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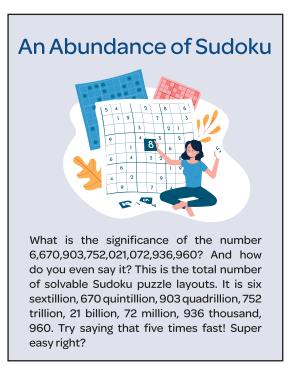
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Real Estate Statistics





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MENTAL HEALTH MOMENT

Seven Key Things to Make Your Relationship Work

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



What can you do to create a lasting relationship? Get a copy of John Gottman's *Seven Principles for Making Marriage Work*. Below is a sneak peek:

Enhance your love maps. Happy couples are very familiar with their partner's world. According to Gottman, these couples have "a richly detailed love map — my term for that part of your brain where you store all the relevant information about your partner's life." You know everything from your partner's favourite movies to what's currently stressing them out, you know some of their life dreams, and they know yours.

Nurture fondness and admiration. Happy couples respect each other and have a general positive view of each other. Fondness and admiration are two of the most important elements in a satisfying and long-term relationship. If these elements are completely missing, the marriage can't be saved. A helpful activity to remind couples of the partner they fell in love with is called "I appreciate." List three or more of their partner's positive characteristics along with an incident that illustrates each quality. Then read your lists to each other.

Turn toward each other. Romance isn't a Caribbean cruise, an expensive meal, or a lavish gift. Rather, romance lives and thrives in the everyday, little things. "Real-life romance is kept alive each time you let your partner know they are valued during the grind of everyday life." For instance, romance is leaving an encouraging text for your partner when you know they are having a bad day. Or romance is when you are running late but take a few minutes to listen to your partner's bad dream and saying that you'll discuss it later (instead of saying "I don't have time"). This might seem boring but turning toward each other in these ways is the basis for connection and passion. Couples that turn toward each other have more in their "emotional bank account." This account distinguishes happy marriages from miserable ones. Happy couples have more goodwill and positivity stored in their bank accounts, so when rough times hit, their emotional savings cushions conflicts and stressors.

Let your partner influence you. Happy couples are a team that considers each other's perspective and feelings. They make decisions together and search out common ground. Letting your partner influence you isn't about

having one person hold the reins, it's about honouring and respecting both people in the relationship.

Solve your solvable problems. There are two types of marital problems: conflicts that can be resolved and perpetual problems that can't. It's important for couples to determine which ones are which. According to Gottman, "One way to identify solvable problems is that they seem less painful, gut-wrenching, or intense than perpetual, gridlocked ones." Solvable problems are situational, and there's no underlying conflict. Gottman devised a five-step model for resolving these conflicts that can be found in his book.

Overcome gridlock. The goal with perpetual problems is for couples to "move from gridlock to dialogue." What usually underlies gridlock is unfulfilled dreams. "Gridlock is a sign that you have dreams for your life that aren't being addressed or respected by each other." Happy couples believe in the importance of helping each other realize their dreams. The first step in overcoming gridlock is to determine the dream or dreams that are causing your conflict. The next steps include talking to each other about your dreams, taking a break (since some of these talks can get stressful), and making peace with the problem. "The goal is to declaw' the issue, to try to remove the hurt so the problem stops being a source of great pain."

Create shared meaning. "Marriage isn't just about raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together. A culture rich with rituals, and an appreciation for your roles and goals that link you, that lead you to understand what it means to be a part of the family you have become." And that's what it means to develop shared meaning. Happy couples create a family culture that includes both of their dreams. Being open to each other's perspectives and opinions, happy couples naturally come together.

Bonus: Intentional date nights. If you struggle with ideas for date nights, grab a copy of Gottman's *Eight Dates*. Being intentional about having regular date nights is an important factor to continued connection.

If you need some help along the way, look for a level three trained Gottman therapist to keep you accountable and help your relationship thrive.

GAMES & PUZZLES

Guess The Duo!

