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	Properties Listed	Properties Sold	Median Listed Price	Median Sold Price
February 26	15	11	\$720,000	\$710,000
January 26	22	11	\$644,900	\$641,000
December 25	4	9	\$685,000	\$675,000
November 25	9	10	\$640,000	\$626,000
October 25	15	17	\$650,000	\$644,900
September 25	24	11	\$649,999	\$675,000
August 25	13	14	\$737,450	\$728,275
July 25	19	20	\$674,450	\$663,750
June 25	22	19	\$592,500	\$584,600
May 25	21	21	\$649,800	\$640,000
April 25	23	21	\$739,000	\$735,500
March 25	15	16	\$664,900	\$666,250

To view more detailed information that comprises the above MLS averages, please visit chap.mycalgary.com

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Crocus of Calgary

by Garth Paul Ukrainetz

In the hills and grass meadows
 Burst the crocus of Calgary
 Sacred bloom of the prairies
 Furry flowers of spring

Busy city surrounds them
 In their moment of glory
 Though most people don't notice
 Warmer weather they bring

And the winds from the foothills
 Kiss the crocus of Calgary
 Last old snow from the blizzards
 Hug new flowers goodbye

Spring infusion their mission
 Soon they're gone for the season
 Crocus colours remaining
 Springtime hues now fill sky

Cats, Canines, & Critters of Calgary



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Boots, Richmond Hill



Baby, Mount Pleasant



Miss Sadie, Bonavista



Ruby, Bridlewood



Secret Agent Randy Beans, Somerset



Smokey, Tuxedo Park



Peanut, Westhills

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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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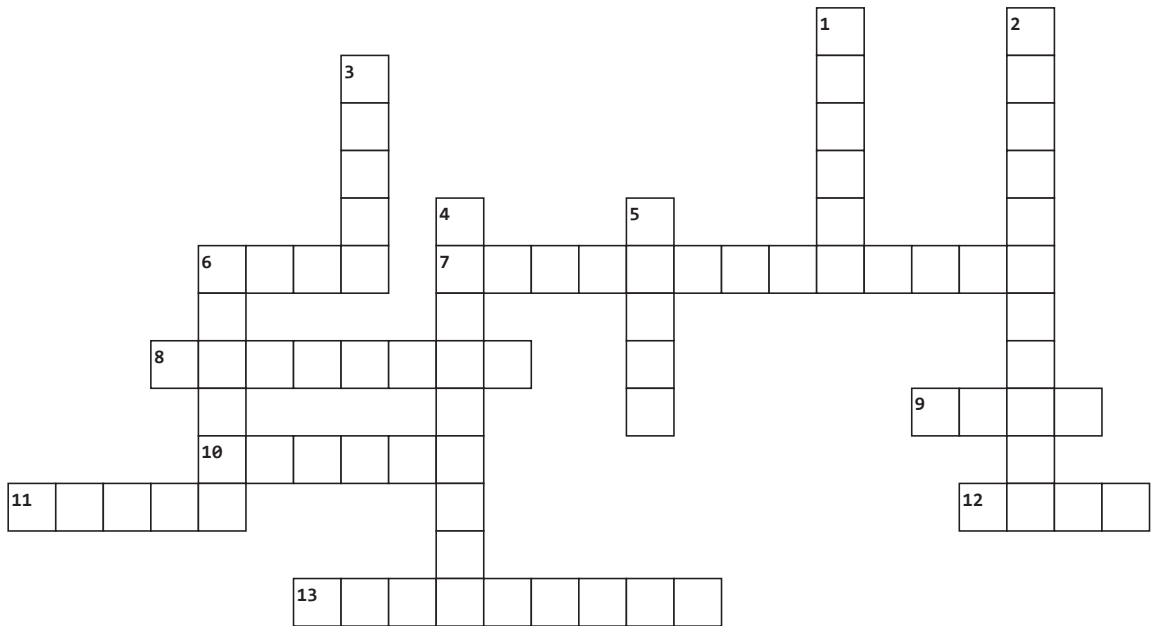
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April Crossword



Across

6. The express mail service, the _____ Express, started delivering mail by horse-and-rider relay teams on April 3, 1980.
7. The first exhibition of this type of art opened in Paris on April 15, 1874, featuring artists such as Monet, Degas, and Renoir.
8. The dystopian novel *Never Let Me Go* by Kazuo _____ was originally published on April 5, 2005.
9. Johnny _____ released one of his biggest hits "Ring of Fire" in April 1963.
10. On April 6, 1896, the first modern Summer Olympics opened in Greece's capital city.
11. On April 1, 2004, Google launched this email service.
12. This Queen of England knighted scientist Isaac Newton on April 16, 1705, at Trinity College.
13. Ludwig van _____ dated the manuscript of one of his most popular compositions "Für Elise" on April 27, 1810.

