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- 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
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- 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
- Supply & install new granite or quartz countertops with undermount sink

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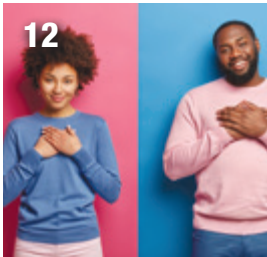
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DALHOUSIE CONTENT**

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& More**



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Statistics**



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4-H INTRO CLUB

Youth “Learn to Do by Doing” with 4-H Intro Clubs

The 4-H motto is “learn to do by doing.” That is the idea behind 4-H Intro Clubs for youth aged 9 to 15. These six-week clubs give young people a chance to try new activities, learn practical skills, and explore their interests in a hands-on, low-pressure way. Youth get a taste of what it would be like to be a member of a traditional 4-H Club in these short programs, but the impact can be significant.

Intro Club members also have access to bonus events. Past events like the University of Calgary Vet Science Day and SAIT workshops in cooking and welding have allowed participants to explore careers, skills, and hobbies in a real-world setting. These events give youth experiences they may not get at school or at home.

Many bonus events include exposure to agriculture. Farm tours and projects let youth see where food comes from, learn about animals, and understand the work involved in growing plants or raising livestock. For children in the city, this connection to the local food system and community is especially valuable.

New bonus events are planned, including a microgreens workshop, a farm tour, an equine therapy workshop, and family tours at 4-H on Parade. Once a youth registers in an Intro Club, they can sign up for any available bonus events, most of which are free. These opportunities help children stay curious and learning outside regular club meetings.

Through Intro Clubs and bonus events, youth practice skills, explore interests, and gain experiences that help them make informed choices about hobbies, school projects, and future goals. At the same time, they connect with their community and learn about the role of agriculture in everyday life.

Try This at Home: Track Your Food

Pick one food item in your home and trace how it gets from farm to table. Who grows it? How is it processed or packaged? Why is it important to your community? This simple activity helps youth understand where food comes from and connects them to the local food system.



Learn more about Intro Clubs and bonus events at 4hab.com/member-programs/ or email introclubs@4hab.com.



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Winter Tips to Keep Our Rivers Healthy

by The City of Calgary

When snow melts, water runs off our streets, driveways, and yards, and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, gravel, dirt, and other debris, washing it into our storm drains and our rivers.

The City of Calgary and Calgarians need to work together to manage our stormwater. In newer communities, The City uses storm ponds to help naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is so important. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

Together we can keep our rivers and creeks healthy by:

- Shovelling shortly after it snows to prevent ice and reduce salt, sand, or gravel use.
- Following the manufacturer's instructions if using salt on your driveway or sidewalks, so you're not using more than needed.
- Sweeping up excess salt, sand, and gravel from your driveway and sidewalks.
- Continuing to pick up pet waste and litter off the ground and dispose of them in the right disposal bin.

What ends up on our streets, ends up in our rivers. For more tips and information, visit calgary.ca/stormwater.



Dalhousie Real Estate Update

Last 12 Months Dalhousie
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2025	\$599,900	\$595,000
November 2025	\$492,500	\$479,000
October 2025	\$439,999	\$475,000
September 2025	\$392,500	\$390,000
August 2025	\$544,900	\$532,450
July 2025	\$606,350	\$600,500
June 2025	\$699,450	\$697,500
May 2025	\$634,900	\$637,450
April 2025	\$569,900	\$557,500
March 2025	\$574,900	\$583,300
February 2025	\$449,500	\$451,250
January 2025	\$309,950	\$305,500

Last 12 Months Dalhousie
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2025	9	5
November 2025	10	10
October 2025	15	19
September 2025	16	10
August 2025	19	8
July 2025	15	12
June 2025	17	14
May 2025	22	18
April 2025	18	13
March 2025	16	6
February 2025	15	16
January 2025	9	6

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

Staying in Relationships Thinking the Other Person Will Change, Now What?

