

MAY 2019

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# your DOUGLAS QUARRY

THE OFFICIAL DOUGLAS QUARRY COMMUNITY NEWSLETTER



**DQCA AGM**  
MAY 8. DETAILS INSIDE





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NUTRITION

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## Door-to-Door Sales

Warm weather and sunny days mean people are coming out of their winter indoor hibernation, including door-to-door solicitors.

**When someone knocks on the door, follow these BBB tips for safe and secure door-to-door sales:**

**Ask for credentials.** Always ask for identification and licensing. Keep in mind that some businesses are not required to carry a direct seller license. Check with Service Alberta to find out which companies require licensing.

**Beware of high-pressure sales tactics.** Some alarm salespeople have been known to use fear to fuel sales. A vendor might spin tales of neighbourhood break-ins (which may or may not be true) to get you motivated to buy. Don't be manipulated by emotions—use logic to make your purchasing decisions as much as possible.

**Get it in writing.** Be sure you receive a written contract or receipt that clearly explains the details of your purchase and all of the terms and conditions that apply.

**Remember the “10-day Cooling-Off Rule.”** Under certain conditions, the *Fair Trading Act* gives consumers 10 days to cancel certain purchases. Along with a receipt, the salesperson should always provide a cancellation form that can be sent to the company to cancel the purchase.

**Research the company with BBB.** Visit [bbb.org](http://bbb.org) to view the company's BBB Business Review to view complaint details, ratings, customer reviews and more.

For more tips you can trust, visit [bbb.org](http://bbb.org).

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## DOUGLASQUARRY COMMUNITY ASSOCIATION CONTACTS

Isn't it time to get involved? Join the board. Volunteer for an event. Purchase a membership. Support your newsletter and its advertisers.

Web: [www.dqca.ca](http://www.dqca.ca) • Facebook: DouglasQuarryCA  
**Questions?**

Email: [info@dqca.ca](mailto:info@dqca.ca) | Website: [www.dqca.ca](http://www.dqca.ca)  
Mailing Address: P.O. Box 87031 #160, 11520 - 24th Street S.E.  
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# MEMBERSHIP FORM AND BENEFITS

## Buy/Renew Your 2019 Membership Card

Keep your current DQCA membership cards. You will receive your renewal in the mail. Go online to [www.dqca.ca](http://www.dqca.ca) to purchase your renewal and pay no processing fee—or fill out the application form in this newsletter and drop off your cheque at Swifty's.

1. Save, Save, Save \$\$\$ by showing your card at the vendors participating in the Benefit Partner Program. Visit [www.dqca.ca](http://www.dqca.ca) and click on Business Partners.
2. Timbits Soccer - local U4, U6 U8 soccer club.
3. Active contributor & supporter of your community.
4. Vote at the Annual General Meeting.
5. Sit on the board or become a committee member coordinating special events (family day skate, casino night, barbecues, movie in the park, banner project, community garden).
6. Community involvement on regional committees and initiatives.
7. Awareness & responsive to planning & development issues.
8. Maintains & improves outdoor rinks, 2 rink shacks.
9. Supportive of your community newsletter - Bridges.
10. Pay it forward bottle drive program.
11. Making a difference in your community and become an ambassador for your community.

*You don't have to live in the community to own a DQCA membership card. Encourage your friends or family to buy a card!*

## DouglasQuarry Community Association Membership Application Form

You can drop off the application form with your payment (cash not accepted) at Swifty's gas station located at Douglasdale Blvd. & Douglas Woods Drive or mail to P.O. Box 87031 #160, 11520 - 24th Street S.E. Douglas Square R.P.O., Calgary Alberta Canada, T2Z 3E0.

Regular - \$25/Household

Senior (+50) - \$10.00/Household

Date Paid: \_\_\_\_\_

Current membership card number: \_\_\_\_\_

1st Card Holder: \_\_\_\_\_

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Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Wish to receive community email updates?  Yes

Would you be interested in hearing about volunteer opportunities?  Yes







# Attention 1969 Graduating Class of St. Mary's Boys and St. Mary's Girls High Schools

We were the Calgary kids of the late-'60s. We graduated from St. Mary's Boys and St. Mary's Girls high schools in 1969.

50 years later, we're getting together to tell old stories and new. To see who's put on weight, who's healthy... and who died. To look at kids' and grandkids' pictures, now all grown up. To talk to old boyfriends and girlfriends and wonder 'what was I thinking?...' or 'Maybe now...?' To assess all the water gone under the bridge and wonder what's coming next.

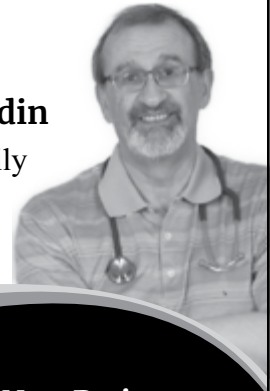
A few things have changed:

- Illegal marijuana became commonplace. Now legal dope is every place.
- The World Trade centre began construction. 50 years later it's a different hole in the ground...
- The Leafs won the cup for the last time. Um... no change there.
- The first SuperBowl filled a Sunday. The 53rd Superbowl bored a Sunday.
- Trudeau was elected. Trudeau was elected.
- Vietnam raged. Ex-GI's now holiday in Hanoi.

The kids of two former schools: St. Mary's Boys and St. Mary's Girls, are gathering for a GabFest and BBQ on a sunny day in mid-September 2019, 50 years later. If you were there from '66 -'69, contact [rlucy@createmylegacy.com](mailto:rlucy@createmylegacy.com).

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A stylized logo of a smiling face with a heart above it, enclosed in a shield-like shape.

