

Dating a Man Who Is Less Successful: Can It Work?

JUNE 2024

LadiesCorner

Ladies Corner Magazine: Celebrating 5 Years of Empowering Women

Edmonton to
Ride the Housing
Boom into 2026

Mary Thomas

Arts & Culture

in Calgary, Alberta — Lorrie Morales

THE
HOUSING
MARKET IN EDMONTON

Potentials & Challenges — Stella Igweamaka



Special Invisalign Event

JOIN US ON

JUNE 7th, 2024 📅
3 PM – 7 PM 🕒

Complimentary
consults records

Complimentary
whitening

Complimentary post
treatment retainer

BOOK YOUR APPOINTMENT
📞 780 540 8155

www.flourishdental.ca 🌐
16420 Ellerslie Road Sw
Edmonton AB | T6W 4S8 📍

LadiesCorner

M A G A Z I N E

COMMUNITY

CREATIVITY

VISIBILITY

EMPOWERMENT

EDITOR-IN-CHIEF

Tee Adeyemo
info@lccmediafoundation.ca

CONTRIBUTING WRITERS

Lorrie Morales
Mary Thomas
Stella Igweamaka
Fisayo Oyekunle

SENIOR EDITOR

Lorrie Morales

MARKETING MANAGER/ADVERTS

Miss Purple Media
587 974 9830

DESIGN DIRECTOR

'Tunde Adeyemo
tundeadeyemo@citeay.com

BUSINESS DIRECTOR

Tayo Elnathan
tayo@thefei.ca

EMAIL

info@lccmediafoundation.ca

WEBSITE

www.ladiescorner.ca

This magazine or parts thereof may not be reproduced in any form, stored in a retrieval system, or transmitted in any form by any means - electronic, mechanical, photocopy, recording, or otherwise without prior written permission of the publisher.

Ladies Corner Canada Limited, Suite 3400, 10180 - 101 Street, Edmonton, T5J 3S4.

  [lccmedia](#)  [LadiesCornerCanada](#)  [LadiesCornerC](#)



LADY TEE'S DESK

Ladies Corner Magazine: Celebrating 5 Years of Empowering Women

As Ladies Corner Magazine approaches its fifth anniversary in December 2024, we reflect on a remarkable journey dedicated to empowering women. From its inception, the magazine has served as a beacon of inspiration, highlighting the achievements, resilience, and stories of women from all walks of life.

Over the years, Ladies Corner Magazine has become a vital platform for women entrepreneurs, offering in-depth interviews, inspiring profiles, and practical advice. These stories celebrate individual successes and motivate aspiring business leaders. Our commitment to mental health, social justice, and community building has fostered a sense

of solidarity among readers, addressing critical issues and promoting positive change.

In addition to featuring business leaders, the magazine has also spotlighted political figures, showcasing the contributions of women in leadership roles. These features highlight their journeys, challenges, and impact on their communities, inspiring others to pursue their paths in public service.

Our podcast series (Big Conversations) and robust online presence have revolutionized the way we connect with our readers. Through engaging discussions, thought-provoking articles, and community collaborations, we have created a space where women's voices are not just heard but celebrated.

Ladies Corner Magazine inclusive approach ensures diverse voices are represented, building a loyal readership and a vibrant community. As we celebrate this milestone, we reiterate our unwavering commitment to our mission of empowering women through storytelling, advocacy, and community engagement. The next five years promise continued impact, inspiring, informing, and connecting women across Alberta and beyond.

For more information and to explore our content, visit www.ladiescorner.ca.

Always

Tee Adeyemo

Founder and Editor-in-Chief
Ladies Corner Magazine

Contents

- 6. What I Have Learned About Menopause — **Jacqueline Biollo**
- 7. Is Depression Real? —
- 8. Put Your Oxygen Mask on First — **Laurie Carmichael**
- 9. Tis the Season for Growing — **Lorrie Morales**
- 10. Edmonton to ride the housing boom into 2026 — **Mary Thomas**
- 12. Arts & Culture, Calgary,

- Alberta — **Lorrie Morales**
- 13. Alberta's Landscapes and Vibrant Cities
- 16. The Housing Market in Edmonton — **Stella Igweamaka**
- 23. Dating a Man Who Is Less Successful: Can It Work? — **Tee Adeyemo**
- 24. The Financial Tango: Navigating Money and Marriage — **Tayo Elnathan**



SPINELLI
ITALIAN CENTRE SHOP

No time? No problemo!

Enjoy heat and serve Italian comfort food made from scratch, daily.

Grocery. Bakery. Deli. Café. italiancentre.ca

EDMONTON | CALGARY | SHERWOOD PARK

What I have learned about menopause

By Jacqueline Biollo

It has been an interesting journey since entering menopause. I remember conversing with my physician at an annual checkup a couple of years ago. He was looking for information based on family history. Information, like when my mom started experiencing symptoms of menopause, etc. Seeing as she had a hysterectomy, a procedure that removes one's ovaries, her experience and timelines were a bit of an anomaly. Hence, the best guess from the physician was that my body would start marking the end of the reproductive years through the natural transition to menopause soon.

Fast forward a couple of years, and the symptoms are all there, from irregular periods to hot flashes to urinary urgency and vaginal dryness. Oh my. Some may squirm at the sheer thought of talking about such things... womanly body functions and all – but if we are not talking about it, as women, then who is – and why shouldn't we be? According to the World Bank collection of development indicators, females represent 50.31% of Canada's population, and another reference states that approximately 3 out of every 4 women experience menopausal symptoms yet fail to understand why they are experiencing them or note that the symptoms interfere with their daily lives.

