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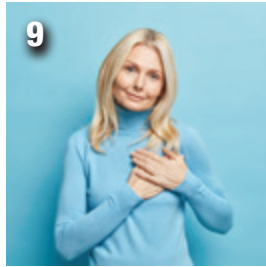
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ERLTON



ELBOW PARK



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Join the Erlton Community Association

Join the Erlton Community Association and take advantage of local discounts, meet some new friends at a social event, stay informed of community planning and development projects, and find out what's happening in traffic and parks news. Members are welcome to join us at our monthly meeting. Yearly membership fees are very reasonable, and seniors can join for free! Email erltonsecretary@gmail.com, erltonpresident@gmail.com, or erltonmembership@gmail.com for more information.



ERLTON COMMUNITY ASSOCIATION Monthly Meetings

The ECA hosts monthly meetings every second Tuesday of the month at the MNP Community and Sport Centre, except for July and August. Meetings provide an opportunity for community members to receive updates on the status of projects from the ECA and bring any new issues to the attention of the community and executive. Agendas are usually sent the weekend before the next scheduled meeting. All are welcome!

Join the Erlton Community Association Board of Directors!



We have several positions that are currently vacant and need to be filled.

Volunteering with the ECA Board of Directors is a great way to meet some new friends, have some fun, and make a positive impact in our community.

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ERLTON COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 24	0	2	\$892,450	\$859,750
November 24	6	3	\$699,900	\$697,900
October 24	1	4	\$632,450	\$617,500
September 24	10	5	\$439,900	\$434,355
August 24	4	4	\$872,000	\$900,000
July 24	4	5	\$474,900	\$469,900
June 24	7	7	\$475,000	\$450,000
May 24	4	6	\$439,950	\$434,950
April 24	14	7	\$479,900	\$473,500
March 24	3	2	\$432,000	\$422,500
February 24	6	8	\$462,750	\$456,000
January 24	8	6	\$484,400	\$481,500

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

PARKHILL COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 24	4	0	\$0	\$0
November 24	0	1	\$599,900	\$595,000
October 24	3	2	\$1,600,000	\$1,578,250
September 24	5	7	\$775,000	\$745,000
August 24	6	6	\$749,950	\$743,750
July 24	4	2	\$1,799,900	\$1,730,913
June 24	3	0	\$0	\$0
May 24	5	9	\$349,900	\$329,900
April 24	8	5	\$384,900	\$415,000
March 24	8	4	\$322,400	\$315,750
February 24	3	6	\$1,159,450	\$1,152,000
January 24	1	6	\$1,064,500	\$984,000

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

February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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Celebrate Calgary 150 - Life on the Prairies

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Ancient hunter-gatherers entered Alberta through ice-free corridors. They encountered hot springs, like Cave and Basin National Historic Site.

The earliest habitation sites contain fluted projectile points called arrowheads. Wally's Beach on St. Mary Reservoir contains evidence of point production for hunting.

At Writing-on-Stone Provincial Park, Indigenous peoples carved the Great Plains' greatest concentration of rock art. The shapes, people, and animals show the site's sacredness, where spiritual guidance is sought.

At Head-Smashed-In Buffalo Jump World Heritage Site, herds were steered over a precipice, providing plentiful food and material for daily life.

Calgary was an important stop on the seasonal round following buffalo herds because prairie meets foothills along several river valleys, including the Bow's confluence with Mohkinstsis ("elbow"). There's a buffalo jump at Paskapoo Slopes and stone circles on Nose Hill.

Calgary's region is home to many First Nations. Westward is Tsuut'ina Nation, who share culture and language with the Dene Nation.

Further west lies Stoney Nakoda Nation, comprising the Bearspaw, Chiniki, and Goodstoney. The name "stoney" is from Europeans observing cooking with stones.

East of Calgary is Siksiká ("black foot") Nation, part of the Blackfoot Confederacy. The Blackfoot are linked through historical ties, culture, and language.

South of Lethbridge is Kainai Nation. Part of the Blackfoot Confederacy, it's also known as the Blood Tribe because Cree-speaking foes called them Mihkowiyniw ("blood stained").

Further west is Pi'ikanni Nation, members of the Blackfoot Confederacy with a long history connected to Blackfeet Reservation in Montana.

Calgary is also located in Métis Nation District 5 and 6. Indigenous women and the European men working for fur-trading companies founded the Métis.