# BENEFIT PARTNER REWARD PROGRAM

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**Easy Auto Glass** | 403-265-0007 | Bay 1, 10820 - 27 St. SE  
www.easyautoglass.ca | info@easyautoglass.ca  
**FREE rock chip repairs on ANY windshield we install. Conditions Apply.**



**Integra Tire Auto Centre** | 403-257-6465 | #9, 11450 - 29 St. SE  
www.integratire.com | calgarydouglasdale@integratire.com  
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**Mr. Lube** | 403-257-4617 | 200, 4307 - 130 Ave. SE | www.mrlube.com  
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**Membership card must be presented at time of service.**

Beauty & Personal Care



**Edgeworxx Studio** | 403-236-9188 | #24, 20 Douglas Woods Dr. SE  
www.edgeworxxstudio.com | edgeworxxstudio@shaw.ca. It's all about Hair.  
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**C-Techs Computer Services** | 403-261-8998 | #4, 675 Acadia Dr SE  
www.c-techs.com | support@c-techs.com  
**10% off any computer repairing service.**

Business & Personal Services



**Jess Cockburn Photography** | 226-802-0958 | 451 Douglas Glen Blvd SE  
jesscockburnphotography.com | jesscockburnphotography@gmail.com  
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**Titan Ink-Jet** | 403-225-6530 | #129, 755 Lake Bonavista Drive SE | www.islandinkjet.com  
titaninkjet@shaw.ca. The cartridge refill experts for Brother, Canon, Dell, Epson, HP, Lexmark.  
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Health & Wellness



**Joy & Vitality Centre** | 403-452-5183 | 163 Quarry Park Blvd. SE. www.joyandvitalitycentre.ca  
joyandvitalitycentre@gmail.com. Family owned and operated. Joy and Vitality is the ONLY Centre that treats You as part of OUR BIG FAMILY and provides You with Joyful, Distinct experiences in a one stop destination. We have a wide selection of supplements, vitamins, sport nutrition, beauty and home care products, books, crystals and essential oils. But we are more than just products, we are also an organic café, an oasis for wellness programs, Tibetan bowls therapy, donation – based meditation, yoga studio and salt room for people of all ages, genders, races, abilities, belief systems and income levels who are seeking health fulfillment. **10% centre discount, including yoga, salt cave, supplements, body care and cosmetics.**



**OpTik BoutiK** | 403-457-EYES | 206, 163 Quarry Park Blvd. SE  
www.optikboutik.com | optikboutik@gmail.com  
**15% off a complete pair of glasses & sunglasses. Not valid with any other coupon or special.** Free glasses (select glasses) for kindergarten students who require correction - part of Alberta Eye See Eye Learn Program.

With a current annual DQCA Membership Card, you receive benefits from the excellent local businesses listed below!



**Easy Auto Glass** | 403-265-0007 | Bay 1, 10820 - 27 St. SE  
www.easyautoglass.ca | info@easyautoglass.ca  
**FREE rock chip repairs on ANY windshield we install. Conditions Apply.**



**Budget Blinds of South East Calgary** | 403-251-5515 | 6430 2nd Street SE  
www.budgetblinds.com/SECalgary/  
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evergreenlawnservicesltd@gmail.com. Aaron Cull, 'Master Gardener' & Arborist.  
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**Rob's Roofing Solutions** | 403-700-0600 | www.robsroofingsolutions.ca  
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**Stealth Alarms** | 587-471-2213 | 103, 2800 - 107 Ave SE  
www.stealthalarmscanada.com | stealthalarms@telus.net. **6 months free monitoring (conditions apply).**



**A Vacuum Store & Service Inc.** | 403-228-6228 | 218, 4600 - 130 Ave. SE  
www.avacuum.ca | info@avacuum.ca  
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**Barker's Fine Dry Cleaning** | 403-282-2226 | #109, 10836 24 St. SE  
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**Boston Pizza South Trail** | 403-257-6661 | 4307 130 Ave. SE  
Flames Packages available. **10% off all regularly priced food items. Some conditions may apply.**



**Eaglequest Douglasdale Golf Course** | 7 Douglas Woods Drive SE | 403-279-7913  
www.eaglequestgolf.com. **10% off restaurant, range, green fees, retail and lessons (cannot be combined with any other offer).**



**Fresh Jock** | #109, 10836 24 St. SE (inside Barker's) 403-726-9301 | calgaryfreshjock.com  
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Home & Care Services

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# Ask Charles

**I've recently started hearing reports about radon in Alberta homes. If I'm buying a home in Alberta, is it something I should be concerned about?**

You're right to be asking this question. A lot of people aren't familiar with radon, but they should be.

Radon is an odourless, tasteless, colourless radioactive gas that is the by-product of uranium decay. Uranium occurs naturally in soil and rock formations, and places with higher than normal uranium deposits, such as Alberta and Saskatchewan, have higher radon levels.

Radon seeps through the earth and into basements, where it can become trapped because of the efficient way our homes are sealed from the outside elements.

Prolonged exposure to radon can lead to health problems, including lung cancer. In fact, after smoking, radon gas is the leading cause of lung cancer.

Unfortunately, there's not much that can be done during the offer and negotiation phase of a real estate transaction because reliable radon tests take 90 days to complete. That's much longer than a typical offer to purchase timeline including time for condition removal.

However, some Alberta homeowners are having their homes tested for radon knowing what a serious health issue it is. If you find a home you're interested in, ask the seller if they've had their home tested and ask for

the test results. If the radon test showed high levels of radon (higher than 200 Becquerel), that's considered a material latent defect that **MUST** be disclosed to prospective buyers unless a radon mitigation device is installed prior to listing.

The good news when it comes to radon is that it's a solvable problem. Even if you fall in love with a home that hasn't had a radon test or the results are high, a radon mitigation device can be installed to vent radon gas outside the home from the basement. Mitigation costs vary but are often not more than \$2,000-\$3,000. Hire a Certified Radon Technician to install the device to ensure it's done properly.

If you buy a home that hasn't had a radon test done, we encourage you to proceed with a radon test within 90 days of possession. This is health issue, and radon testing, and mitigation is money well-spent. For more information about radon, go to Health Canada's website and search "radon."