So, what have I learned about menopause, other than it has been

“Primarily, I have learned to appreciate my body and the transition it is going through.”

a tough couple of years dealing with night sweats, sleep problems, mood changes, weight gain, and a slowed metabolism, just to name a few of the symptoms? Primarily, I have learned to appreciate my body and the transition it is going through. For it is this body that has been with me through all the bumps and bruises I encountered as a child, the body that reacted, responded, fought off, or conquered various infections, ailments, and allergies, the body that carried my children through successful pregnancies, bounced back and recovered after numerous surgeries. The body I hope will carry me well into my older years.

Aside from the stated 'negative' effects of menopause, menopause can also have positive effects on one's life, such as physical changes or reduced hormone levels that cause emotional or social changes that can be energizing rather than demotivating. I have found a renewed sense and purpose in my health and wellness regime, trying different foods or experimenting with unusual ways to prepare my food, a greater appreciation for multivitamins, and a more focused effort on my motivation to stretch, strengthen and put my body through a physical workout.



Jacqueline Biollo

Is Depression Real?

Whatever your experience is with menopause – whether you have long since traded in your sexy lingerie for a more comfortable pair of pajamas at night and find comfort in the whirling sound of an oscillating fan to keep you cool, or you are too busy living in the here and now to worry about the transition your body will undoubtedly go through much later on in your life, just know you are not alone. Each woman has, does, and will experience menopause differently. These experiences include responses based on cultural variations and social and psychological determinants. Pay attention to what your body is doing and ‘saying’ to you. Embrace it, make the necessary or appropriate changes to survive and thrive, and seek professional help or consultation if something does not feel right.

Jacqueline Biollo has embraced many aspects of the natural stage of aging, menopause being just one of them. For example, she has also embraced that her muscles have become more rigid and less toned, that her memory sometimes escapes her, and that her eyesight is no longer 20:20. But Jacqueline remains optimistic that her life cycle continues to progress in the direction it should, and for that, she is eternally grateful.

Photo by Coral Konanz Photography

Depression is a serious medical condition affecting millions globally, recognized by organizations like the WHO and the American Psychiatric Association. It involves persistent sadness, hopelessness, and a lack of interest in daily activities, leading to emotional and physical issues that impair daily functioning at work and home.

Who Can Get Depressed?

Anyone can get depressed, regardless of age, gender, background, or socioeconomic status. Depression does not discriminate, and it can affect people of all walks of life. Some groups may be at higher risk due to various genetic, biological, environmental, and psychological factors. Key points include:

- **Genetic Factors:** A family history of depression can increase the risk, suggesting a genetic link to the susceptibility of developing the disorder.
- **Life Events:** Traumatic events such as the death of a loved one, a difficult relationship, or any stressful situation can trigger depression in people who are predisposed to the illness.
- **Medical Conditions:** Certain illnesses, such as chronic pain, chronic illnesses, or other mental health disorders like anxiety and post-traumatic stress disorder (PTSD), can also increase the risk of depression.
- **Substance Use:** A history of substance abuse can affect brain chemistry and may contribute to or exacerbate depression.

Is Depression Real?

- Absolutely. Depression is a clinically recognized disorder defined by a specific set of criteria that include:
- **Depressed Mood:** Feeling sad, empty, or hopeless for most of the day, nearly every day.
- **Loss of Interest:** A marked loss of interest or pleasure in all or al-

most all activities most of the day, nearly every day.

- **Changes in Appetite:** Significant weight loss when not dieting, weight gain, or decrease or increase in appetite nearly every day.
- **Sleep Disturbances:** Insomnia or excessive sleeping nearly every day.
- **Behavioral Changes:** Restlessness or being physically slowed down, observable by others.
- **Fatigue or Loss of Energy:** Nearly every day.
- **Feelings of Worthlessness or Excessive Guilt:** Nearly every day.
- **Difficulty Thinking or Concentrating:** Indecisiveness, nearly every day.
- **Thoughts of Death or Suicide:** Recurrent thoughts of death, suicidal ideation without a specific plan, or a suicide attempt or specific plan for committing suicide.

Depression is not just a bout of the blues or a sign of weakness, and it's not something that people can simply “snap out of.” It typically requires long-term treatment that can include medication, therapy, or both, depending on the severity. Effective treatments are available, and early intervention can improve the effectiveness of treatment.

Understanding that depression is a real health condition is crucial for reducing stigma and encouraging individuals to seek help. It's important for people experiencing symptoms of depression to speak with a health-care provider to get a proper diagnosis and appropriate treatment.

Put Your Oxygen Mask on First

By Laurie Carmichael- Retired Nurse
Author of 'A Complicated Goodbye'
and 'Hiding amongst the Clouds'



Being a caregiver is a full-time commitment, so caring for ourselves is not a luxury—it's a necessity!

Becoming a caregiver can be a gradual transition, like in the case of Alzheimer's or dementia. In other instances, it might be a sudden plunge into unfamiliar territory with a life-altering diagnosis (i.e.-stroke, cancer, etc.). Whatever the scenario, being a full-time caregiver is physically demanding and can put you on an emotional roller coaster.

Caregivers, often seniors themselves, underestimate the demands that providing 24/7 patient care requires. Caregivers frequently report feelings of fatigue, depression, isolation and loneliness. Poor appetite, sleep deprivation, and loss of interest in past activities are all common symptoms of caregiver burnout. These challenges, combined with normal aging, can increase the risk of significant health problems and premature death of the caregiver.

So, what can caregivers do to help themselves?

Start by being open and honest with yourself. Caring for a loved one can bring us joy and comfort but can also be emotionally challenging. During this ongoing state of transition, caregivers may feel guilt,

"Putting on our oxygen masks first' means putting you on the To-Do-List ...and not at the bottom."

frustration, resentment, and grief. It's okay to discuss these feelings with a family member, trusted friend, or someone from your support group or church.