Europeans' arrival began on the rivers with French fur traders, les voyageurs. Hudson's Bay Company established fur trading posts and sent explorers in the prairies, like Anthony Henday in 1754. A rival, the North West Company, sent David Thompson to find the Pacific Ocean.

Peter Fidler of HBC reached the Rocky Mountains in 1792 and developed maps with information from Siksiká Chief Old Swan.

These interactions between First Nations, Métis, and fur traders changed our region. Visit CHI's website for more details.

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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1XK3NB7?WS=SearchResults>. "Cave and Basin swimming pool, Banff, Alberta.", 1931, (CU1227965) by Devereux, Daisy. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



https://commons.wikimedia.org/wiki/File:Writing_on_stone990.jpg. Áísinaí'pi National Historic Site of Canada - rock carvings, 2011. Photo by Matthias Süßen, via Creative Commons Attribution-Share Alike 3.0 Unported license.



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https://commons.wikimedia.org/wiki/File:Precipicio_de_los_Bisontes,_Alberta_1996_01.jpg. Head-Smashed-In Buffalo Jump Interpretive Centre, 1996. Photo by LBM1948, via Creative Commons Attribution-Share Alike 4.0 International license.



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[https://commons.wikimedia.org/wiki/File:Elk_Point,_Alberta_\(28288283940\).jpg](https://commons.wikimedia.org/wiki/File:Elk_Point,_Alberta_(28288283940).jpg). Peter Fidler statue, Elk Point, Alberta, 2016. Photo by Jonathan Koch, via Creative Commons Attribution 2.0 Generic license.



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Word of the Month



Eudaemonia:

noun (yoo-di-moh-nee-uh)

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How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.



Carolyn's Corner: Cut Above the Rest - Expert Pruning Strategies for Large Trees

by TJ Yurko

Tree care is a holistic practice that is part art, part science, and all about the intricate balance between nature versus nurture. Pruning achieves this balance by improving tree health, aesthetics, and safety. By understanding how to achieve this balance, you can keep your trees standing tall for many years to come.

Big Trees, Big Responsibility

Pruning techniques vary based on a tree's age, size, and species. Young tree pruning focuses on developing a strong framework by creating good structure. As trees grow and mature, pruning shifts toward maintaining health and safety. Tree size proportionately affects pruning complexity, with larger trees requiring know-how of chainsaws, ropes, climbing, rigging, and aerial lifts. Tree species also influences pruning response and compartmentalization. Therefore, researching and personalizing a maintenance plan for your tree ultimately helps promote its long-term health and vitality.

Making the Cut

Proper pruning technique is key. Improper pruning cuts cause stress, decline, and even death, so don't bark up the wrong tree with bad pruning habits. Instead, follow these guidelines for proper pruning cuts every time:

- Define pruning objectives.
- Preserve the tree's natural shape.
- Remove dead, damaged, and diseased branches.
- Reduce overextending branches.
- Avoid removing > 25% of the canopy.
- Avoid pruning oversized branches (> 4" diameter).
- Apply the three-cut method for larger branches.
- Make the final cut just outside of the branch collar.
- Use clean, disinfected tools.



Safety First

Safety is paramount when pruning large trees, so use basic safety considerations to prevent accidents and injury:

- Follow ANSI Z133 Safety Requirements.
- Wear CSA-approved personal protective equipment and fall-protection systems.
- Inspect and maintain equipment regularly.
- Ensure work area is clear of hazards.

Pruning is a skilled task that requires exceptional knowledge and precision. When in doubt, consult with a professional arborist to ensure your trees receive the best care possible.

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ELBOYA COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 24	0	1	\$1,095,000	\$1,065,000
November 24	2	1	\$899,900	\$880,000
October 24	3	2	\$1,394,500	\$1,334,500
September 24	2	0	\$0	\$0
August 24	2	3	\$1,199,999	\$1,205,000
July 24	2	3	\$1,140,000	\$1,030,000
June 24	1	2	\$2,698,500	\$2,675,000
May 24	6	4	\$1,099,900	\$1,162,500
April 24	4	2	\$944,900	\$995,000
March 24	1	1	\$949,900	\$909,750
February 24	0	2	\$2,147,000	\$2,035,000
January 24	2	0	\$0	\$0