*"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [askcharles@reca.ca](mailto:askcharles@reca.ca).*



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## DouglasQuarry Community Garden

When you want to try your hand at gardening, but don't want to dig up a section of the lawn for something you may decide isn't for you after all...

If you live in a condo or you rent, so you aren't able to plant a garden...

The DouglasQuarry Community Garden is nestled in between the rink and the baseball diamond, across from Swifty's in Douglasdale. It is made up of individual plots that members of the DouglasQuarry Community Association can lease for the growing season.

If you would like to grow your own fresh organic food, you don't need to have a green thumb; no experience is necessary. You will learn various tips and tricks from other gardeners. The more experienced gardeners are always happy to share methods that have worked for them.

If you have any questions about or are interested in a plot, contact us at [garden@dqca.ca](mailto:garden@dqca.ca)



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Website: [www.cssd.ab.ca/BoardOfTrustees](http://www.cssd.ab.ca/BoardOfTrustees)

Email: [trustees@cssd.ab.ca](mailto:trustees@cssd.ab.ca)

### Learn more about your Calgary Catholic School District Board of Trustees!

On March 13th, the Calgary Catholic School District (CCSD) Board of Trustees approved our 2020-2023 Three-Year Capital Plan. It will be submitted to Alberta Education in advance of the May 31 deadline. CCSD has ten items on our first-year list of priorities. They include:

- 9 new elementary or elementary/junior high schools
- 3 innovative new high schools, including one Extended Learning Centre
- 1 junior/senior high school addition/enhancement in Airdrie
- 11 major modernization requests

These priorities are assessed annually and re-evaluated frequently, which allows CCSD to respond to emerging trends. At CCSD, we anticipate continued enrollment and plan for growth through the lens of innovation, flexibility and sustainability. Currently, we are managing an overall district utilization rate of 86.1 per cent, and in some areas, our utilization rate exceeds 100 per cent, well above the provincial benchmark of 85 per cent.

As the only jurisdiction in Alberta that has metro, urban and rural populations, CCSD is unique in the complexity of its infrastructure and we must ensure that these needs are addressed. As a corporate board, we are charged with ensuring that every decision we make with respect to infrastructure is evaluated through the lens of what is best for our 57,000 students. We see each of these projects as critical, and we recognize the urgency in meeting our capital needs for our families—we need our schools where our students live.

As has always been the case, your Board of Trustees will continue to inform, engage and strategically advocate for families. We value our relationship with the provincial government and will continue to work closely with Alberta Education to address these important infrastructure needs.

The Calgary Catholic School District's 2020-2023 Three-Year Capital Plan can be found at: <https://www.cssd.ab.ca/AboutUs/ReportsandPublications>

**GET ON BOARD!**  
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A great crime prevention tool is simply saying “hi” to your neighbours. The more interactions neighbours have with each other forms community relationships that will help increase neighbourhood safety. Here are three reasons that being neighbourly builds a safer community:

**Belonging**

Knowing your neighbours can increase a sense of belonging and respect. When neighbours have a relationship, neighbourly tension and community disputes can be reduced.

**Be Alert!**

If an emergency does arise, when you know your neighbours you can readily identify those who may have special needs, mobility issues, or those who need additional assistance.

**Attitude Shift**

Many neighbours watch each other but what if we change our attitude to watching out for our neighbours instead?! Watching out for your neighbours could make the difference in reducing criminal activity. When you can rely on the people who live closest to you it increases your sense of safety and prevents crime.

A great way to start to build a relationship is by using a *My Neighbour Card*



If you would like to grab some *My Neighbour Cards* for your street stop by our office at #110, 720 – 28 Street NE.

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to book a school tour.



### Straight from the Unicorn's Mouth: An Overview of Unicorn Mythological History

by Alexa Takayama

This month, I decided to look at unicorns because they just feel spring-y. My research taught me two things: unicorns are one of the oldest depicted mythological creatures, and Europeans liked to write descriptions of rhinoceroses, but no one ever bothered to draw pictures to go with them. Which makes the journey of how we got from rhinoceros to glittering white, horned horses a bit of a disjointed mess. I'll do my best.

Let's get some unicorn basics out of the way: as we understand them today, unicorns are white horse-like creatures with a long, pointed horn protruding from their foreheads, sometimes with cloven hooves or a lion-like tail. Unicorns are untameable, strong, proud and haughty, and would rather die than be captured. They can only be calmed and captured by a virgin. Their horns are made out of a substance called alicorn which is believed to have magical medicinal properties, such as being able to nullify poisons and cure diseases. Some "official" measurements state a unicorn's horn is between 1 cubit and 1.5 cubits (roughly 50 to 70 cm). You know unicorns are old when we're measuring things in cubits!

We also need to talk about the monoceros, which was a creature that was conceptually related to the unicorn but was not a unicorn. At the same time, the term monoceros was used interchangeably with the term unicorn. (Which doesn't complicate things at all.) And like the unicorn, a lot of descriptions of them seem to bear a closer resemblance to rhinoceroses.

Let's talk about some of those descriptions, shall we? The oldest recorded writing describing a unicorn was in India, written by Greek physician and historian Ctesias the

Cnidian. He described them like "wild asses" (probably specifically the onegar, an Asiatic animal closely resembling a donkey) with a horn that is red, white, and black. In his book, *Natural History*, Pliny the Elder described a monoceros having the head of a stag, body like a horse's, the feet of an elephant, and the tail of a boar. He also said it made a deep bellowing noise and has a black horn. There is record that Marco Polo claimed to have seen a unicorn, saying they are smaller than elephants with heads like a wild boar, feet like an elephant's, rough hair like a buffalo, and a big black horn. He described them wallowing in mud and called them ugly. (Rude.) He also expressed disappointment that they were nothing like the way Europeans imagined them.

Every instance just seems to me as someone trying to describe a rhinoceros, but after the world's oldest game of telephone, we somehow ended up with our modern rendition of the unicorn.