Speak to your family physician and report any changes in your physical and mental health. Your physician may refer you to private counseling or peer support groups (e.g., Alzheimer Society of Canada, Dementia Wellness Canada (DREAM), Canadian Cancer Society, church groups, etc.). Engaging with peers to share insights, experiences, and stories can remind you that you are not alone and can empower community growth.

Ask for help! It is not a sign of weakness. It is okay to admit you can't do it all. Be honest with other family members and let them know what you need. It is not selfish to take time to care for yourself. Taking away from the daily grind can allow you to decompress and be a better caregiver. Something as simple as taking a walk or getting a haircut can recharge your batteries. If your family cannot assist, explore other options, such as friends, church

groups, and home care services.

Homecare services available through provincial health ministries include respite care—temporary relief from the 24/7 demands of caring for a dependent family member. Eligible persons can receive 'in-home' services from trained health-care professionals. Adult 'day care' programs are available within some residential or nursing facilities. These services provide socialization and stimulation for the person in care and respite for their caregivers. In Alberta, contact 811 for information.

'Putting on our oxygen masks first' means putting you on the To-Do-List ...and not at the bottom. Take the time to engage in crafts, hobbies, and other self-care activities like exercise. Remember to eat regular healthy meals and don't forget sleep, an often-forgotten luxury. Adults and seniors require 7-9 hours per night.

Remember, caring for yourself and reaching out to others for help make us better, healthier caregivers.

(Disclaimer: All content is for general information only and should not be treated as a substitute for the medical advice of your healthcare provider/professional.)

Tis the Season for Growing

by Lorrie Morales

“The glory of gardening: hands in the dirt, head in the sun, heart with nature.”

Alfred Austin

For those who love to be outdoors, digging in the dirt and watching the “fruit of their labors” thrive, this season of gardening is for you. With the variety of plants, flowers, vegetables, bushes, and herbs, one might wonder where to start and how to maintain an outdoor space. Opportunities for shared spaces, such as community gardens make the experience even more rewarding for local residents. A few such gardens in the Edmonton area are Brander Community Garden and University of Alberta Community Garden. Brander is situated in the Riverbend community. Volunteers and a nearby school ensure that the gardens are weeded, watered and harvested. The University on-campus gardens serve as outdoor classrooms and is overseen by the Faculty of Agricultural Life and Environmental Sciences. Alberta Health Services also has a handbook.

Gardening can have its challenges, but many people find creative solutions. From raised beds because of poor soil to filling an old wheelbarrow with a variety of flowers, gardeners are pleased to water, put up trellises and plant flowers to attract bees and hummingbirds. Even old tires can be used as planters for either vegetables or flowers. Spray painting them different colors also adds brightness to a space.

There are a number of dif-

ferent gardens that suit each climate, growing season and space. Vegetable gardens used for growing edible plants for consumption are the most common. Gardeners plant lettuce and carrots in planting pots; use raised gardens so bending is not so difficult and even fence them in to protect the plants from wildlife. Flower beds are cultivated and weeded for the fragrances and beauty of color. Pollinators are attracted to the continuous bloom throughout the season. A more challenging garden used for medicinal, culinary or health purposes is the herb garden. Many gardeners start these off in the spring indoors to give them a healthy start before transplanting them outdoors. Greenhouses are perfect examples of indoor gardens and all variety of plants are able to grow in the indoor space. Water gardens feature aquatic plants and animals in a pond or some sort of body of water. Lastly, vertical gardens showcase plants growing on walls, trellises, arbours, add dimension, save space and create interesting visuals. All in all, gardens can be whatever appeals to the one tending, weeding and cultivating it.

There are thousands of books, plenty of websites and individuals with practical knowledge to guide you on your journey as a gardener. So, this season, connect to nature, watch the flowers bloom, plants grow and create a space to enjoy. Our season is short in Canada, so get growing!

“Gardening can have its challenges, but many people find creative solutions. From raised beds because of poor soil to filling an old wheelbarrow with a variety of flowers.”



Edmonton to Ride the Housing Boom into 2026

By Mary Thomas



Real Estate Developers Qualico, Melcor Developments Ltd, Strata Developments and others came together to discuss Edmonton's unprecedented housing growth spurt.

Migration to Alberta has skyrocketed, with 31,371 from international origins and 13,926 from other provinces. Inflation, rising interest rates, and labour shortages may be the culprits, as housing remains in the hot seat. Could this be the super highway to building an inclusive metro region with a strong central city that welcomes the world, attracts talent and investment, and shapes spaces that meet the needs of current and future residents, a city that residents have pride in?

Since January, Edmontonians and city administration have been grappling with a series of issues from encampments to power-supply threats to water shortages leading to the declaration of a housing and homelessness emergency. There are almost 200 policy directions in The City Plan, and the intention is for these to influence urban growth and change over a roughly 40-year time horizon.

Which ones do we want to place our attention on in the short term to make the biggest positive impact today?

We should buckle down and plan for the population expansion in new neighbourhoods within an already-tight housing market. Keeping the influx coming is in our best interests as it has been the horse our economy is riding on since the pandemic. Edmonton's Economic Action Plan is optimistic and hopes to grow an additional 520,000 jobs required as we grow to a city of two million while remaining competitive, diversifying its tax base, addressing the housing crisis by bolstering affordability and enabling private-sector growth.

Canadian cities ranked the issue of housing supply as their No. 1 priority last year. Edmonton is the last major Canadian city that offers affordable home ownership and rental accommodations that currently fit within the Canada Mortgage Housing Corpo-

ration's definition of housing affordability, which is a maximum of 30 per cent of net household income going to shelter.

Increased costs imposed by governments on the price of new home construction erode affordability significantly for homebuyers and renters, thereby increasing pressure along the affordability continuum.