ELBOW PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 24	0	1	\$1,999,000	\$1,950,000
November 24	1	1	\$999,000	\$963,000
October 24	6	5	\$1,495,000	\$1,523,000
September 24	5	8	\$2,299,950	\$2,317,500
August 24	5	9	\$2,545,000	\$2,425,000
July 24	8	5	\$1,589,000	\$1,525,000
June 24	10	4	\$2,674,000	\$2,597,500
May 24	9	9	\$1,800,000	\$1,915,000
April 24	3	3	\$2,500,000	\$2,415,000
March 24	5	4	\$1,669,400	\$1,747,500
February 24	6	3	\$985,000	\$980,000
January 24	6	3	\$1,085,000	\$1,177,000

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

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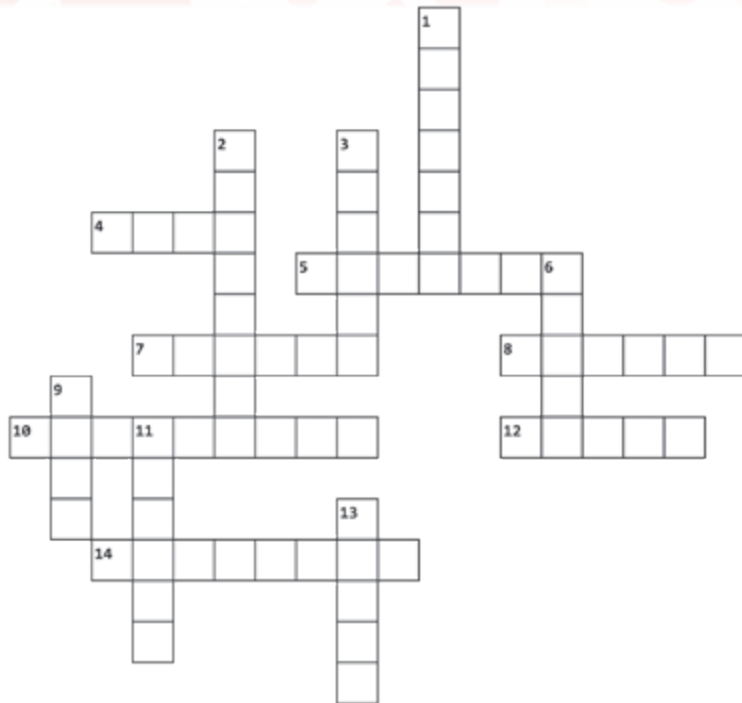


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February Crossword



Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film _____: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, _____, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry _____ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as _____, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National _____ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni _____, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the _____ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No _____" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The _____ U Give* was originally published on February 28, 2017.
11. Canadian actor, _____ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. _____ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.



The Art of Finding Work: Job Search Success Is Not Complicated

by Nick Kossovan

Most people over-complicate the process of achieving success.

Achieving success is often perceived as a complex puzzle, or according to those who play the 'I'm a victim!' card, only available to those who are supposedly privileged. The fact is there's a simple equation for achieving success, which Zig Ziglar famously encapsulated, "You can have everything in life you want if you will just help other people get what they want."

Side note: "all you want" should be interpreted as "all you need."

I recommend considering the hiring process from the employer's perspective. By doing so, you'll empathize with employers and understand that positioning yourself as a candidate who has the skills, experience, and proven track record of helping employers get what they want is a job search strategy that'll set you apart from your competition, who aren't approaching their job search with an "I want to help employers" mindset as they have the all-too-common "I want!" mindset.

Success isn't a complicated journey. With the right mindset, it's a simple path—help others achieve what they want. However, the mindset I come across most often is the exact opposite; job seekers focused on what they want, as opposed to what employers want, resulting in employers being turned off. Who isn't turned off by someone solely concerned with their needs and wants, who comes across as "predatory"?

Most job seekers: "Employers need to understand my issues and needs."

Savvy job seekers: "I need to understand the employer's issues and needs."

Job seekers who are thinking clear and show employers how they can help them achieve what they want are few and far between. Being that rare candidate makes

you unique and highly valuable, which is a significant competitive advantage. I can guarantee that your interviewer almost never encounters a candidate who projects an "I'm here to help you" aura.

When viewed holistically, employers want five things:

1. Be profitable
2. Reduce/control costs
3. Have low employee turnover
4. Optimize employee performance
5. Provide excellent customer experiences

How can you help an employer achieve any of, or a combination of, the above?

What's Your Employee Value Proposition?

