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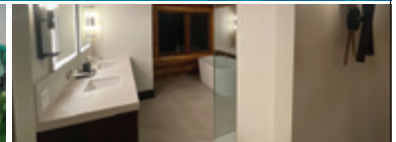
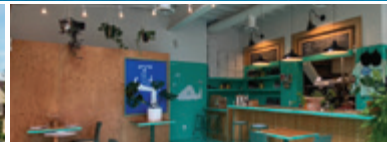


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- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,679

SALE **\$13,879**
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- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f

Any help is appreciated ❤️



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**News, Events,
& More**



**Crime
Statistics**

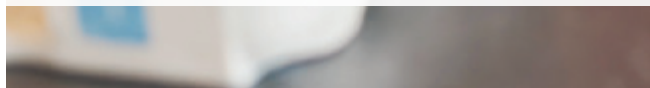


**Real Estate
Statistics**



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234 - 5149 Country Hills Blvd, Box 120

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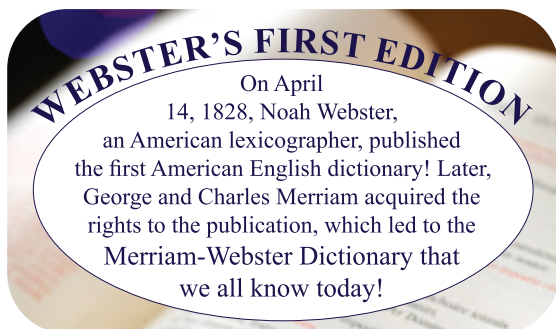
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- Ste-Marguerite-Bourgeoys (s)(FR)
- École de la Rose sauvage (FR)



News from the Friends of Nose Hill

by Anne Burke

There are many special places as destination points and for resource protection on Nose Hill with Natural Parkland Zones or Wildlife Refuges. However, transmission and power poles contrast with nature. The Nose Promontory is a landmark. Many Owls Valley is a basin space before climbing the main slope. The Bow Valley Promontory was the first to provide wheelchair access but mountain biking caused erosion to the steep slopes. Aspen Grove Coulee is marred by weeds and water retention facilities at the low end of the coulee. The NE Promontory focuses on the West Nose Creek and the Upper Nose Creek Valleys. Porcupine Valley on the north side of the Hill offers wildlife sightings but is weedy. Rubbing Stone Hill overlooks Nose Creek valley. The north face of the slope is the focus of view from southbound 14 Street. Rubbing Stone Coulee facing NE requires reclamation work. Other areas have much potential with proper landscape management measures. Woody plant species should be favoured to rehabilitate Shaganappi Coulee as a north and west access route for communities. The saddle near Edgemont was shaped by glacial erosion into its prominent shape; it links north and south sides of the Hill to the coulees. Landscape enhancement could be used to screen the impact of the suburban development and powerline. The central quarry area was barren and causes downslope erosion to the east. Water could be retained and infiltrated in the quarry basin. A Balsam Poplar/Willow landscape would be beneficial to wildlife and beautiful. Nose Hill Park was well enclosed by the sprawling urban scene. Uplands Prairie restoration will be costly. Gradual re-establishment of a fescue grassland landscape is recommended by the 1994 Nose Hill Park Natural Area Management Plan Technical Report.



Bicycle Helmet Safety

by Alberta Health Services

Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent significant injury.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride need to wear helmets.
- Parents can lead by example by wearing a helmet when cycling.

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.



- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

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10:00am - 2:00pm

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*Event subject to weather conditions

Hamptons Homeowners Association

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***Event requires a minimum of 30 registrants to proceed**

How Past Trauma Affects Our Romantic Relationships

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



All of us enter a relationship with a nervous system shaped by our past. If we have experienced trauma, whether from childhood, past relationships, or significant life events, our nervous system learned ways to protect us. These protective responses don't turn off automatically when we enter a loving relationship. They often show up most strongly in close relationships because intimacy involves vulnerability.

