet. In fact, youth under 18 are legally required to! The helmet should fit nicely and cover the forehead. A helmet too loose won't do much protecting, so make sure it's nice and snug.

Ring, Ring! Having a bell lets those around you know you're coming and will help avoid any collisions on paths.

Stop! Being a cyclist means you must follow similar rules to driving a vehicle. Pay attention to posted signs, speed limits, and watch out for pedestrians. Knowing your route ahead of time can help you be aware of potential detours and hazards.

Increase Your Visibility! Use reflectors or lights, especially if you're riding your bike at nighttime or on the streets.

Be Diligent! You may have the right of way, but that doesn't mean those around you are paying attention to their surroundings. Always be cautious and diligent while riding a bike and stay in bike lanes where possible. Be sure to keep an eye out for vehicles coming in your direction and err on the side of caution!

For more resources, check out the Federation of Calgary Communities.





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Come Adventuring with Scouts Canada!



The 10th Sara Scout Hall group is looking for Beavers (age 5 to 7) and Cubs (age 8 to 10) for September, along with adult volunteers. This year the Cubs have been very active: two camps in June, campfires down at Sandy Beach, trips to Drumheller and Crowsnest Pass, pocketknife practice, leather working, soap box derby, and of course, the Kub Kar Rally!

Our group has roots back to 1914, and operates out of Sara Scout Hall on Rideau Rd.

Check out scouts.ca or contact me at cerichw@yahoo.ca. We will also take any bottle donations via <https://app.skipthedepot.com/10sarascouthall>.

RESIDENT PERSPECTIVES

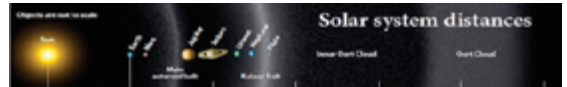
Stargazing with Pat J: A Tale of Two Comets

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada

Comets are mysterious entities that arise from two different areas of our solar system: the Kuiper Belt and the Oort cloud.

Kuiper Belt (KB)

Similar to the more well-known asteroid belt between Mars and Jupiter, the Kuiper Belt contains leftovers from the formation of the solar system. Located just beyond Neptune, the KB contains an estimated trillion fragments of ice, rock, and frozen gases. Ranging in size from dust particles to greater than 100 kms in size, former planet Pluto is the largest known KB resident with a diameter of 2,376 kms.



Neptune's gravitational field will occasionally propel a KB object into an elongated orbit toward the Sun. As it approaches, the comet's surface begins to vaporize, spewing a glowing tail of dust and gases that can extend for millions of kilometers. KB comets are called short-period comets as they have orbits of less than 200 years. Halley's Comet is the KB's most famous comet, returning every 76 years. It is the only known short-period comet that is visible to the naked eye and will return in 2061.

Oort Cloud (OC)

The Oort cloud lies far beyond Neptune, on the very edge of our solar system. Long-period comets originate from here; meaning they take more than 200 years to orbit the Sun. Comet Hale-Bop was one of the most spectacular comets of the 20th century. Visible to the naked eye for 18 months in 1997, it was four times larger and 1,000 times brighter than Halley's Comet. It is not predicted to return for 2,400 years.



Nothing lasts forever, and neither do comets. Eventually, after many flybys of the Sun, all the ice and volatile gases have boiled away, leaving nothing behind but a rocky remnant.

PERIDOT

August-borns are lucky to have three birthstones to choose from: peridot, spinel, and sardonyx. Of these three, peridot is the rarest as it is one of only two gems to be found deep in Earth's mantle, which can make it more difficult to find and mine.



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ELBOYA COMMUNITY REAL ESTATE ACTIVITY

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	Listed	Sold	Listed	Sold
June 23	3	2	\$1,024,950	\$973,500
May 23	6	5	\$1,050,000	\$935,000
April 23	3	3	\$1,998,000	\$2,000,000
March 23	4	0	\$0	\$0
February 23	5	4	\$945,000	\$921,000
January 23	0	1	\$1,100,000	\$965,000
December 22	1	0	\$0	\$0
November 22	1	1	\$1,285,000	\$1,240,000
October 22	3	3	\$1,029,000	\$1,015,000
September 22	3	2	\$1,723,500	\$1,677,500
August 22	3	0	\$0	\$0
July 22	3	2	\$1,872,500	\$1,857,500

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

ELBOW PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
June 23	12	11	\$1,990,000	\$2,200,000
May 23	11	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
February 23	5	5	\$1,850,000	\$1,870,000
January 23	2	4	\$824,950	\$822,500
December 22	0	5	\$999,999	\$900,000
November 22	5	3	\$1,349,900	\$1,500,000
October 22	8	8	\$1,562,450	\$1,585,500
September 22	10	8	\$1,399,000	\$1,290,000
August 22	6	0	\$0	\$0
July 22	7	6	\$1,474,950	\$1,465,000