For instance, you can never go wrong assuming the employer wants to be profitable; hence, suggesting cost-saving measures or revenue-generating ideas during your interview will demonstrate your desire to help the company get what it wants, which is to be profitable.

Imagine yourself as a hiring manager. One of your standard interview questions is: "How will you contribute to the company's success?" or, more directly, "Why should I hire you?"

Candidate A:

"If hired, I will bring enthusiasm, dedication, and hard work to the team. I am a fast learner and have a strong work ethic. I am also a team player."

Candidate B:

"I bring over 15 years of technical expertise, problem-solving skills, and a commitment to innovation. As head of Gekko's IT, I led a project to streamline its data analysis processes, increasing efficiency by 20% and reducing employee hours. I achieved this by implementing Cyberdyne Systems' latest data visualization tools and automating repetitive tasks. I plan to bring this kind of efficiency oversight to Soylent Corporation."

Which candidate would you lean towards hiring?

Candidate A offers nothing more than their unsubstantiated opinions, which, as I've stated in previous columns, employers don't hire; they hire

results. Opinions about yourself, which you should rarely give without quantifying, don't help your interviewer envision how you'll help the company get what it wants.

On the other hand, candidate B outlined how they can help the company achieve wanting to optimize employee performance and cost savings. Candidate B thinks like an employer and understands employers are a sucker for candidates with a track record of helping employers get what they want.

Getting hired doesn't come down to having the shiniest resume, with all the right keywords, being impeccably dressed, having a perfect smile, or sheer luck. Employers hire candidates they feel will get them what they want.

Consider all the successes around you and why they exist.

- Amazon: Shopping delivered to your door.
- Apple iPhone: Handheld communication.
- Facebook: Having a voice. Keeping in touch.
- Starbucks: Coffee served around an experience.
- Taylor Swift: Music young people in angst can relate to.
- MasterCard: Easy to use credit.
- Zig Ziglar: Motivation and encouragement.

The success of the above can be attributed to the fact that they've designed their offering with the end-user in mind, helping people get what they want.

- Amazon: Convenience
- Apple iPhone: Connectivity
- Facebook: Popularity
- Starbucks: Self-care
- Taylor Swift: Understanding
- MasterCard: Lifestyle
- Zig Ziglar: Hope

All successful businesses are based on selling a product or service that will help people get what they want, which is usually intrinsic. A product or service must satisfy a need or want in order to sell. The same applies to job searching. You must fulfill an employer's need or want. Think of employers as the end users of your services; how do you help employers achieve what they want? Are you communicating your how and willingness to help throughout your job search?

Showing how you can help employers get what they want is how you achieve job search success.

The Great Joni Mitchell

Canada's Juno Hall of Fame features many incredible artists from over the years. A very special addition was made on February 5, 1981, when Alberta-born singer-songwriter and multi-instrumentalist Joni Mitchell joined those honoured. Way to go, Joni! She really couldn't be any cooler.



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	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 24	1	0	\$0	\$0
November 24	0	0	\$0	\$0
October 24	0	0	\$0	\$0
September 24	3	3	\$1,950,000	\$1,950,000
August 24	0	0	\$0	\$0
July 24	0	0	\$0	\$0
June 24	2	2	\$1,549,950	\$1,605,000
May 24	1	2	\$1,822,500	\$1,887,500
April 24	0	0	\$0	\$0
March 24	1	0	\$0	\$0
February 24	0	0	\$0	\$0
January 24	0	0	\$0	\$0

WINDSOR PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 24	3	6	\$392,450	\$393,750
November 24	6	6	\$544,950	\$531,000
October 24	10	13	\$265,000	\$268,800
September 24	11	10	\$257,400	\$256,500
August 24	16	14	\$304,850	\$294,500
July 24	11	4	\$242,450	\$242,000
June 24	9	8	\$265,000	\$260,750
May 24	16	19	\$369,999	\$401,000
April 24	13	8	\$317,450	\$318,500
March 24	10	17	\$249,900	\$254,000
February 24	11	6	\$234,900	\$237,000
January 24	10	10	\$239,450	\$245,250

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

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

Landlord and Tenant Law – Sublets and Options in DV Situations

by Charmaine Coutinho

As a volunteer lawyer with Calgary Legal Guidance, I advise clients who would otherwise be unable to access (paid) legal services to empower them to take the next steps in their legal matters independently. I commonly deal with landlord and tenant disputes.