- 1. This love-hate duo is on a quest to save a princess while fighting a fire-breathing dragon.
- 2. These stepbrothers create zany projects to make the most of their summer vacation.
- 3. This pop duo from the 60s are well known for their song "I Got You Babe".
- These frenemies, created by William Hanna and Joseph Barbera, have been playing cat and mouse since 1940.
- This fantasy duo set out on a journey through the misty mountains to save Middle Earth.
- This superhero duo attempts to thwart the evil plans of villains in Gotham.







RESIDENT PERSPECTIVES

The Month of Love

by Danielle Robbertze



February arrives with temperatures still a bit frosty and all you can think about is that special person in your life to snuggle with.

The month of love typically celebrates those who are in a romantic relationship. But it does not have to be this way. It can also celebrate the love for a sibling, parent, guardian, friend, child or other family members. The month of love really should celebrate the love we share with all our fellow human beings, as love is a precursor to humanity.

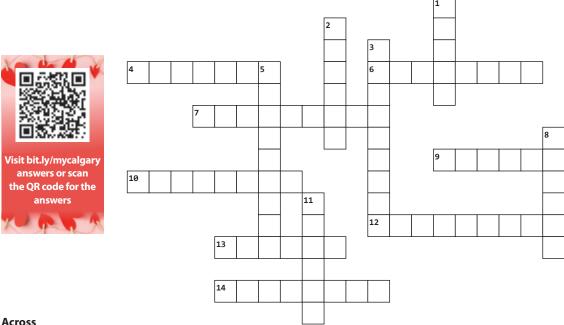
Do not restrict your love to one person. Love brings meaning to our lives. Without it we struggle through life's challenges such as loneliness. Love is universal and can be extended to any person no matter their gender, sexuality, race, nationality, or ethnicity. Do not restrict yourself from a life-changing love because of pre-held biases and

prejudices. Open yourself to all of humanity and see how your life can change to unconditional happiness.

Love comes more naturally to the human heart than hate, as Nelson Mandela once said. We should not judge others for who they love. We cannot change who we love, as it comes naturally to the heart and is hard to change. If we judge those who love one another simply because they are different from ourselves or different from the people we love, it is because we have been taught not to love, forced to see the differences in others. This only brings more isolation into a person's life.

For this month of love (and possibly your whole life), open your heart to others. Celebrate the differences that make each human a unique being in this world we share. Learn to love and you will see the joy of another person is essential to your own happiness.

February Crossword



- 4. This historical fiction novel was released on February 10, 2009, and made into a major motion picture starring Viola Davis, Octavia Spencer, and Emma Stone.
- 6. A ring made with this birthstone had a carved image of Cupid and is said to be worn by St. Valentine.
- 7. This American painter, well-known for his artwork "American Gothic" was born on February 13, 1891.
- 9. On February 15, 1965, this country officially received its flag, 100 years after becoming a country.
- 10. Tessa Virtue and Scott Moir won gold in this category in February 2010 at the Vancouver Winter Olympics.
- 12. This well-known annual league championship takes place every year on the second Sunday in February. It will be played on February 11 at Allegiant Stadium in Las Vegas this year.
- 13. The official flower that represents birthdays in February.
- 14. The popular heart-shaped candies with cute messages were originally used as .

Down

- 1. This dwarf planet was discovered on February 18, 1930, and was named by 11-year-old, Venetia Burney.
- 2. February 10, 2024, marks the beginning of the Year of the .
- 3. This festival, which takes place on the same day as Shrove Tuesday, celebrates the end of the pre-Lenten season with colourful masks and parades.
- 5. Released in February 1940, this Disney motion picture featuring the beloved character Figaro, was the first animated feature to win a competitive Academy Award.
- 8. In 1990, the Lieutenant Governor of Alberta, Helen Hunley, introduced this day to celebrate and honour loved ones.
- 11. Abel Makkonen Tesfaye, better known as The _____, was born on February 16, 1990, in Scarborough.