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



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that

truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate “preferences” from “deal-breakers”

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

2. Replace fantasy with reality statements

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

4. Use compassion without justification

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

5. Practice present-tense acceptance language

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

6. Stop future-bargaining

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

7. Name your choice clearly

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

9. Anchor acceptance in boundaries

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

10. Use curiosity over judgment.

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”



News from the Friends of Nose Hill

by Anne Burke

The Calgary area has been the subject of many geological studies in scientific papers, field guides, and monographs, including glacial mapping of Nose Hill. The top of Nose Hill contains gravel deposited by the ancient Bow River, also carrying sand and mud, flowing east out of the mountains and reaching the level of the present hilltop. There may have been as many as 20 major glacial advances and retreats in what is now the Calgary area.

During the last one to two million years of earth history, ice sheets shaped the landscape. The continuous plain to the north, and on the east and west flanks of Nose Hill, were shaped by glacial meltwater from nearby ice. As the modern Bow River developed, it created a broad valley and the southern flanks of the Hill. A large lake was produced by an ice dam on the River. On its North and East, Nose Hill is bounded by Beddington and Nose Creeks. To the west, Big Hill Springs Coulee is what remains of the earlier glacial spillway system.

Nose Hill provides spectacular views from which to interpret the geological history of the Bow River Valley and its tributaries, as well as the uplands across the valley to the south. The boundary between eastern and western ice sheets is the result of a landslide from Mt. Edith Cavell. As the valley glacier advanced it was deflected southward by eastern ice and glacial erratics (large boulders) mark its former path.

Happy Valentine's Day



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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 9-1-1, 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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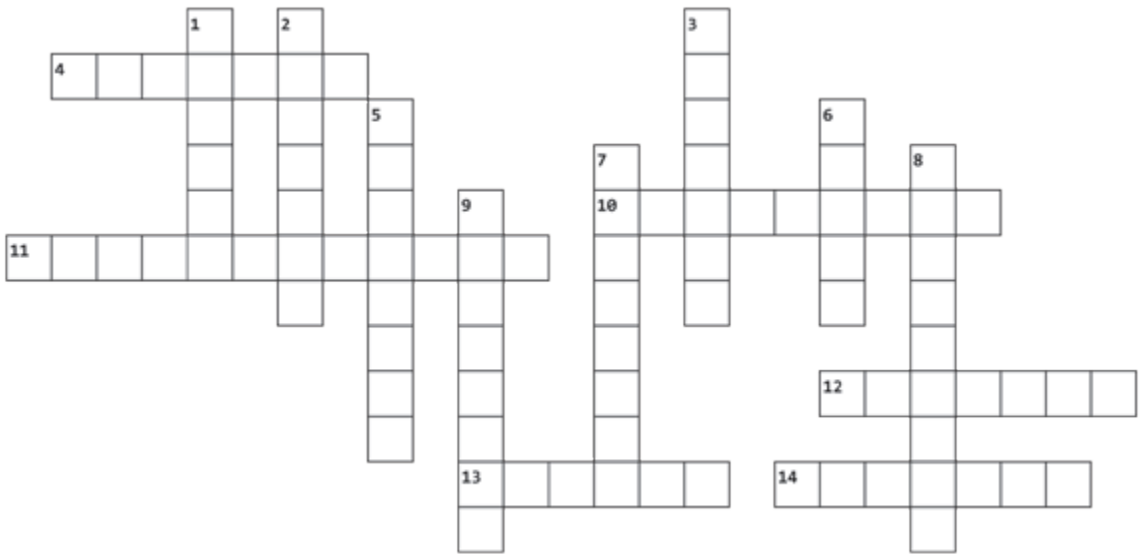


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February Crossword



Across

4. Islam's holy month of fasting, prayer, and reflection, called _____ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New _____ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, _____.
12. Canada's twelfth Prime Minister, Louis St. _____, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New _____ took place on February 27, 1827.

Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael _____ won an astonishing eight Grammys!
5. Pope _____ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, _____, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



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