The average price of a home in the Edmonton area reached an all-time high of \$431,387 in April 2024, a 5.6% yearly increase and a 2.5% monthly increase. Benchmark prices grew 4.4% annually to reach 397.2k. Detached home average prices increased 5.9% year-over-year and 2.5% month-over-month to \$529,957. Semi-detached home average prices increased 7.4% year-over-year while they declined 0.5% month-over-month to \$406,674. Townhouse average prices increased 13% year-over-year and 4.2% month-over-month to \$294,417. Average apart-

ment prices increased by 4.4% year-over-year to \$200,968. Apartment prices are 3.5% higher than last month. The current lowest mortgage rate in Edmonton is 4.69% for 5-Year Fixed.

Nabil John, Realtor with Maxwell Polaris, has an advice for buyers, "No matter how crazy the markets get, when you know it's the right one, go all out. Otherwise, the next is just around the corner."

Even marginal increases in costs can price out a significant number of potential homebuyers. For every \$10,000 added to the cost of an entry-level home (benchmarked at \$400,000), 7,951 households within the Edmonton metropolitan region are priced out of the housing market. When this increases to \$50,000, an estimated 36,998 will be priced out. According to the city's own description of core housing need, these households would then be added to the expanding group of households requiring some form of government subsidization for housing. "Multiple offers and getting sold out within 6 hours with top of 40K - 70K and absolutely no conditions, says Real Estate agent, Fakhra Shaikh.

In 2023, Edmonton took the top spot among Canada's major cities with regards to approval timelines, government charges, and planning features consequent to real estate development industry and the city working together to foster a healthy housing market, a great quality of life, and to address development uncertainty and barriers.

"It's a bullish seller's market. As is the case with non-residential development, land for new communities is constrained. Inventory for new buyers is extremely scarce," says Realtor Nabil John with Maxwell Polaris "as the market boom continues properties that are priced properly will sell over list price. Mortgage rates might hold and not fall drastically. If economic crisis, major government upheaval or unprecedented emergency don't change the scenario, Edmonton is poised for a boom that



Nabil John Real Estate with Maxwell Polaris

The average price of a home in the Edmonton area reached an all-time high of \$431,387 in April 2024, a 5.6% yearly increase and a 2.5% monthly increase.

will beat the one in 2007."

Planning for new communities is unnecessarily being restricted, which is counter to the demand for housing. Artificial barriers to growth which add to the cost of all homes need to be reconsidered and removed. Realtor Sales Associate at Century21 Leading, Jiji Padamadan says, "The artificial demand caused by interprovincial moving has reduced the chances for negotiation for buyers or sellers. A price hike is expected in 2026, rents will be at an all time high and rental properties will be very limited."

"New residential development is ongoing in North East Edmonton. However adjoining towns like Sherwood Park, Fort Saskatchewan, St



Jiji Padamadan, Realtor with BJS

Albert, Spruce Grove have an advantage with lower property taxes." says, Deepak Chopra with Save Max Edge Brokerage. "South is ramping up with Alsis, Keswick and Glenriding however towards Leduc and Beaumont there is also a lot of Retail development as well."

Successful city building requires the efforts of many. We are only as strong as the contributions of everyone. Our industry, which includes real estate developers, planners, architects, engineers, are highly engaged and want to contribute. But there are many other organizations that play an important role too, from community leagues to post-secondary institutions.

A complete ecosystem of city builders needs to be working at its maximum capacity to derive the best results. When we come together, and bring forward our ideas and perspectives, we can build an affordable, competitive, and inclusive city that's poised to grow and all set to lead.



ARTS & CULTURE in Calgary, Alberta

By Lorrie Morales

DJD Studios, Decidedly Jazz Danceworks, is a Calgary dance company that never fails to deliver on every performance. They are the only dance company in North America that offers strictly jazz dance.

The DJD Dance Centre is a fabulous space with floor to ceiling windows in all 7 dance studios, a 230-seat theatre, and a multi-purpose community living room space. This is a home for jazz dance and community dance hub which offers performances, training, outreach, rehearsal, creation and social space for everyone interested in dance. The centre was designed to inspire creativity for the users and to be a source of creative energy for dancers, instructors, performers alike.

Recently, a friend and I joined other like minded dance, music and performance arts lovers for an evening of entertainment. The feature, set in the 1930's, was "Party Time" where dancers dance, play games, share libations, romance and reveal their "inner party animals" at a house party. These characters have a human and animal side. The lion, bear, peacock, lizard, squirrel and part swan and fox play their parts. Kimberley Cooper

"Dancing from a young age, literally in her mother's womb, Sabbie and the DJD professional dancers continue to shine on the stage."

has choreographed many different stories and this is another one of her creations. Musicians Carsten Rubeling, Jeff Gammon, Luis Tovar and Andre Wickenheiser join her with new music compositions.

Then there is the lamp and the host of the party, Sabrina Naz, whom I know as Sabbie, the "light" in this production. Dancing from a young age, literally in her mother's womb, Sabbie and the DJD professional dancers continue to shine on the stage.

Vicki Adams Willis, founder of the jazz dance department at the University of Calgary, and two graduating students, co-founded DJD in 1984 to help keep the spirit of jazz alive. With Jazz music at its heart, DJD aesthetics

are based on African and swing with Jazz at its core. Exploring different forms and philosophies, the DJD professional company evolves each season working within the current artists, choreographers, musicians, costume designers and the many individuals that bring a piece together keeping the spirit of jazz alive. DJD has toured extensively throughout Canada and abroad. Each production is unique and the dedication, discipline and determination of each of the dancers is evident on performance nights. "Party Time" incorporated all elements of theatrical, musical and creative energy.