This article discusses only leases covered by Alberta's Residential Tenancies Act (RTA). The RTA excludes tenants sharing living space with a landlord, supported living accommodations, and a few other scenarios. I aim to help our community become more familiar with a few RTA topics, at a time when landlords and tenants are under stress and possibly looking for options.

Subletting

As the cost of living dramatically increases, the proportion of income we allocate to rent may shrink. Many now find themselves unable to afford what may once have been a comfortable rent. The solution, particularly for those in a fixed term lease, may be to sublet.

However, many leases purport to ban sublets. According to the RTA, a tenant can ignore any term in a lease that purports to erase a protection offered to tenants by the RTA. So, a tenant can ignore a lease term that bans subletting.

Under the RTA, a tenant needs a landlord's written consent to sublet, and a landlord cannot refuse to provide consent without reasonable grounds. If a landlord has not given the tenant their written reasons for denial within 14 days of receiving the request, a tenant can assume that the landlord agrees to the sublet. A landlord also cannot charge the tenant a fee for giving consent for the sublease.

Before subletting, a tenant should understand how a sublet works: the primary lease between the tenant and the landlord still exists. As such, all of the tenant's responsibilities and obligations under that primary lease continue despite the sublet. If the subletter fails to meet their tenancy obligations, the primary tenant would be responsible for meeting these obligations.

For example, if a subletter fails to pay rent, the primary tenant is responsible for paying rent to the landlord. If a subletter damages the rental unit during or at the end of the tenancy, the primary tenant would be responsible for repairing the unit before surrender to the landlord or could be sued by the landlord for repairing the cost of damages done by the subletter. Any tenant planning to sublet should seriously consider the risks involved before entering into a sublease.

It is possible for a landlord to voluntarily agree to end the primary lease early, with pre-defined or no penalty fees, and set up a new lease with the interested subletter; this would be exclusively at the discretion of the landlord and cannot be forced by the tenant.

Domestic Violence and Tenancies

Victims of domestic violence can end a tenancy early and without financial penalty, without a landlord's consent. This right arises in circumstances where the tenant's or a dependant individual's safety is at risk. There is a process to request an authorization certificate from the Alberta government; once the required documents are submitted, the applicant can receive a certificate within seven days. This certificate must be served on the landlord at least 28 days before the applicant terminates the tenancy.

If the applicant fears for their continued safety, they may leave the rental unit before receiving a certificate or before the end of the 28-day period.

Please reach out - there are supports from the city, province, and legal organizations serving vulnerable individuals, ready to offer confidential advice and assistance to those escaping domestic violence.



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Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

Prep Time: 25 minutes

Cook Time: 35 minutes

Servings: 4

Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!

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	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 24	0	2	\$2,149,950	\$2,030,000
November 24	2	0	\$0	\$0
October 24	2	1	\$1,600,000	\$1,580,000
September 24	1	1	\$1,879,000	\$1,879,000
August 24	0	1	\$1,390,000	\$1,340,000
July 24	0	0	\$0	\$0
June 24	0	0	\$0	\$0
May 24	3	1	\$1,345,000	\$1,500,000
April 24	0	0	\$0	\$0
March 24	0	1	\$2,395,000	\$2,300,000
February 24	1	0	\$0	\$0
January 24	1	1	\$1,598,000	\$1,650,000

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

RIDEAU PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 24	1	0	\$0	\$0
November 24	3	0	\$0	\$0
October 24	2	4	\$1,569,500	\$1,475,000
September 24	2	0	\$0	\$0
August 24	5	3	\$525,000	\$535,000
July 24	3	1	\$1,825,000	\$1,710,000
June 24	2	2	\$1,300,000	\$1,316,285
May 24	3	4	\$409,950	\$415,000
April 24	6	3	\$375,000	\$375,000
March 24	6	4	\$594,450	\$603,000
February 24	1	1	\$324,900	\$315,000
January 24	3	0	\$0	\$0

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

Watching for Head Lice

by Alberta Health Services



Head lice are tiny insects that live close to the scalp, where they lay and attach their eggs (nits).

Head lice are most common in children and typically spread anytime a child's head is in contact with the head or hair of someone else who has lice.

There are common misconceptions and stigma around head lice. These are a few important points to remember about head lice:

- They are not dangerous.
- They do not spread disease.
- They do not have anything to do with how clean someone is.
- They cannot survive unless they are close to the scalp.
- They cannot fly or jump.