But let's not forget about the virgins! What's up with that? Well, in the Middle Ages and the Renaissance, a book called *Physiologus* had an elaborate allegory about a unicorn, which represented the Incarnation of Christ, laying its head on the lap of a maiden, which represented the Virgin Mary. It seems from here that the idea that a unicorn can only be captured by a virgin originates from. From there, there have been many pieces of both religious and secular art showing the hunt of the unicorn. It is sometimes depicted wearing a collar with a broken chain. The unicorn is very popular in heraldry as well.

Now you have a brief overview of unicorns. There's a lot I didn't get to cover, so stay tuned for next month's article where I'll talk specifically about the unicorn's horn.



# Executor! Me? Help!



Sometimes you don't even know you have been named. Even if you are aware, you may be under the misconception that to be named Executor in a Will is an honour.... Just ask anyone who has done the job and you will soon be enlightened.

It is a lot of work. Especially the first time through. The paperwork, the waiting, the meetings, the phone calls and then, dealing with the beneficiaries.

Where do you turn for help? If you have really deep pockets, you can have a legal firm act as your Agent. If the Testator (the person who wrote the Will) was very wealthy, you could approach a Trust Company.

What if the Testator was just a regular person? Who can you talk to? Where can you turn?

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A very typical situation is a senior couple where one person handled all of the financial matters from paying bills, to managing investments, reviewing statements and meeting with advisors. Often the referral comes when that individual

experiences cognitive decline, is placed into care or passes away and the surviving spouse/partner feels "like a deer caught in the headlights" comments Jill Chambers, BN CFP with Financial Concierge Inc.

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**Jill Chambers BN CFP**  
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*"Executor! Me? Oh no!"*  
*"But they handled all the finances"*  
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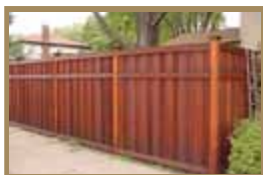


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## SCHOOL SHOUT-OUTS

### Mapleridge Cooperative Preschool

The children at Mapleridge Cooperative Preschool have been enjoying fun-filled spring activities and are making special gifts for Mother's Day. This month our classes will be all about bugs and spring.

This year's MCP year-end party will be held at Park 96 on May 31st and we are looking forward to enjoying some food and fun in the park. Thank you to DR Heat & Air Ltd. for sponsoring us!

We still have a few spots available in our classes for next year – please call for a tour of the school. Want to know more about Mapleridge Cooperative Preschool? Contact us at 403-278-9594, [mapleridgepreschoolyyc@gmail.com](mailto:mapleridgepreschoolyyc@gmail.com), or visit our Facebook page or our website at [www.mapleridgepreschool.com](http://www.mapleridgepreschool.com).



## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication. Contact [news@great-news.ca](mailto:news@great-news.ca)**

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**ACOUSTIC MUSIC NEIGHBORHOOD JAM:** Come on out to a circle jam if you play guitar, mandolin, banjo, fiddle, or bass. Bring your favorite gospel, folk, bluegrass, country songs, or a song you've written yourself. Dates set by interested participants. More info: [beabrightlight@yahoo.ca](mailto:beabrightlight@yahoo.ca).

*Simply Divine!*



The carnation, a common flower in bouquets, is also known as dianthus. The name allegedly was created by Greek botanist Theophrastus 2000 years ago, and it is made up of the two Greek words dios (divine) and anthos (flower).



### Aging in Place

Most Canadian seniors want to remain in their own homes for as long as possible.<sup>1,2</sup> Canadians are living longer and are increasingly reaching the age of 100. Between 2006 and 2011, the number of Canadian centenarians increased by almost 26 percent, the second highest increase of all age groups, after the 60 to 64 age group which increased by 29 percent.<sup>3</sup> According to new data from the Office of the Chief Actuary, the average life span for Canadians aged 65 and above, is 87 for men and 89 for women.<sup>4</sup>

Aging in place means having access to services and the health and social supports you need to live safely and independently in your home or your community for as long as you wish or are able. If you are a near senior or senior who is thinking about aging in place and would like to know more about what you may need to do to prepare for your later years, this is for you. Thinking about the future and being prepared will help you to make the most of your later years and have more control over your decisions. Making a plan will give you the best chance to have a satisfying and positive experience as you age and will help you to age in place.

Each month we will review one of nine areas of life using a checklist to help you review your plan and to help you think about what you can do now to improve your life as you age.

This column is based on the experiences of people like you, who have shared their thoughts about planning and preparing for their older years. Thinking about what you would like your life to be like in 10, 15 or 20 years, and what you might be able to do now to give you more control over future changes, will help you to maintain your health and independence for as long as possible.

Having a plan to age in place could prevent you from having to make hasty decisions in the future, especially when dealing with change resulting from a crisis.

Plan for the future today to help you live the life you want tomorrow.<sup>5</sup>

### My Health

- This month we are going to use this checklist to assess your current state of health. Answer “**Yes**” or “**No**” to the following statements as they reflect your current state of health.
- I am physically active and do a variety of physical activities that I enjoy.
- I eat seven or more servings of fruit and vegetables in a day.
- I have a healthy body weight that has remained the same for the past six months.
- I schedule regular appointments for physical, vision, dental and hearing check-ups.
- I know what screening tests are recommended for my age and discuss these with my doctor.
- I do not smoke, or I have a plan to quit in the future.
- If I drink alcohol, I stay below the limits suggested for adults my age.
- I avoid alcohol when taking medication or check with a doctor or pharmacist first.
- I generally experience good mental health. I am aware of the signs and symptoms of depression/anxiety and if they continue, I will take steps to address them.
- I keep my mind active through a variety of interests and hobbies, such as reading.
- I know how to keep my bones healthy and strong and have discussed this with my doctor or other health care professional.
- I have talked with my doctor about my pre-existing medical condition and what services and supports I may need as I age.
- I am aware of my family’s medical history and have talked with my doctor about what I can do now to maintain my health and how my health care needs may change as I age.
- I am aware of electronic tools, such as medication reminders and health management systems that will allow me to remain healthy.
- I have written down my wishes for care in the event I become incapable of giving my consent.