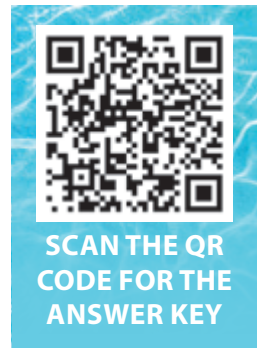
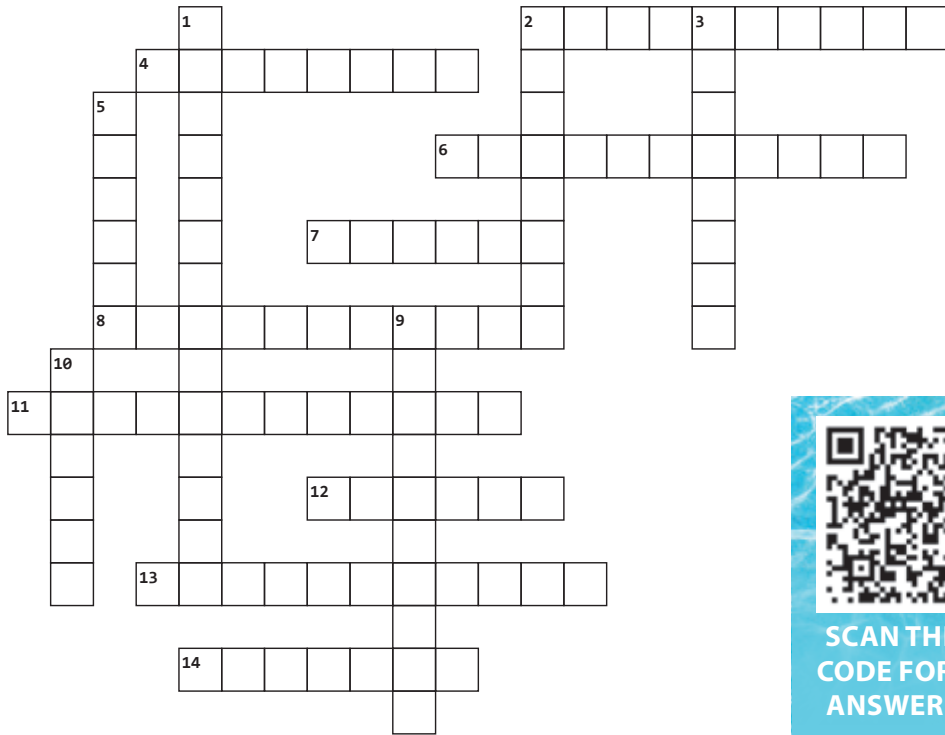
To view more detailed information that comprise the above
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101 Ways to Reduce Stress

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

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory, write it down
- Practice preventative maintenance
- Make duplicate keys
- Say 'no' more often
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important papers
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly cat or dog
- Remember you don't have to know all the answers
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to yourself
- Visualize yourself winning
- Develop your sense of humour
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- Dance a jig
- Say 'hello' to a stranger
- Ask a friend for a hug
- Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- Watch a ballet
- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others
- Ask someone to be your sounding board
- Do it today
- Work at being optimistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Strive for excellence, not perfection
- Stretch your limits a little each day
- Look at a work of art
- Hum a tune
- Maintain your weight
- Plant a tree
- Feed the birds
- Practice grace under pressure
- Stand up and stretch
- Always have a plan B
- Learn to draw
- Memorize a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Tell someone to have a good day
- Throw a paper airplane
- Exercise everyday
- Learn the words to a new song
- Get to work early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early
- Put an air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a faraway friend
- Go to a sports event and cheer loudly
- Cook a meal and eat by candlelight
- Recognize unconditional love
- Remember that stress is an attitude
- Keep a journal
- Have a support network of people, places, and things
- Quit trying to fix other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people
- Relax, take each day as it comes

August Crossword



Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and _____ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National _____ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National _____ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the _____ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.

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MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	23	1	1	\$1,995,000	\$1,979,500
May	23	2	0	\$0	\$0
April	23	2	2	\$1,336,500	\$1,362,500
March	23	1	0	\$0	\$0
February	23	0	0	\$0	\$0
January	23	0	0	\$0	\$0
December	22	0	0	\$0	\$0
November	22	0	0	\$0	\$0
October	22	0	0	\$0	\$0
September	22	1	1	\$1,490,000	\$1,250,000
August	22	1	0	\$0	\$0
July	22	0	0	\$0	\$0

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

RIDEAU PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	23	3	3	\$438,800	\$438,800
May	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
February	23	2	2	\$237,450	\$229,950
January	23	2	1	\$580,000	\$570,000
December	22	0	0	\$0	\$0
November	22	0	2	\$2,174,400	\$2,041,000
October	22	0	1	\$975,000	\$950,000
September	22	2	2	\$387,450	\$382,500
August	22	1	2	\$329,350	\$297,500
July	22	3	0	\$0	\$0

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

Calgary Students Get Creative with Digital Designs for the Level Up Calgary Minecraft Education Edition Challenge Season Two

from the City of Calgary



The City of Calgary's Resilient Calgary program continues the collaboration with the Calgary Board of Education (CBE), the Calgary Public Library, and Microsoft Canada to deliver Level Up Calgary Season Two. Watch the presentations and learn more at calgary.ca/levelup.