DJD's next event is the fundraiser, The Black and White Ball, an evening of live music, silent auction and performances by the DJD Company and guests. Be sure not to miss the June 1 event at the Fairmont Palliser Hotel in downtown Calgary. For more information visit [Calgary Dance School & Jazz Company](#) | [Decidedly Jazz Danceworks](#)



Alberta's Landscapes and Vibrant Cities

Alberta, with its diverse landscapes and vibrant cities, offers some of the most captivating destinations for summer travel. From majestic mountains to sprawling prairies, here are the top 10 places to visit in Alberta this summer:

1. Banff National Park



Banff National Park, Canada's first national park, is a must-visit for nature lovers. Nestled in the heart of the Canadian Rockies, it boasts stunning turquoise lakes, including the famous Lake Louise and Moraine Lake. Visitors can hike scenic trails, soak in hot springs, and spot wildlife such as elk, bears, and mountain goats. The charming town of Banff offers a variety of dining, shopping, and cultural experiences.

2. Jasper National Park

Jasper National Park, the largest national park in the Canadian Rockies, offers an abundance of outdoor activities. Explore the stunning Athabasca Falls, hike through the scenic Maligne Canyon, and take a boat cruise on Maligne Lake to Spirit Island. The park is also a Dark Sky Preserve, making it an ideal spot for stargazing. Jasper town provides a welcoming base with amenities and guided tours.

3. Calgary

Calgary, Alberta's largest city, is known for its vibrant arts scene, world-class dining, and the famous Calgary Stampede. The Stampede, held every July, is a massive

rodeo and festival celebrating Western heritage. Visitors can also explore the Calgary Zoo, Heritage Park Historical Village, and the bustling downtown area with its shops, restaurants, and the iconic Calgary Tower.

4. Edmonton

Edmonton, the capital city of Alberta, offers a blend of cultural attractions and outdoor adventures. The West Edmonton Mall, one of the largest shopping malls in the world, features an indoor amusement park, water park, and a variety of shops and restaurants. The city is also home to the Royal Alberta Museum, the Edmonton Valley Zoo, and the scenic river valley parks perfect for biking and hiking.

5. Drumheller

Drumheller, located in the heart of the Canadian Badlands, is renowned for its rich dinosaur history. The Royal Tyrrell Museum of Palaeontology showcases one of the world's largest collections of dinosaur fossils. Visitors can also explore the striking hoodoos, hike in Horseshoe Canyon, and drive along the Dinosaur Trail to see unique rock formations and ancient fossils.

6. Waterton Lakes National Park

Waterton Lakes National Park, part of the Waterton-Glacier International Peace Park, offers a tranquil escape with stunning scenery. Visitors can enjoy boating on Waterton Lake, hiking to scenic viewpoints, and spotting wildlife such as bighorn sheep and black bears. The charming village of Waterton offers cozy accommodations and dining options.

7. Canmore

Canmore, a picturesque town located just outside Banff National Park, is a haven for outdoor enthusiasts. The town offers easy access to hiking, mountain biking, and rock climbing. The Canmore Nordic Centre Provincial Park is a popular spot for summer biathlon and trail running. The town itself has a vibrant arts scene, unique shops, and excellent dining options.

8. Kananaskis Country

Kananaskis Country, a vast area of protected parks and wilderness, is perfect for those seeking adventure. Visitors can hike through the stunning Kananaskis Valley, go horseback riding, or try white-water rafting on the Kananaskis River. The area also offers luxurious mountain

lodges and spas for a relaxing retreat.

9. Lake Minnewanka

Lake Minnewanka, located in Banff National Park, is a beautiful glacial lake surrounded by towering mountains. It's a popular spot for boating, fishing, and picnicking. Visitors can take a scenic boat cruise to learn about the area's history and enjoy the breathtaking views. The lake is also a great starting point for hiking and wildlife spotting.

10. Elk Island National Park

Elk Island National Park, located just east of Edmonton, is a sanctuary for bison, elk, and over 250 species of birds. Visitors can enjoy scenic drives, hike through peaceful forests, and paddle on Astotin Lake. The park is also part of the Beaver Hills Dark Sky Preserve, making it a great spot for stargazing. Alberta's diverse landscapes and vibrant cities offer endless opportunities for exploration and adventure. Whether you're seeking thrilling outdoor activities or peaceful retreats in nature, Alberta has something to offer every traveler this summer.

The Housing Market in Edmonton Potentials & Challenges

By Stella Igweamaka



For residents of Amiskwaciwâskahikan (Edmonton), the question of whether now is the opportune time to invest in a home often arises. The housing market in Canada has been a topic of considerable discussion, with recent years showcasing remarkable growth. According to a report by the Canada Business Environment profiles, the Canadian House Price Index has steadily risen, experiencing an annualized growth rate of 5.0% over the five years leading up to 2024, reaching an index value of 195.9. This growth has been propelled by factors such as immigration, a robust domestic economy, and favorable mortgage rates. However, the landscape shifted in 2022 when the Bank of Canada implemented interest rate hikes to counter rising inflation, resulting in a slowdown in growth.

Drilling down to Edmonton's housing landscape, the city's housing market has historically been known for its stability, making it an appealing option for both prospective homeowners and investors. Unlike some other Canadian cities, Edmon-

ton may not witness the rapid price escalations, but it also avoids sharp declines.

Nevertheless, like any real estate market, Edmonton's housing sector is subject to cyclical fluctuations influenced by various factors such as the overall economy, employment trends, population dynamics, and government policies. Despite these fluctuations, Edmonton's housing market has demonstrated resilience, driven by sustained demand for residential and commercial properties. The city's diverse economy, supported by sectors like healthcare, education, and technology, contributes to its stable housing market, attracting both residents and newcomers seeking employment opportunities and a high quality of life.

John Carter, Broker Owner at RE/MAX River City, in a blog post, highlights Edmonton's appeal, stating, "The region's affordability is also attracting immigration from outside of Canada. Historically, newcomers would arrive in Edmonton as a stop on their way to cities like Vancouver or Montreal but now, they're coming directly to Edmonton and they're

staying in Edmonton where they can find themselves a brand-new construction home within two years arriving in the country, which is not something most other markets can claim. We're seeing strong migration to the region, especially from out-of-province buyers, and it's keeping property values stable," Carter said.