Symptoms

Head lice may cause an itchy feeling on the scalp. This is because of your body's reaction to the lice bites. But not everyone has itching, and not all itching means you have lice. Lice can be on the scalp for four to six weeks before itching starts.

Diagnosis

You can check for head lice at home. Under a bright light, use a fine-toothed comb and part small sections of hair to look for live lice and eggs (nits). Using a magnifying glass can help too. It may be easiest to find them on the back of the neck at the hairline or behind the ears.

Live lice are tan to greyish white. They're about the size of a sesame seed. Nits look like tiny yellow or white dots attached to the hair, close to the scalp. They're often easier to see than live lice. Nits may look like dandruff, but you can't pick them off with your fingernail or brush them away.

Treatment

There are several over-the-counter medicines that kill lice. Most of them are creams or shampoos that you put on the scalp. Each type of medicine is a little different, so it's important to follow the directions carefully. Your doctor or pharmacist can help you choose a medicine that is safe.

You may also want to try wet combing, which can help physically remove the lice and nits. Use a comb with teeth that are close together. You can also find special lice combs in pharmacies.

Remember to check your scalp for live, active lice twelve hours after treatment. If you find any, talk to your doctor. You may need a different type of treatment.

Prevention

Check everyone in your home for lice. If your child shares a bed with someone, the other person should be treated too. (Don't worry about pets. They can't get lice). Teach your children not to share anything that comes into contact with hair. For example, don't share hair bands, towels, helmets, hats, combs, or brushes.

You don't need to spend a lot of time or money deep cleaning your home. But it's a good idea to:

- Soak hairbrushes, combs, barrettes, and other items for ten minutes in hot water.
- Machine-wash clothes, bedding, towels, and hats that touched the head in the last two days in hot water. Dry them in a hot dryer. If you don't have access to a washing machine or if items can't be washed or dried, store these items in a sealed plastic bag for fourteen days.
- Vacuum carpets, mattresses, couches, and other upholstered furniture.

Getting Active in the New Year

by Alberta Health Services

The New Year is a perfect opportunity to embrace healthier habits and prioritize well-being. You can start today.

Start by finding activities you enjoy, whether it's jogging, swimming, lifting weights, or joining a fitness class. Make movement a regular part of your routine. Although adding more activity to your life may seem overwhelming, it helps to start small. Make one lifestyle change that helps you move more regularly at an effort level that matches your current condition.

One Step at a Time

Walking is a great way to be active. For most people, walking is a safe activity, and it helps make the bones stronger and keep the joints healthy. It can make you feel less tired and can put you in a good mood. To help get into the habit of walking, try wearing a pedometer for a day or even a week. At the start, you might be surprised to see how few steps you take each day. To boost your daily step count, make simple changes in your daily routines like:

- Park a few blocks away from work and walk.
- Take the stairs instead of escalators or elevators.
- Walk in your neighbourhood before or after supper. Start with short walks and slowly increase the distance. Set new goals when you're ready.
- Invite a friend or family member to join. You may find you can walk longer when you walk with another person.

Remember, some activity is better than none. The more you do, the better. Finding activities you enjoy and that are practical is an important first step to becoming active.

Get Outside!

Spending more time being active outdoors offers many benefits like boosting your mental health, increasing energy, or lowering your risk of diabetes, heart disease, and some types of cancer. Although Alberta winters can be difficult because of the shorter days, cold weather, and snow and ice, there are many reasons to still get outside. Check out hard-to-reach places on snowshoes or skis or go skating outside. Being outdoors more can also make you feel good about your community.

It Doesn't Have to Be Hard

Most people who dance, swim, play tennis, or go hiking do these activities because they enjoy them. Having fun is good for your health. Taking part in an activity that you enjoy will help you relax and help lower your stress. It will help you feel good about yourself, which is good for your mental health. Physical activity doesn't have to be hard to be good for your body. If you don't like going to a gym, do something outside or walk in a mall.

What activity appeals to you? Try to find an activity you enjoy doing by yourself or with others. If you like what you're doing, you'll probably keep doing it. Find out about activities in your community to try new things and learn new skills.

Physical activity can help you live better as you grow older. Staying active will help you reach, bend, lift, carry, and move around easier, so you can keep doing things you like to do. The more you sit or lie around, the stiffer your joints get. Stretching and strength exercises will keep your muscles and joints moving and help stop falls and injuries.