**Yes** responses indicate those areas of your life where you are most prepared for the future. **No** responses indicate areas where you need more preparation to successfully age in place.

Review your **No** responses. These are the areas you may wish to reflect upon and try to make changes.

### Endnotes

1. Lifeline, P. (2011), *Lifeline report on Ageing in Canada* retrieved from [http://www.lifeline.ca/content/english/in\\_the\\_news/report\\_on\\_aging](http://www.lifeline.ca/content/english/in_the_news/report_on_aging)
2. Federal/Provincial/Territorial Ministers Responsible for Seniors (2011), *Issues related to the Aging population: Perceptions and Reactions – unpublished*
3. Statistics Canada (2011), *Centenarians in Canada: Age and sex, 2011 Census*, [http://www12.statcan.gc.ca/censusrecensement/2011/as-sa/98-311-x/98-311-x2011003\\_1-eng.cfm](http://www12.statcan.gc.ca/censusrecensement/2011/as-sa/98-311-x/98-311-x2011003_1-eng.cfm)
4. Office of the Chief Actuary (2014), *Mortality Projections for Social Security Programs in Canada*.
5. Federal/Provincial/Territorial Ministers Responsible for Seniors (2013), *Thinking About Aging in Place*. <http://www.seniors.gc.ca/eng/working/fptf/place.shtml>



## BOB – The Benefits of Bootcamps

by Nora Anash

Spring is here and warmer weather is approaching. A new season may mean changing up your workouts or increasing your level of activity, but what activity should you do? You could start running, hiking, biking, or trying a group fitness class like *bootcamps*.

Bootcamps have achieved a reputation for being a non-sense workout. There are many different types that have plethora of fitness benefits. Here are some things to know to help you find a class that fits your needs.

Bootcamp is a type of class that includes different training methods and approaches. For example, High Intensity Interval Training, a.k.a. HIIT, could be one part of a bootcamp class or the lead actor. An instructor may also include classic strength training techniques like super setting, performing an exercise back-to-back with no break, or running you through mini circuits that include a combination of cardio, strength, and flexibility exercises. Creative instructors may also incorporate partner training, games and obstacle courses into the class, which builds camaraderie and infuses fun into the workout.

Bootcamp classes are great for people who get bored easily, appreciate variety in their workouts, and enjoy working out in a group setting. These classes can help meet your fitness goals, whether you're looking to lose weight, improve your strength and power, or maintain your current fitness level.

The most important thing is to not be intimidated! Before you start looking for a bootcamp class or any fitness class understand your fitness goals, your fitness personality and what motivates you. Also, investigate the class and the instructor who runs it. Is the class moderate or high intensity? Inside or outside? Are modifications offered?

A bootcamp class can be challenging but understanding your needs and what to expect in the class will set you up for success.

## 10 Tips for Dating Safety

by Lorna Selig, Personal Safety and Self Defense Facilitator

Dating can be a wonderful and exciting experience, or it can be an outright disaster! Either way you experience it, make sure you have your wits about you and take precautions for keeping yourself safe.

1. Let your people know where you are going, and with whom, and when you expect to be home. Provide the name and number of the person you will be meeting, and the exact location of your date. If anything changes, keep your people updated.
2. Use your own transportation. Never ride in a vehicle with someone you are just meeting. You need to keep you home address private, and if you need to make a quick getaway, you can!
3. Meet in a well-lit public place. A coffee shop, a restaurant or event where there are people, lights and activity.
4. Never leave your food or drink unattended. Accept a drink only from a bartender or waitress and keep it with you.
5. Stay sober and alert! Every. Single. Time!
6. Protect your personal information—keep your wallet and phone with you, and do not offer any details about where you live or work.
7. Establish your personal boundaries in advance of the date. Plan for when you will leave, and how you will get home, even if you are having a good time. Decide on what type of conversation and interaction you will welcome, and what you won't. Be solid in your decision.
8. Google them. Find out what kind of activity they engage in online, if you have any reservations, cancel the date.
9. Follow your gut. If you feel reticent or uncomfortable, leave the situation. DO NOT worry about hurting someone's feelings...it is better to offend them than be harmed.
10. Take a self-defense class. Learn the skills for awareness, avoidance and escape.



## May Programs for Kids

### **Young Artists in Residence at the 32nd Annual Exhibition of Children's Art**

Join us for our 32nd Annual Exhibition of Children's Art from May 2-16, 2019 at the Municipal Building Atrium (800 Macleod Trail S.E.). Come celebrate sculpture, painting, drawing and mixed media artwork, all created by young artists aged 3-17 from North Mount Pleasant and Wildflower Arts Centres. On May 2 our artists will be in residence, talking about their work. Everyone welcome! Details at [calgary.ca/calendar](http://calgary.ca/calendar).

### **Register Now for City of Calgary Spring & Summer Recreation Programs**

Try something different. The City's Spring & Summer Recreation Program Guide has 1,012 affordable ways to have fun. Choose from day camps, swimming, arts, dance, fitness, sports, sailing, golf and more! There is something for everyone in your family. Registration is now open. Find your fit at [calgary.ca/register](http://calgary.ca/register).

### **Summer Day Camp & Playschool Registration Now Open**

Registration is now open for City of Calgary day camps and year-long Playschool. Budget-friendly quality children's programs are available at City recreation and parks facilities across Calgary. Choose from over 35 camp types to keep your child active and having fun this summer such as Nature's Superheroes, Extreme Adventures or Swim, Sports and more to name a few. Visit [calgary.ca/register](http://calgary.ca/register).