When it Roars, Stay Indoors

from the City of Calgary



Summer is a beautiful time of year to spend outside under the warm sun, but it's also Calgary's most active storm season. While storms can be mesmerizing and exciting, they can also be dangerous.

Summer storms often bring hail which can damage property and cause injuries. Plan ahead by parking under shelter, securing items that might blow away, removing weak branches from trees, and clearing debris from your yard.

During a storm, it's best to stay in an enclosed building or hard-topped vehicle. Stay away from high ground, trees, telephone poles, picnic shelters, and open spaces, to avoid being hit by lightning.

Sign up for emergency alerts and learn more about how you can prepare by visiting calgary.ca/getready.

GREEN SAND BEACH

Carved into a cinder cone volcano on Hawai'i's Big Island, Papakōlea Beach is one of four green sand beaches in the world! Its green shores are made of granulated olivine, an olive-coloured mineral known as peridot when it is of high quality. Olivine is present in lava on the Big Island and continues to be washed out of the cinder cone and onto the beach!





Auction's Preview:

Thursday, Aug 17 | noon-6pm

Friday, Aug 18 | noon-5pm

Saturday, Aug 19 | noon-5pm

Auction closes:

Sunday, Aug 20 | 7pm

Check online for more info.

**Actual items may vary.*

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EMSELLA®

Hawaiian Rice Bowl

by Jennifer Puri



Ingredients:

- 2 medium size carrots
- 2 small beetroots
- 2 mini cucumbers
- 2 avocados
- 1 can pineapple tidbits
- 20 jumbo size shrimp (shelled and de-veined)
- 2 cups shredded lettuce
- 4 cups cooked white, brown, or black rice
- 6 tbsps. mayo
- 2 tbsps. siracha sauce
- 2 tbsps. rice vinegar
- 2 tbsps. olive oil
- 2 tbsps. soya sauce
- 4 tbsps. of coriander leaves or nori nori (dry seaweed)

Directions:

- Wash and peel carrots and beetroots and then cut, along with the cucumbers into small even sized pieces.
- Drain pineapple tidbits and set aside. Cut each avocado into half and then slice each half into four pieces.
- In a small bowl prepare dressing by combining the mayo, siracha, and rice vinegar.
- Heat two tbsps. of olive oil in a skillet or wok and then add the shrimp and stirfry for three to four minutes or until the shrimp turn pink and are cooked. Add two tbsps. of soya sauce and toss the shrimp in it and then remove from heat.
- Assemble four bowls by placing a cup of warm rice in each one and arranging the pineapple bits, carrots, cucumbers, beetroots, and lettuce around the edges of each bowl. Add the shrimp and avocado slices and top with siracha mayo dressing. Garnish with coriander leaves or nori nori if desired.

*You can substitute the shrimp for tofu and edamame or corn if you would prefer a vegetarian option.

Bon Appétit!

Rice is a grain that grows to 4ft. in height, produces small edible seeds, and thrives in warm, wet climates.

It is the world's largest food crop and evidence of rice farming, dating back ten thousand years, has been found in the Yangtze River valley of China.

There are two types of rice – Asian Rice and African Rice and the length and width of the rice (once it is cooked) determines if it is short, medium, or long.

White rice is more commonly consumed than brown, black, or red due to its ease of cooking and long shelf life. Rice should always be washed before cooking as it will rid the rice of any starch that may be attached to the grain. It also prevents the grains from sticking to each other during the cooking process.

China is the world's largest producer and contributes to the daily rice intake of 3.5 billion people in Asia, Africa, and South America.

Steamed, boiled, fried, or ground, rice shows up as an ingredient in Spain (paella), Italy (risotto), Japan (sushi), India (pillau), Malaysia (nasi lemak), Korea (bibimbap), Africa (jolloff), Brazil (galinhada), or in its simplest form poke or Hawaiian Rice Bowl.

Prep Time: 25 minutes

Cook Time: 5 minutes

Servings: 4

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BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	23	0	0	\$0	\$0
May	23	4	4	\$1,945,000	\$1,925,000
April	23	1	1	\$1,850,000	\$1,800,000
March	23	3	0	\$0	\$0
February	23	0	4	\$3,017,500	\$2,852,500
January	23	1	0	\$0	\$0
December	22	1	1	\$1,869,000	\$1,700,000
November	22	4	0	\$0	\$0
October	22	1	1	\$1,350,000	\$1,300,000
September	22	0	0	\$0	\$0
August	22	0	1	\$3,450,000	\$3,500,000
July	22	3	2	\$2,287,500	\$2,300,000

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

BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	23	6	1	\$899,900	\$875,000
May	23	1	1	\$1,649,900	\$1,600,000
April	23	4	1	\$1,669,000	\$1,640,000
March	23	0	2	\$1,587,500	\$1,505,000
February	23	1	1	\$1,745,000	\$1,697,000
January	23	1	1	\$3,250,000	\$3,000,000
December	22	0	0	\$0	\$0
November	22	3	0	\$0	\$0
October	22	3	4	\$1,672,500	\$1,682,500
September	22	0	0	\$0	\$0
August	22	1	0	\$0	\$0
July	22	0	0	\$0	\$0

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

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