Being active is safe for most people. Start slowly and work your way up. If you aren't sure about how much activity you can do, talk to your healthcare provider.

Physical activity doesn't need to be dull or boring. Do activities you enjoy more often. You may be surprised how quickly you start to feel stronger and like you have more energy.



Together Let's Send Winter Down the Drain

by *The City of Calgary*

In Calgary, a Chinook can sometimes turn inches of snow into puddles within hours. If storm drains are clogged with snow and ice it can lead to large puddles on our streets.

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- Check the storm drain near your home to clear debris (e.g. leaves, sticks) or remove ice and snow.
- If there's a buildup of snow or ice and it's safe to do so, create a channel to help water flow towards the drain.

If the storm drains in your area are covered with snow and difficult to find, visit calgary.ca/stormdrains and use our map to find the location.

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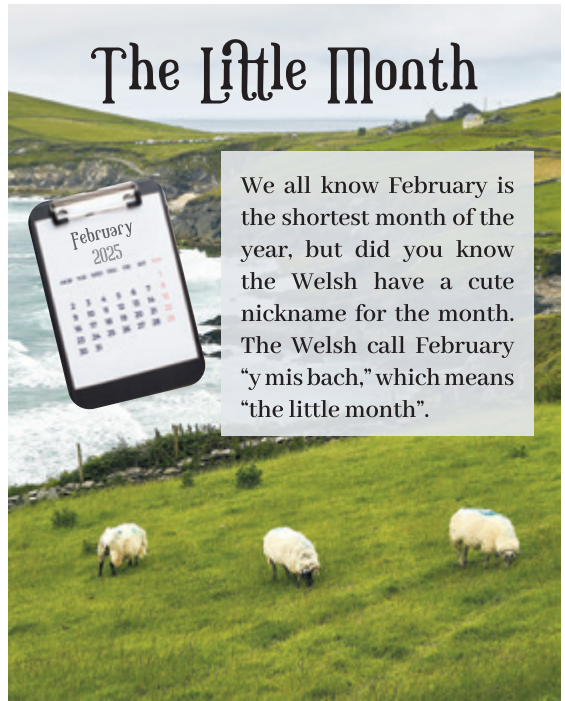
Tucker and Bentley, *McKenzie Towne*

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The Little Month



We all know February is the shortest month of the year, but did you know the Welsh have a cute nickname for the month. The Welsh call February “y mis bach,” which means “the little month”.



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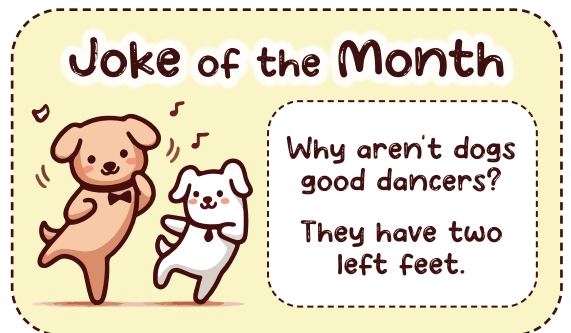
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BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 24	0	1	\$5,100,000	\$4,875,000
November 24	0	0	\$0	\$0
October 24	0	1	\$3,100,000	\$2,550,000
September 24	1	0	\$0	\$0
August 24	0	0	\$0	\$0
July 24	1	0	\$0	\$0
June 24	0	0	\$0	\$0
May 24	0	0	\$0	\$0
April 24	0	0	\$0	\$0
March 24	0	1	\$2,200,000	\$2,150,000
February 24	2	1	\$1,800,000	\$1,990,000
January 24	1	1	\$2,950,000	\$2,941,000

BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 24	0	1	\$1,750,000	\$1,700,000
November 24	3	0	\$0	\$0
October 24	3	1	\$1,700,000	\$1,860,000
September 24	0	0	\$0	\$0
August 24	1	0	\$0	\$0
July 24	2	0	\$0	\$0
June 24	1	1	\$4,899,000	\$4,800,000
May 24	3	3	\$2,375,000	\$2,300,000
April 24	1	3	\$1,400,000	\$1,400,000
March 24	4	2	\$2,882,500	\$2,862,500
February 24	0	1	\$2,700,000	\$2,550,000
January 24	2	0	\$0	\$0

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

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



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