### **Mobile Adventure Playgrounds: A Different Way to Play!**

The City of Calgary hosts free outdoor Mobile Adventure Playgrounds in various locations for children to explore, create, imagine and learn in their own way. They contain a variety of materials and loose parts such as boards, tires, tape and cardboard that children are free

to use to build, demolish, assemble and change their environments as they desire. Onsite play ambassadors are there to inspire play and keep the playground safe, but not directly supervise the children. Parents are encouraged to stay and watch their children play and see how their imaginations soar in this ever-changing adventure space. Locations and dates available at [calgary.ca/play](http://calgary.ca/play).

### **Skip the Work and Plan Your Kids' Birthday with The City of Calgary**

Birthday wishes....no dishes! Skip the work and plan your next birthday party with The City of Calgary. The City's many facilities offer an easy and affordable way to gather with friends and family in a fun setting. From waterparks to nature adventures, you'll find party planning simple and stress-free. Parties are tailored to the age group and available at City leisure centres, nature centres, aquatic and fitness centres, and art centres. Visit us online to see our list of themed adventure parties.

Visit [calgary.ca/birthdays](http://calgary.ca/birthdays) for options.

### **The Fun Starts After the Bell with Calgary After-school**

The fun starts after the bell. After school programs are offered by The City of Calgary for FREE or low cost. Youth are provided positive, fun and supervised after school programs in schools, recreation buildings and community facilities across Calgary. Children and youth grades 1-12 can drop into a weekday program in their community and take part in a variety of activities from 3-6 p.m. Activities may include basketball, swimming, arts, leadership, skating, sports and much more. At Calgary AfterSchool, it's more than just getting children and youth active. These programs are designed to keep kids productive, increase self-esteem and teach them skills that will follow them throughout their life. Learn more at [calgary.ca/afterschool](http://calgary.ca/afterschool).

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## May in Fish Creek

### Every Brick Tells a Story

Community members have dedicated over 200 Anniversary bricks since 2017. The brick pathway in front of the Cookhouse here at the Bow Valley Ranch is an everlasting reminder that so many people care greatly about the sustainability of this park. Bricks have been dedicated as gifts to friends and family members, in celebration of an anniversary or the birth of a child, as a memorial to a loved one who passed, and for many other reasons. Bricks in the Third Phase of the pathway are selling out quickly and there are fewer than 40 spaces available. To dedicate, your brick today visit [www.friendsoffishcreek.org/brick](http://www.friendsoffishcreek.org/brick)

### Planting for Pollinators – How Native Plant Species Beautify Your Garden and Attract Pollinators

Thursday, May 16, 2019 7:00 pm – 8:00 pm  
Fish Creek Environmental Learning Centre Shannon Terrace, Fish Creek Provincial Park  
Presented by Catherine Dowdell of cath-earth-sis Services Inc.

Catherine Dowdell is an International Society of Arboriculture Certified Arborist, a Red Seal Endorsed Landscape Horticulturist, holds a Certificate in Sustainable Landscapes from the University of Guelph, and cath-earth-sis is the first business in Calgary to become a Bee City Canada Business. Planting for pollinators in residential and commercial areas in Calgary is an opportunity to attract native bees, butterflies, and birds to connect the green corridors within the city, giving pollinators the habitat they require without interruption. Registration is required. [www.friendsoffishcreek.org/event/may](http://www.friendsoffishcreek.org/event/may)

### Capture Nature Photo Contest runs May 1 to July 31

Let the beauty of Fish Creek Provincial Park inspire your photographic creativity in this friendly competition to capture the best park photo of the year! In its 5th year,

the Friends' Capture Nature Photo Contest is a great excuse for anyone with an interest in photography – youth and adult alike – to visit the park on a regular basis in the hunt for the best reflection of this year's new and inspiring themes: Symmetry, Lunch!, Movement <https://friendsoffishcreek.org/programs/capturenature/>

### Good Grief: Nature Walking Through Grief and Loss

Being outdoors provides many healing benefits; it allows us to breathe, reflect and connect with our natural surroundings, and while we may not even be aware of it in the moment, the benefits are there. Parks and nature also connect us to the cycles of life and death, reminding us of endurance, beauty, and the only constant – change. Good Grief is an 8-week series of gentle walks brings together people moving through the shared experience of loss with the intent that they will find support from each other, their community and their time in nature. [www.friendsoffishcreek.org/programs/wellness-clinics](http://www.friendsoffishcreek.org/programs/wellness-clinics)

### Creekefest – Your Local Park's Day Event!

**Saturday, July 20 11:00 am – 4:00 pm - Bow Valley Ranch, Fish Creek Provincial Park**

Creekefest is an important component to the Friends' Watershed Public Awareness campaign, designed to raise awareness within local communities about preserving and protecting our local watersheds, and to strengthen our message of environmental conservation. We are pleased to welcome local children's performers Rattle and Strum to Creekefest for the first time this year! For more information stay tuned to [www.friendsoffishcreek.org/event/creekefest](http://www.friendsoffishcreek.org/event/creekefest)

### The Amazing Step Up 4 Calgary Kids Race

Presented by CIBC, NSTEP (Nutrition Students Teachers Exercising with Parents) and the Friends of Fish Creek

**Saturday, June 1, Hull's Wood, Fish Creek Provincial Park**

This spring, NSTEP and the Friends of Fish Creek are teaming up in support of children's health and invite you and your family to take part in the Amazing Step Up 4 Calgary Kids Race! Both NSTEP and Friends of Fish Creek donations will be leveraged through Shaw Birdies for Kids presented by AltaLink to provide up to 50% in matching dollars on all donations raised. Friends of Fish Creek BFK donations will support the TD Learning Naturally Program in Fish Creek Provincial Park. To register visit [www.events.runningroom.com](http://www.events.runningroom.com)

# Original Centre Street Bridge Lions

## 800 Macleod Trail S.E., 1917 - 1999

Early in 1917 the four Original Centre Street Bridge Lions were installed upon the newly completed, reinforced-concrete Centre Street Bridge (1916) and became the most impressive ornamental features of the structure. Original blueprints for the bridge included lion sculptures and other carvings, but this ornamental work was almost eliminated from the plans due to the high cost estimates. However, an economical option was apparently discovered when Alderman Hornby recalled seeing a lion sculpture on a northwest Calgary property. The owner and artist was a Scottish-born stonemason, James Langlands Thomson, who had come to Calgary in 1913 and happened to be employed as a stone carver for the City. He agreed to create the artistic ornamentation for the bridge and was seconded from his regular job to complete the four lions.