Trauma doesn't just live in our memories. It lives in our expectations, emotional reactions, and our body's sense of safety.

1. Trauma Shapes How Safe We Feel with Closeness

If we learned that people were unpredictable, hurtful, or unavailable, our nervous system may stay alert for signs of danger, even with a caring partner.

This can look like: Difficulty trusting fully, expecting rejection or abandonment, feeling uneasy when things are going well, and watching closely for changes in mood or tone.

This isn't intentional mistrust. It's the nervous system trying to prevent future pain.

2. Trauma Influences How We Respond to Conflict

Conflict can feel threatening to those of us with past trauma because it activates fears of loss, abandonment, or emotional harm.

Different people respond in different protective ways: Some pursue and seek reassurance, some withdraw and shut down, some become defensive or reactive, and some become overly accommodating to avoid tension.

These reactions are usually about protection, not rejection of the partner.

3. Trauma Affects Emotional Regulation

When we have experienced trauma, our nervous system can become more sensitive. Emotional reactions may feel stronger and harder to calm.

This can look like: Feeling overwhelmed more easily, difficulty calming down after an argument, shutting down emotionally, and feeling intensely hurt by situations others might handle more easily.

This is because the nervous system is responding not just to the present moment, but to past experiences as well.

4. Trauma Creates Protective Patterns in Relationships

Many behaviours that cause tension in relationships actually began as survival strategies.

For example: Withdrawing protects from rejection, controlling situations protects from unpredictability, seeking reassurance protects from abandonment, avoiding vulnerability protects from emotional pain.

GAMES & PUZZLES

Guess the Book!

1. Calgarian Danielle L. Jensen wrote this New York Times bestselling fantasy novel in 2018.
2. This 2020 bestselling novel by Mexican Canadian author Silvia Moreno-Garcia follows a debutante in 1950s Mexico.
3. This novel by J.R.R. Tolkien follows the adventures of Bilbo Baggins.
4. This book is a record of Charles Darwin's journal entries during his first voyage.
5. This literary fiction was Nigerian author Chinua Achebe's debut novel.
6. Yann Martel wrote this philosophical novel with protagonist Piscine Molitor Patel.



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These patterns are attempts to stay safe, even if they unintentionally create distance.

5. Trauma Can Lead to Misunderstandings Between Partners

Without understanding trauma, partners may misinterpret each other's protective responses.

One partner may think: "They don't trust me, they're too sensitive, or they're emotionally unavailable."

The other partner may actually be feeling: "I don't feel safe, I'm afraid of being hurt, or I don't know how to calm my nervous system."

Understanding this difference is essential.

6. Trauma Often Shows Up Most Strongly in Close Relationships

This can be confusing for couples. We may function well in other areas of life but struggle emotionally in our relationship.

This happens because romantic relationships activate vulnerability, emotional dependence, fear of loss, and deep attachment needs.

These are the same areas where our past wounds often exist.

7. We Can Help Each Other Heal

Healthy relationships can help reshape our nervous system over time.

Healing happens through consistent experiences of: emotional safety, reliability, calm responses during conflict, repair after misunderstandings, and feeling seen, heard, and understood.

Over time, our nervous system learns that closeness can be safe.

8. The Most Important Thing for Us to Understand

Most difficult reactions in our relationships are not intentional attempts to hurt each other. They are usually protective responses rooted in our past experiences.

When couples shift from asking "What's wrong with you?" to asking "What happened to you?" it creates space for understanding instead of blame.

And when we both understand that these responses come from protection, not rejection, we can begin working together instead of against each other.

In-Home Personal Training in Calgary: What to Expect from a First Consultation

by Garima Dang



Starting a fitness routine can feel overwhelming—especially if you're dealing with aches, past injuries, pregnancy or postpartum recovery, or you're simply unsure where to begin. For many people, in-home personal training in Calgary offers a practical, supportive way to get started without the pressure of a gym environment.