YOUR CITY OF CALGARY

Calgary City Building

by the City of Calgary

The City of Calgary is updating plans that will shape the future of Calgary and make sure our city keeps on being a great place to live. As our city's population approaches two million, we must prepare to support this growth. The City Building program will align and strengthen our plans and tools to create a place where every Calgarian can thrive.

The Calgary Plan will merge the Municipal Development Plan with the Calgary Transportation Plan to guide the way we move and use land across the city.

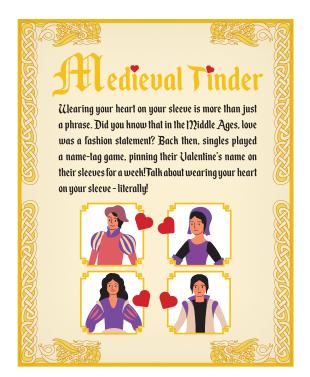
The new Zoning Bylaw (currently the Land Use Bylaw) will simplify the rules that govern the use of land and the form of buildings in the city.

The new Street Manual (currently the Complete Streets Policy and Guide) will provide updated direction for the design of Calgary's streets to support safe travel options for all Calgarians.



All three of these documents will be created based on public feedback, existing policies, Council priorities, partnering with the Indigenous community, and extensive consultation with subject matter experts and interested parties. This effort will impact every Calgarian for the next 30 years.

The second phase of engagement will focus on the initial proposed direction of the Calgary Plan, Zoning Bylaw, and Street Manual. We invite all Calgarians to share their input, either in person or online, from January 29 to March 3. Learn more and participate at calgary.ca/citybuilding.



BRAIN GAMES				SUDOKU				
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SCAN THE QR CODE								

FOR THE SOLUTION





bv Anne Burke

Some features produce a positive response in visitors, as a focus for passive recreation, education, and interpretation; they remain opportunities for interpretation of bedrock themes in the park. Among the landscape features are large sandstone boulders several metres across. Those in north slope coulees may contain fossil clam shells, as remnants of a wave cut terrace which tumbled onto valley glaciers.

The Nose Hill pre-glacial gravels in the eastern portion of the Hill extend throughout the hilltop. In the Burnco gravel pit - and the slopes leading to this area from 19 Street and from Charleswood Drive - several trails and junctions in the south-facing areas are where exposed gravel from the Hill use in the 1960s and 70s would have been visible unless remediation was done with nurse and native grasses, after re-rooting foot traffic while the repair was undertaken.

A review of land uses of Nose Hill revealed that areas more severely damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating. Although rutted trails remained, some already had grass growing in them due to less traffic. Ravine trails were heavily overgrown by tall grasses, thistles, and nettles, so that people used them less.

Firefighting, weeding, and controlled burns with vehicles damaged the plateau and slopes above the Porcupine Valley bike path. Widened and two-track trails are from social use; trail braiding on steeper hillsides due to wet, icy, or poor conditions. An on-hill project was raking to prevent new desire lines. Work was needed on the old motorcross routes up the bluff south of Porcupine Valley and along the Many Owls Valley Road where the trails had been washed out or deeply grooved. Pedestrian use of old vehicle roads slowed regeneration and remediation was warranted.



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Protecting Children

Canada's Supreme Court has ruled that mandatory minimum penalties for the charge of child luring are unconstitutional.

Of course, I am deeply disappointed that such crimes are not deemed worthy of a minimum sentence as this would send a strong message that our society abhors these types of crimes. We also know that someone behind bars is not someone on the street luring children.

We know crime is at record levels and many Canadians tell me that crime, chaos, and disorder are becoming the norm. Canada's murder rate is now at a 30-year high after increasing for the fourth year in a row. Many no longer feel safe in their communities, on their streets, or on their transit systems. It does not have to be this way.

We need to ensure anyone charged and convicted of child luring faces jail time. The crime of child luring has a devastating impact on victims. I strongly believe that perpetrators of this abuse should face a minimum amount of time in jail, at the very least.