The four original Centre Street Bridge Lions are cast-concrete sculptures. They each measure 12 feet in length, 5 feet in width, and 8 feet in height including pedestal, and weigh approximately 12,730 kg each. Of the four original lions, one has been restored and was reinstalled in its current location in front of the Calgary Municipal Building in 2003; another that wasn't restored but left in its original condition now overlooks the bridge that was its original home from the Rotary Park bluff. The four sculptures were initially located from 1917-99 atop kiosks on the Centre Street Bridge.

According to a contemporary newspaper report, the dry process of sculpting with cement used to create the lions was new to western Canada and nothing of this scale had yet been done. It was also new to Thomson, who drew on his great artistic skill and experience working in hard stone and marble, to complete both the model and final sculptures.

The figures of the reposing lions are based on Sir Edwin Landseer's bronze lions at the base of the Nelson monument in London's Trafalgar Square. Originally, the lions represented the city's strong associations to Britain and its empire, being a widely recognized British symbol. With Calgary's large Anglo-Saxon population, the young city retained close ties to Britain, particularly given the immediate context of the First World War in which many Calgarians served in allegiance to the British Empire. Other symbolic sculptural ornament such as the rose, shamrock, thistle, maple leaf and buffalo adorned the bridge to represent the British Empire and western Canada, yet the lions were by far the most prominent features.

Historically, the lions were also associated with local legends, being said to leap from their pedestals at midnight to roam through Chinatown in search of food.

Over time the lions became well-known Calgary icons and the subjects of strong emotional attachment among Calgarians. The lions' image has been frequently featured in a wide variety of formats, such as tourism materials and interpretive displays, solidifying their familiarity with Calgary citizens and visitors. Notably, the lions' image is also the basis of the Calgary Heritage Authority's Lion Awards which recognize local heritage conservation initiatives. The prominent placement of one of the original lions at the entrance to the Municipal Building has served to put a large number of Calgarians in continued contact with the lions with the effect of making the lions almost a de facto symbol of Calgary's civic affairs. Originally a symbol of Calgary's ties to Britain, the Centre Street Bridge Lions have come to identify Calgary itself.

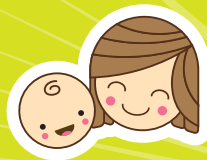


*The installation of one of the Centre Street Lions in 1917. Image via the Southern Pioneer's Heritage Collection, [pioneersalberta.org](http://pioneersalberta.org).*



*The lone restored lion at the Municipal Building entrance, installed 2003. Image via City of Calgary.*

*Article and images provided courtesy of City of Calgary's Inventory of Historic Resources*



# Douglasdale Glen

## mybabysitterlist

Name	Age	Contact	Course
Aleisha	20	403-968-6623	Yes
Autumn	15	403-801-8722	Yes
Bethany	21	403-715-9753	No
Caitlyn	21	403-203-4480	Yes
Charlotte	16	403-523-0759	Yes
Deidra	32	403-471-3089	Yes
Elena	16	403-263-3809	Yes
Elizabeth	19	403-771-8215	Yes
Elizabeth	19	403-921-1835	Yes
Emma	13	403-922-3693	Yes
HAILEY	15	587-577-2169	Yes
Jane	54	403-467-3607	Yes

Jarred	12	403-278-5941	Yes
Jordan	17	403-288-0220	Yes
Kaitlin	19	403-258-3153	Yes
Kate	35	587-889-0738	Yes
Kyla	16	403-697-9764	Yes
Kyla	14	403-257-0417	Yes
Lauren	19	403-203-4480	Yes
Maddison	21	403-404-5443	Yes
Madison	15	403-604-8706	Yes
Maria	17	403-305-3348	Yes
Marissa	14	403-988-3826	Yes
Megan	25	403-903-0205	No
Melissa	15	403-973-7353	Yes
Michelle	20	403-455-4402	Yes
Nicole	19	587-999-8977	Yes
Nicole	18	587-999-8977	Yes
Sidney	20	403-819-7951	Yes
Taylor	22	403-236-2836	Yes

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### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).



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### May Sports Activities with the City of Calgary

#### Swing into Summer with Golf and The City of Calgary

This summer, The City of Calgary is offering fun, affordable golf opportunities for you and your family to get more active, more often. From beginner event nights for those looking to try out golf in a non-competitive, friendly environment to family nights which are a perfect night out for healthy, quality family time, we have something for all ages and skill levels. In addition, we offer registered golf programs for those who have never picked up a golf club to those looking to further develop their skills – all taught by our award winning, expertly trained golf pros. With eight courses and three driving

ranges conveniently located throughout the city, we're closer than you think. Visit [calgary.ca/golf](http://calgary.ca/golf) to learn more and let The City of Calgary help you swing into summer!

#### Get Ready to Roll!

The City of Calgary hosts temporary community mobile skateparks at various indoor and outdoor locations across the city. Each park is supervised by qualified staff, and has a combination of roll-ins, fun-boxes with rails, pyramids with rails, grind-boxes, quarter pipes, wall rides, and half pipes. Skateparks are free to use and are open to skateboarders, inline skaters and scooter users of all ages (waivers required). Locations and dates available April 1, 2019 at [calgary.ca/skateparks](http://calgary.ca/skateparks).