In Alberta, the interest rates for a five-year fixed-rate mortgage have fluctuated between 5.54% and 6.85%, playing a role in maintaining stability within Edmonton's real estate market when compared to other metropolitan areas. Notable neighborhoods in Edmonton, such as Oliver/Downtown, Windermere, Glenora, Terwillegar, and Summer-side, are highly sought after. However, the development of new homes is expanding beyond these areas, with emerging neighborhoods like Uplands, Secord, and Edgemont among others experiencing growth and attracting interest from homebuyers and investors.

While mortgage rate hikes have impacted affordability, Edmonton's housing prices are expected to recover quicker than other areas once

rates decline, as the market remains attractive for buyers and investors seeking affordable options.

What are the current trends and influences on Edmonton's Housing Market?

Edmonton's housing market is influenced by several contemporary trends. One of them is the increasing demand for mixed-use developments and housing options that are sustainable and energy-efficient, showing a change towards building communities that are easy to walk around with access to amenities and green spaces. Some features of energy-saving housing in Edmonton are a very efficient heating and cooling system, more insulation, triple-pane windows with double coating, and better ventilation which appeal to new homeowners.

Secondly, the rise of remote work arrangements, accelerated by the COVID-19 pandemic, has influenced housing preferences, with many individuals seeking spacious homes in suburban and semi-urban neighborhoods offering affordable housing options and improved work-life balance.

The housing outlook report by CMHC predicts that new construction, especially in multi-unit housing, will increase due to positive economic conditions, population growth, and declining housing stocks. Moreover, there is a strong need for more economical housing options such as row houses and condos, resulting in predictions of a rebound in resale deals and a rise in average prices as interest rates go down.

In addition, demographic shifts, including an aging population and an influx of young professionals and immigrants, are driving demand for diverse housing options, from senior living communities to affordable housing developments and upscale condominiums.

Opportunities and Challenges Ahead

Edmonton's housing market offers several benefits, such as affordabil-

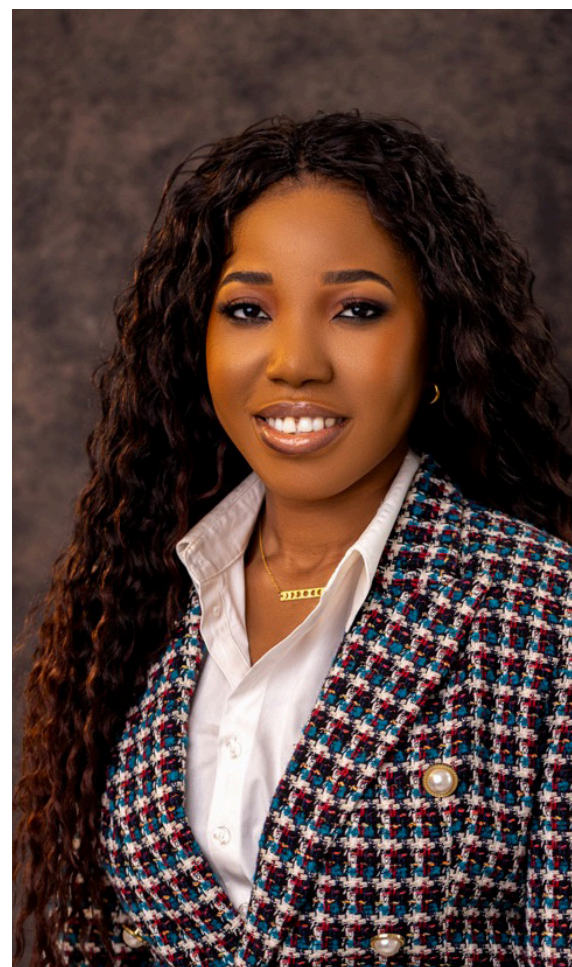
ity relative to other large Canadian cities, with an average home price expected at around \$416,860 for 2024. This affordability, along with a varied economy and strong job creation, is driving population growth and housing demand. Moreover, the city's economic diversification beyond conventional sectors like oil and gas is drawing skilled workers, further boosting the housing market.

In a media release, Realtors Association of Edmonton chair Melanie Boles said the outlook for the coming year "appears promising."

"We anticipate stability and growth in 2024, driven by migration, employment, and a positive economic outlook," Boles said. The number of units sold this year is expected to rise in each category, the association said, led by a five-percent increase in sales of detached homes, followed by condominiums (4.4 percent), semi-detached (four percent) and townhouses (two percent). The association also expects the number of listings in 2024 to rise by 4.6 percent.

In addition to this, there is a significant opportunity emerging for affordable and culturally appropriate housing for larger and extended Muslim families within the Edmonton housing market. The Halal Housing lab, funded by the Canadian Mortgage Housing Corporation (CMHC), aims to address this need. According to the Islamic Family Social Services Association (IFSSA), Muslims represent the second largest and fastest-growing group in need of affordable housing. The Halal Housing lab focuses on building affordable housing tailored to the needs of racialized/minorities/newcomers fleeing violence. This includes housing for larger families with integrated culturally appropriate supports for mental health and pathways into market housing that align with their values.

However, challenges persist. Supply limitations, worsened by issues such as the expense of construction



Stella Igweamaka

materials, lack of workers, and high interest rates, could reduce supply and increase costs. In conclusion, buyers and investors are encouraged to stay alert and flexible to possible housing market changes caused by global economic uncertainties.