Recently our Conservative amendment to Bill S-12 to make registration in the National Sex Offender Registry mandatory for all individuals convicted of sexual offences against children was defeated.

Conservatives also introduced Bill C-336, the Strengthening Reporting Obligations for Sex Offenders Act, to ensure high-risk sex offenders are bound to stricter rules to protect the lives of vulnerable Canadians, children, and their families.

It is my hope that this Bill gets the necessary support to become law. It is time we rebalance our justice system in favour of victims and the community.

If you have been a victim of crime and need help, please visit www.canada.ca/victims to see what programs, services, and rights you have.





Councillor, Ward 4
Sean Chu

403-268-3727

www.calgary.ca/ward4

www.seanchu.ca

Dear Residents,

As winter brings more families outdoors for activities, The City of Calgary encourages everyone to stay safe while enjoying the winter wonderland. Here are some important reminders for a safe and enjoyable winter season.

Choose Safe Skating Spots

With outdoor skating gaining popularity, the City of Calgary emphasizes the importance of choosing safe skating locations. City-designated outdoor skating rinks provide free and fun skating opportunities for all skill levels. These rinks are carefully maintained, with daily checks for ice thickness and quality. The City ensures that the surfaces are safe by flooding them as needed.

It's crucial to avoid recreational activities on community storm ponds. These ponds are integral parts of our stormwater infrastructure, designed to reduce community flooding and filter stormwater before it reaches our rivers. The ice on these ponds can be unpredictable and unstable due to factors such as sediment, contaminants, and changing water levels. For a safe skating experience, please visit a City or community outdoor skating rink near you. Explore options at calgary.ca/rinks.

Extension of Secondary Suites Amnesty Program

In other news, the City is pleased to announce the extension of the Secondary Suites Amnesty Program until December 31, 2026. This program offers a waiver of charges for development permits and registration fees. Take advantage of this opportunity to make your living spaces compliant with regulations and contribute to the community's well-being. This enables owners to continue building safe and legal secondary suites at a reduced cost. For more information about building a secondary suite, please visit calgary.ca/suites.

Stay safe and enjoy the winter responsibly!

Sincerely,

Cllr. Sean Chu



MLA Calgary-Edgemont **Julia Havter**

☑ juliahayter@albertandp.ca

f @NDPjulia

@NDPjulia X @NDPjulia

To all those who celebrate Chinese New Year, I wish you success and good fortune. Happy Year of the Dragon!

What an amazing turnout for the NW Canadian Pension Plan Town Hall! It was inspiring to see democracy at work as so many of you took time out of your busy lives to let the UCP hear your voices and opposition to the UCP's plan to pull Alberta out of the Canada Pension Plan. Thank you so much for coming out. My favourite quote I've heard is: "I am Canadian first, Albertan second". These are words to live by and remember. Please keep reaching out to me about this issue and sign our petition at albertafutures.ca.

Did you know that 86% of people who menstruate find the cost of sanitary products to be too expensive? This forces people to choose between period products and food for their families. In one of Canada's wealthiest provinces, this is unacceptable. Period products are fundamental to healthy self-care and a basic human right.

I'm planning a Period Poverty Drive for this community to help raise awareness. Please drop by our office with your period poverty donations, Monday to Friday between 10:00 am to 3:00 pm, or any of our community partners at the Edgemont Community Association and the Ranchlands Community Association. All products will be donated back to women in need within the community on March 8, International Women's Day.

If you'd like to see me in action, follow me on YouTube and social media @NDPJulia.

Have you ever wondered what I as your MLA can do for you? I provide services such as notarizing documents, letters of support; I love coming to meetings and events to talk to you.

Please do not hesitate to contact my office if you have questions or need assistance related to provincial matters: calgary.Edgemont@assembly.ab.ca or 403-288-4453.



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Leapers and Leaplings Special Day

Four million leap day babies? Did you know the odds of being born on February 29 is one in 1,461! Leap day babies are better-known as 'leapers' or 'leaplings'. Hats off to these time-defying, once-in-a-bluemoon birthday legends!



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