Down

1. Grace Kelly married Prince Rainier III, a prince of this European microstate, in April 1956.
2. Canadian actor Hayden _____, famous for his role as Anakin Skywalker, celebrates his birthday on April 19.
3. One of April's birth flowers, the _____, is a symbol of innocence and purity.
4. This technology company was founded by Bill Gates and Paul Allen on April 4, 1975.
5. David Lynch's crime drama series, *Twin _____*, premiered on April 8, 1990.
6. *Last of Us* star, Pedro _____, was born on April 2, 1975, in Santiago, Chile.



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

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.

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.

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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.

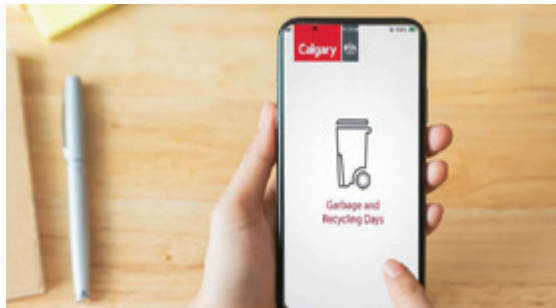
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Any help is appreciated ❤️



Heads Up! Weekly Green Cart Collection Resumes Starting the Week of April 21

by The City of Calgary



Blue carts will continue to be picked up every week, and black carts will continue to be picked up every other week.

Did you know that The City provides free reminders for your blue, black, and green cart pick-up days?

All you need to do is sign up! When it's time to put your carts out for collection, we'll send you a reminder. When you sign up, you will get:

- Instant access to your pick-up schedule,
- Notifications about any changes to your collection schedule and,
- Useful tips for using your blue, green, and black carts.

It's Easy!

Option 1: Go to calgary.ca/reminders.

- Type your address in the search box to view your collection days.
- Click on 'Get a reminder' to receive your preferred method. Choose to be notified by email, calendar, or phone, either the day before or the day of your collection.

Option 2: Download the Garbage Day App onto your phone.

- Available on the App Store or Google Play.
- Set notifications to remind you of your cart collection days.

Never miss another cart collection day again.

The City of Calgary Invites Students to Champion Safer Streets Through 2026 Travel Safe Student Video Contest

by The City of Calgary

The City of Calgary is inviting students to help make local streets safer through the 2026 Travel Safe Student Video Contest. Now in its third year, the contest encourages Kindergarten to Grade 12 students in Calgary to use creativity and lived experience to promote safer travel behaviours.

Amid ongoing concerns about record high traffic related injuries and deaths, the contest empowers young people to share ideas that support safer use of Calgary's roads, sidewalks, and pathways. It complements the City's broader safety efforts, including improvements in engineering, police enforcement, and public education.

"Youth experience traffic in a very different way than adults," said Jacquelyn Oriold, Transportation Education Specialist at the City of Calgary. "Large vehicles can block their view, busy intersections can feel overwhelming, and kids often wonder whether drivers can even see them. Moments that feel routine for adults can be scary for younger travellers who are still learning how to navigate their surroundings. This is a chance for students to be part of the conversation."

Students are invited to submit original 30-second videos in any style that align with one of four safety themes: distracted travel, pedestrian safety, cycling and wheeling safety, or speed safety.

Prizes are valued at up to \$1,000, including sports equipment, technology, and family attraction passes. Class entries may also win a field trip experience worth up to \$1,000.

Finalist videos will be showcased at a public screening on April 27, 2026, at the Calgary Central Library, with winning submissions shared through City channels and future education initiatives. Submissions close April 15, 2026. Contest details are available at calgary.ca/travelsafevideo.

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Egypt is a treasure trove of ancient history and most of it seems to have been discovered. However, on April 8, 2021, archaeologists found the “lost golden city” near Luxor. Egyptologists say it is the largest ancient city ever uncovered in Egypt and approximately 3,000 years old!



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