Stella Igweamaka holds an MBA from the University of Lagos in Nigeria and is proud to call Amiskwaciwaskahikan (Edmonton) her home. She is passionate about using research and storytelling for impactful change and was recently featured on CBC News for her work with Black Canadian Women in Action on the adultification of Black girls in Canada. You can find more of her work on

www.stellaigweamaka.com

Tantalizers

AFRICAN HOUSE

Outdoor Dinning OPENS IN JUNE

Tuesdays
to Saturdays
12 PM – 10 PM



Sunday
2 PM – 8 PM

(780) 200-9580
www.thetantalizersca.com
12424 18 Ave Nw, Edmonton, Canada



RE/MAX[®] symphony under the sky AT SNOW VALLEY

MOZART, HAYDN & ROSSINI
AUGUST 21 & 23

LOVE & ROMANCE
AUGUST 22 & 24



Tickets: \$37 Adult • FREE Youth**

Choose 2 concerts & save 20%!
Buy Online at WinspearCentre.com/Sky

*For grass sections. Service charges not included. Subject to availability. **Aged 17 and under.



Ladies
Corner

**ADVERTISE
WITH
LCCMedia
(print and digital)**

More information

✉ info@lccmediafoundation.ca

☎ (587) 974 9830



Safe Spaces

From left to right: Community leaders Amelia Newbert, Emma Ladouceur and Kelly Ernst

Regardless of ethnicity, sexual orientation or gender identity, everyone deserves to live in a world free from discrimination.

Homophobia and transphobia have lasting harmful consequences.

Calgary Foundation is proud to support organizations that work tirelessly to support and advocate on behalf of 2SLGBTQIA+ communities.

by Amber McLinden (she/her) • Photography by Jared Sych (he/him)



Skipping Stone

Booking a doctor's appointment or finding a place to purchase clothing are things most people don't give much thought to. But for transgender people, such tasks can be riddled with complications.

Enter Skipping Stone. Offering assistance such as peer mentoring or group programming, Skipping Stone connects trans and gender-diverse youth, adults and their families with trans-affirming legal, medical and mental health services. It also links people to income or housing supports.

"This world doesn't have a lot of space for trans and gender-diverse folks, and presents a lot of systemic barriers," says Amelia Newbert (she/her), director of communications and culture at Skipping Stone. "Our goal is to do the heavy lifting of navigating those barriers so that clients and community can focus on thriving as opposed to dredging through all these really harmful systems."

Transgender youth are 7.6 times more at risk of attempting suicide than cisgender youth.*



A person's biological sex affects the kind of health care they receive, which presents many challenges for trans and gender-diverse people. From surgery to a hormone prescription, Skipping Stone makes connections to trans-affirming doctors who alleviate the painstaking process of navigating an often binary health-care system.

Newbert, together with co-founder, Lindsay Peace (she/her), came up with Skipping Stone to provide the kind of help that they found lacking while personally negotiating their way through various systems — experiences that can be fraught and dangerous for trans and gender-diverse people. Since its inception six years ago, the organization has supported more than 10,000 people across Alberta.

For Newbert, it's about connecting trans and gender-diverse people to the supports they need and deserve. "What really motivates me is being able to connect people to what they need to be their best, most authentic selves," says Newbert. "It's about not only showing them that it will be okay, it will be better than okay."



Learn more at skippingstone.ca.



“What really motivates me is being able to connect people to what they need to be their best, most authentic selves.”

—Amelia Newbert (she/her)

From left to right:
Skipping Stone
founders, Lindsay
Peace and Amelia
Newbert

March 31

> Transgender Day of Visibility
Celebrates transgender people by raising awareness of their struggles and triumphs.

November 20

> Transgender Day of Remembrance
Honours transgender, two-spirit and all genderdiverse lives lost to discriminatory violence.



End of the Rainbow Foundation

Currently, nearly 70 countries criminalize consensual same-sex sexual relations between adults. For many queer and transgender individuals, it's almost impossible to obtain gender recognition, whether through access to affirming health services or something as simple as wearing the clothes they want. Many experience discrimination and loss of freedom, and are often victims of hate-motivated violence.

Kelly Ernst (any pronouns), president of the End of the Rainbow Foundation says, "Not only are they criminalized in a number of countries, but being identified as an 2SLGBTQIA+ person can be a death sentence."

It's what makes the work of the Calgary Rainbow Railroad Station, a project spearheaded by the End of the Rainbow Foundation, so important. The project helps individuals living abroad who face persecution based on their sexual orientation, gender identity and sex characteristics, escape harm. "In a great many cases, the people that we've moved, it's literally saved their lives," says Ernst.

Officially founded in 2017, End of the Rainbow Foundation's work includes facilitating the private sponsorship of 2SLGBTQIA+ refugees to Canada, specifically to Calgary. That involves helping with writing applications, creating sponsorship circles, and fundraising to cover the \$20,000 annual cost required for each application to be approved.

Alongside relocation services, End of the Rainbow Foundation collaborates with other organizations,

“When we support newcomers over a period of time, they can truly set themselves up in the community and be successful and contribute back to the community”

—Amelia Newbert (she/her)

including the Centre for Newcomers in Calgary to provide support and services that help 2SLGBTQIA+ refugees get settled into their new homes. These partnerships build capacity to serve and provide better outcomes for shared clients.

The foundation also operates a donation centre in downtown Calgary, which assists any refugees in finding basic necessities such as clothes and furniture, including 1,400 newcomers in the past six months.

"It really is heart-wrenching to work with people that are persecuted to such horrible degrees," says Ernst. But the results of their work inspire the team to keep going.

LadiesCorner - Summer 2024



"When we support newcomers over a period of time, they can truly set themselves up in the community and be successful and contribute back to the community," says Ernst. "That's our vision, that people, when they come here, will be contributing members of the society — that's really important to us."

Learn more at endoftherainbow.ca.





Dating a Man Who Is Less Successful: Can It Work?

By Tee Adeyemo

Success isn't solely about career achievements or financial gain. It encompasses emotional maturity, communication skills, personal aspirations, and the ability to contribute to a relationship in many enriching ways. Recognizing these varied facets of success can broaden how you perceive your partner's contributions.