#### Reach New Heights with The City's Climbing Walls

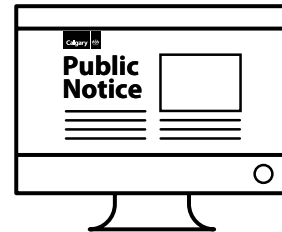
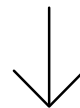
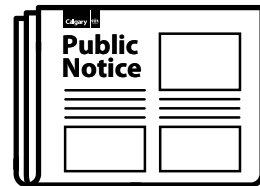
Reach new heights with The City of Calgary's affordable, supervised, drop-in climbing for all ages and levels. Never climbed before? Sign up for a free belay orientation session at Beltline Aquatic & Fitness Centre (outdoor – weather permitting) and Southland Leisure Centre (indoor) to help you get started. Visit [calgary.ca/climbing](http://calgary.ca/climbing) to learn more.

Calgary



## Development Permit Notices are Moving Online

Development Permit Notices will no longer be published in the newspaper after May 16<sup>th</sup>. Visit [Calgary.ca/publicnotices](http://Calgary.ca/publicnotices) to see detailed information on development activity in your neighbourhood.



19-00217417



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**Shane Keating**

403-268-1698

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[www.shanekeating.ca](http://www.shanekeating.ca)

[@CouncillorKeats](https://twitter.com/CouncillorKeats)

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CouncillorKeating](https://www.facebook.com/CouncillorKeating)

May is here which hopefully means we have a lot of warm and sunny days ahead of us. Street sweeping is underway so be sure to keep an eye out for parking restrictions. Additionally, the City will be continuing to work on pothole repair through the summer. If you come across one, the easiest way to report it is to snap a picture on the 311 app. With over 16,000 km of paved road, the City needs your help to know where repairs are needed. Here's what else is going on:

#### Rainy Season is Coming

May is typically the start of the rainy season in Calgary. Protect your home by ensuring downspout are moving water away from your home and that your eavestroughs are clean. Ward 12 communities have been built with devices that control how fast water drains into the system. During heavy rainfalls, water may pool on the road until the system can accept the extra water. These are called Trap Lows and are actually designed to act this way. If the pooled water is not causing a safety or property damage concern, only contact 311 if the water has not drained after 120 minutes.

#### Apply for Greenspace for Neighbour Day by May 24

Neighbour Day is on Saturday, June 15 and is an opportunity to get together with your neighbours and celebrate Calgary's strong community spirit. The City will be waiving its greenspace booking fees for approved Neighbour Day events, but you must apply before May 24! Check out [calgary.ca/NeighbourDay](http://calgary.ca/NeighbourDay) for lots of ideas for your event and how to plan it.

#### Summer Events

There are a huge number of events happening in Calgary through the summer. Thinking about a renovation? Building a deck? The City will be hosting a number of free information sessions with City inspectors and bylaw experts on hand to help you get started. Check out [calgary.ca/pdevents](http://calgary.ca/pdevents) for a session near you.

There will also be a ton of recreation programs for kids and adults alike throughout the summer. You can take a look at what's available and sign up at [calgary.ca/register](http://calgary.ca/register). For the skateboarders out there, the City will have temporary skate-parks at various locations through the summer. Locations and dates are available at [calgary.ca/skateparks](http://calgary.ca/skateparks).

For the most up to date information with what's going on at City Council and to contact me directly, keep an eye on my website at [www.shanekeating.ca](http://www.shanekeating.ca).

**Annie Tinkler**  
Sales Consultant



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## Accountant

### Stanley Doherty, CPA, CMA

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Councillor, Ward 14  
**Peter Demong**

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eaward14@calgary.ca or  
403-268-1653

Greetings Ward 14!

I hope you had a great April. Here are your May newsletter topics.

### **Extended Producer Responsibility**

Some have likely noticed me mention Extended Producer Responsibility (EPR) over the last few months. Simply put, EPR shifts the responsibility and costs of managing recyclable materials from municipalities to producers. It is not new. It exists in some form in every province in Canada, other than Alberta.

I am a proponent of EPR for two main reasons:

1. In 2016, producers provided more than \$367 million to fund provincially-regulated paper and packaging recycling across Canada because of EPR. Because Alberta does not have EPR legislation we received NOTHING. Yet we pay for the cost of EPR in other provinces that producers pass on. We are paying twice for our recycling, and EPR could change that.
2. EPR provides an incentive for industry to innovate ways to waste less and recycle more.

Cities, and towns across the province have shown their support for a province-wide EPR program, but what we really need is for Albertans to tell the Province to stop making them pay twice. If you want to see EPR in Alberta, tell your MLA. You can visit [calgary.ca/ward14EPR](http://calgary.ca/ward14EPR) for more info about EPR.

### **Counciltalk**

The next Counciltalk is on May 4 from 12 p.m. to 2 p.m. at the Parkland Community Hall (505 Parkvalley Rd SE). Visit [calgary.ca/counciltalk](http://calgary.ca/counciltalk) for future dates.

Please feel free to contact me any time. The best way to do so is by visiting [calgary.ca/contactward14](http://calgary.ca/contactward14).



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## DOUGLASDALE, DOUGLASGLEN, QUARRY PARK REAL ESTATE MARKET REPORT

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Mar 2019	20	10	\$ 450,000	\$ 425,000
Feb 2019	18	6	\$ 549,900	\$ 535,000
Jan 2019	16	6	\$ 478,900	\$ 464,000
Dec 2018	6	7	\$ 437,450	\$ 426,250
Nov 2018	14	6	\$ 474,900	\$ 468,500
Oct 2018	11	16	\$ 484,500	\$ 470,000
Sep 2018	17	7	\$ 427,400	\$ 412,700
Aug 2018	14	14	\$ 559,900	\$ 543,000
Jul 2018	15	15	\$ 449,900	\$ 433,000
Jun 2018	24	15	\$ 486,950	\$ 474,000
May 2018	26	13	\$ 577,400	\$ 567,000
Apr 2018	18	12	\$ 479,900	\$ 479,900



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