A well-structured first consultation sets the foundation for safe, effective, and sustainable training. Rather than jumping straight into workouts, it focuses on understanding you—your body, your history, and your goals.

Why In-Home Personal Training Works So Well

In-home personal training removes common barriers to consistency. There's no commute, no crowded gyms, and no pressure while learning.

This format is especially helpful for beginners, adults returning after injury or surgery, seniors, prenatal and postpartum clients, and busy professionals who need flexibility.

What Happens During a First Consultation

A quality consultation is a conversation first, not a workout. The goal is to understand your current capacity, so training decisions are intentional rather than based on guesswork.

Understanding Your History and Daily Demands

The consultation includes discussion of training background, past injuries or surgeries, current aches,

lifestyle demands, and recovery patterns. Two people with the same goal often need very different approaches.

Looking at Capacity, Not Just Strength

Rather than focusing only on strength, the consultation considers mobility, flexibility, strength balance, coordination, posture, and how the body tolerates load.

This is especially relevant for individuals seeking in-home personal training in Calgary, where programs must be adapted to real-life environments, injury history, and current capacity rather than generic gym routines.

Why Personalization Matters

Generic advice rarely works long-term. A personalized consultation helps identify compensation patterns, safe progression strategies, and recovery needs so training remains effective and sustainable.

Creating a Sustainable Training Plan

By the end of the consultation, clients gain clarity on their current capacity, realistic goals, and the most appropriate training path—whether in-home or virtual.

Who Benefits Most from In-Home Personal Training

In-home personal training supports beginners, seniors, people managing chronic aches, prenatal/postpartum clients, and athletes seeking individualized programming.

Final Thoughts

A consultation isn't about proving fitness—it's about building a foundation for long-term progress, confidence, and physical resilience.



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As we head into spring, there is a lot happening across Ward 2. This month's update shares a few practical reminders and opportunities, along with information that may affect your household over the coming weeks.

Ongoing Water Restrictions

Calgary remains under water restrictions as crews continue to reinforce the Bears paw feeder main. These restrictions are in place to protect the city's water supply while repairs move forward over the coming months. We expect the feeder main to undergo cyclical repairs and during these periods, residents are asked to continue limiting non-essential water use and to follow any indoor and outdoor conservation measures currently in effect. Please be prepared for potential ongoing restrictions throughout the summer as work on the water main continues and be sure to keep up to date on restrictions this year at calgary.ca/restrictions.

Help Shape Calgary's Four-Year Budget

The City is asking residents to share their input as work begins on the 2027–2030 Business Plans and Budgets. This four-year budget helps determine how funding is allocated to City services many of us rely on every day.

You can participate by completing a short online survey or attending one of 14 pop-up events across the city. To learn more or get involved, visit calgary.ca/budget.

Safe Parking Around Schools Helps Keep Kids Safe

How and where we park near schools matters. Parking too close to corners, blocking driveways, or stopping where it is not allowed can reduce visibility and make drop-off and pickup times more dangerous.

Safe parking also means following signs, leaving space at corners, and choosing legal parking, even if it means walking a little farther.

Small parking choices can make a big difference. Learn more at calgaryparking.com/schoolpatrol.

As always, my office is open if you have any questions or concerns. You can reach us at Ward2@Calgary.ca. I look forward to hearing from you soon.

Jennifer

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Word of the Month

Effervescent: adjective
(eh-fur-veh-sent)

Describes a person who is enthusiastic, full of energy, or lively. It may also describe a bubbly drink!

They have a strong and effervescent personality.





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- South Backyard

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116 Hampshire Grove NW



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- PEX Pipes, Metal Roof
- Fully Finished, 4 Full Baths
- Oak Kitchen, 2 Fireplaces
- Backs on Ravine

\$949,900

🏠 5 🚿 4 🏠 2561 sqft 🚗 2 Car

4754 Hamptons Way NW



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- 5 Bedrooms + Den
- Granite Counters
- Hot Tub, Finished Walkout
- Built by Chancellor Homes

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