Communication Is Key

Like any relationship, open and honest communication is the cornerstone of dating someone less traditionally successful. Discuss openly about how each of you views success and the role it plays in your self-esteem and relationship dynamics. Address potential issues head-on, such as financial arrangements or career time commitments, to prevent resentment from building.

Handling External Pressure

Societal expectations can add an extra layer of stress. Friends, family, or colleagues might offer unsolicited advice or judgments based on traditional roles about who should earn more or be more successful. It's crucial for partners to present a united front and support each other against such external pressures, reinforcing the idea that a relationship's success is defined by self and not by societal standards.

Insecurity and Support

It's not uncommon for differences in success to breed insecurity. The less successful partner might feel inadequate or overshadowed, while the more successful one could harbour guilt or frustration. Both partners need to be particularly sensitive to

these feelings. The more successful partner should ensure they're supportive and appreciative of their partner's endeavors, regardless of the outcome. Likewise, the less successful partner should focus on self-worth beyond just professional achievements.

Fostering Equality

Despite disparities in career success, strive for equality in the relationship. This can be achieved by valuing each other's opinions equally, sharing decision-making, and recognizing each other's strengths in various areas of life. Equality also involves mutual respect and acknowledgment that one partner's career success doesn't grant them more control or say in the relationship.

Celebrating Each Other's Successes

A healthy relationship involves celebrating each other's successes without competition or comparison. When one partner achieves something, both should feel proud and happy. This positive reinforcement helps build a supportive relationship where both partners can thrive.

Is It Right for You?

While dating someone less successful can absolutely work, it requires a bit of extra thought and effort. It's crucial to assess whether you're comfortable with this dynamic and if you can handle the challenges it presents without resentment. If you can embrace your differences and work through the complexities with understanding and respect, you stand a strong chance of building a fulfilling and enduring relationship.

In a world that often equates a man's worth with his success and earnings, dating someone who may not match up to one's professional or financial status can pose unique challenges. However, it's absolutely possible for such relationships to not only survive but thrive. Here's a look at how couples can navigate the complexities of a dynamic where the woman is more successful, and find mutual happiness and respect in the relationship.

Rethinking Success

Firstly, it's essential to redefine what success means in a relationship.

The Financial Tango: Navigating Money and Marriage

Money and marriage are two fundamental pillars in the structure of adult life, and their intersection can create both harmony and discord. Financial compatibility and communication are crucial for a healthy marriage, as differing attitudes toward money often become a source of conflict. Understanding how to navigate this complex dynamic can strengthen the marital bond and ensure financial stability.

Communication is Key

Open and honest communication about finances is the cornerstone of any successful marriage. Couples should discuss their financial histories, spending habits, debts, and savings goals early in their relationship. This transparency helps in setting mutual expectations and avoiding surprises. Regular financial check-ins can help both partners stay on the same page and address any concerns before they escalate into conflicts.

Establishing Joint Goals

Setting joint financial goals is essential for creating a shared vision of the future. Whether it's saving for a house, planning for children's education, or investing for retirement, having common objectives helps align both partners' efforts and resources. Creating a detailed financial plan can also provide a roadmap for achieving these goals and offer a sense of accomplishment as milestones are reached.

Checking Credit Scores

Understanding each other's credit scores is a crucial step in managing finances together. Credit scores impact everything from loan approvals to interest rates, and being aware of each other's scores can help in planning major financial

decisions like buying a home or car. Couples should regularly check their credit reports for accuracy and work on improving their scores if necessary, as this can open doors to better financial opportunities.

Budgeting Together

Creating and sticking to a budget is one of the most practical steps couples can take to manage their finances effectively. A budget helps track income and expenses, ensuring that money is allocated towards priorities rather than impulsive purchases. Couples should decide together on how to divide financial responsibilities, such as who pays for which bills and how much to allocate for discretionary spending. This collaborative approach fosters a sense of teamwork and mutual accountability.

Dealing with Debt

Debt can be a significant stressor in marriage, especially if one partner brings more debt into the relationship than the other. Addressing debt requires a unified approach, including creating a plan to pay it off and avoiding blame. Couples should prioritize high-interest

debts first and consider debt consolidation if it makes sense for their situation. Being supportive and understanding about each other's financial baggage can strengthen the marital bond and build trust.

Saving and Investing

Saving and investing are crucial components of financial security. Couples should establish an emergency fund to cover unexpected expenses, which can prevent financial strain and provide peace of mind. Additionally, discussing and agreeing on investment strategies can help grow wealth over time. Whether it's contributing to retirement accounts or investing in stocks and real estate, having a shared approach to saving and investing is beneficial.

Balancing Independence and Unity

While joint financial management is important, maintaining some level of financial independence can also be healthy for a marriage. Each partner should have their own discretionary spending money to use as they see fit without needing to justify purchases to the other. This balance

of shared and individual financial freedom can reduce conflicts and promote mutual respect.

Getting Extra Work

When cash flow is tight, couples should consider taking on extra work to bridge the gap. This could involve freelance work, part-time jobs, or side hustles. The additional income can help manage unexpected expenses and accelerate debt repayment. Discussing and supporting each other's efforts to bring in extra income can strengthen the partnership and provide financial relief.

Seeking Professional Advice

Sometimes, the complexities of managing money and marriage require professional guidance. Financial advisors or marriage counselors specializing in financial issues can provide valuable insights and strategies tailored to a couple's specific situation. Seeking help early can prevent small issues from becoming major problems and ensure that both partners feel supported.

For more information about your financial affairs, please visit www.thefei.ca

BRING WHO YOU ARE

EPS is hiring the next generation of policing.
visit newEPSrecruits.ca

EDMONTON
POLICE
SERVICE

Register for a free Information Session @ newEPSrecruits.ca