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What is the significance of the number 6,670,903,752,021,072,936,960? And how do you even say it? This is the total number of solvable Sudoku puzzle layouts. It is six sextillion, 670 quintillion, 903 quadrillion, 752 trillion, 21 billion, 72 million, 936 thousand, 960. Try saying that five times fast! Super easy right?

**BRAIN  
GAMES**

**SUDOKU**

8			5		1			9
			6		9	7		
		4		7				5
4	8							6
		2				4		
9							1	8
6				8		3		
		3	1		6			
7			3		5			2

**SCAN THE QR CODE  
FOR THE SOLUTION**

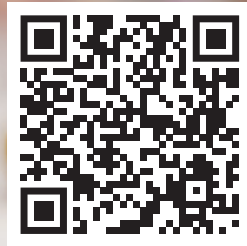


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**THORNCLIFFE**



**GREENVIEW**



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## Help Us Shape Calgary's Future Floodplain Policies and Regulations

*by the City of Calgary*

Calgary's river valleys are essential to our city—they're at the core of our city's identity and its appeal as a place to live, work, and play.

As Calgary is vulnerable to flooding, making careful decisions about how we plan, develop, and build in the floodplain is fundamental to protecting and enhancing the value of our river valleys while strengthening our overall resilience to the impacts of flooding.

With the province's recent release of draft updated Flood Hazard Area maps reflecting the latest understanding of flood risk across Alberta and a new approach to flood hazard area zones, it's now up to municipalities to decide how to develop and regulate in these areas.

The City is planning for the future of our river valleys, including our flood hazard areas, through the Calgary River Valleys Project, which will shape how we plan, develop, and build in our river valleys.

Your input on how we make decisions on the use, conservation, and development of our river valleys and communities is important. This month, we're talking to Calgarians about the future of our floodplain policies and regulations. Visit [calgary.ca/RiverValleys](http://calgary.ca/RiverValleys) to join in the conversation.



## 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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## News from the Friends of Nose Hill

by 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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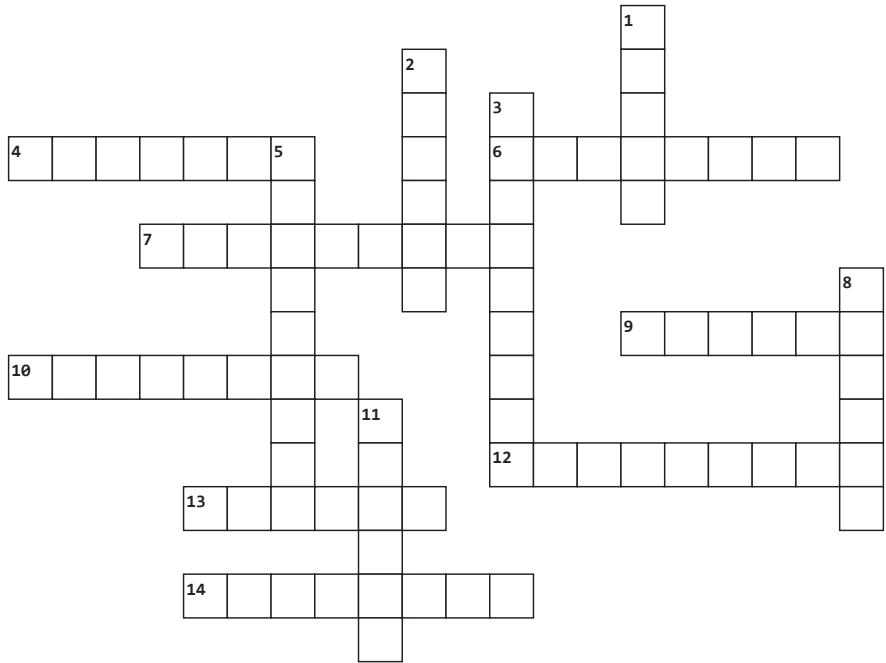
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# February Crossword



## Across

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.



## Prairie Winds 4-H Club Update for February

by Abigail Dowler, Prairie Winds 4-H Club reporter

Another fun month of 4-H has gone by. We started off with our general meeting, and a club social that was planned by a few of our 4-H members. They learned a lot about hosting events from the party planning workshop. We played games, had a hot cocoa bar, and awesome prizes!



Continuing through the month, the Canine Project members went to the Alberta Animal Rescue Crew Society (AARCS) to help with cleaning, and we got a tour of their shelter. One of the

highlights of the AARCS tour was getting to see some of the puppies. Our club also delivers a lot of dog supplies to the animal shelter as some of our Canine Members brought donations, and one even did a donation drive in their community.

Our Explore 4-H group also had the opportunity to learn all about Curling. We went to a curling rink and our host taught us what a slider is and how to curl. Once all the learning was done, we got to play some games and use the skills we learned.



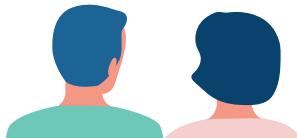
This past month, our club also participated in multiple community service opportunities. This included donating new unwrapped toys for families at the Ronald McDonald House in Calgary for Santa Sacks. Many families also helped at the Bears paw Christmas Market this year, as the Bears paw Community has been supportive of our club

and having a meeting place. As part of our fundraising, a small group of members set up decorations for the Christmas season at an office downtown. We had a very busy month with lots of fun projects!

## 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".
4. These frenemies, created by William Hanna and Joseph Barbera, have been playing cat and mouse since 1940.
5. This fantasy duo set out on a journey through the misty mountains to save Middle Earth.
6. This superhero duo attempts to thwart the evil plans of villains in Gotham.



SCAN THE QR CODE FOR THE ANSWERS!

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# Eggplant and Sundried Tomato Pasta

by Jennifer Puri

Simple, healthy, delicious eggplants, also referred to as aubergines or brinjals are used in the cuisines of many countries around the world, especially in China (Sichuan Eggplant) and India (baingan bharta).

Glossy, purple, green, or white in colour, the eggplant is a member of the nightshade family and has white flesh and small edible seeds. Due to its “meaty” texture it is sometimes used as a meat substitute in vegan and vegetarian dishes.

Eggplants are a high fibre, low-calorie food rich in nutrients and vitamins, which can help control blood sugar and aid in weight loss. Antioxidants such as lutein, which may help prevent age-related macular degeneration and zeaxanthin, along with natural plant chemicals called polyphenols are also present.

There are many tasty ways to eat eggplant as it can be steamed, stir fried, roasted, stewed, curried, pickled, or added to pasta noodles with whipped ricotta cheese and sundried tomatoes as shown in the recipe below.

**Prep Time:** 20 minutes

**Cook Time:** 30 minutes

**Servings:** 3 to 4

**Ingredients:**

- 1 large eggplant
- 2 small shallots, finely chopped
- 3 garlic cloves, finely chopped
- 1 small jar oil packed sundried tomatoes
- 1 cup extra virgin olive oil
- 500 g cooked spaghetti (al dente)
- 1 cup whipped ricotta cheese
- ½ cup fresh basil leaves
- 2 medium sized tomatoes chopped
- Salt to taste
- Black pepper to taste
- 1 tsp red chilli flakes
- 1 cup shaved parmesan cheese



**Directions:**

- Heat oven to 425 degrees Fahrenheit.
- Arrange eggplant slices on a foil lined baking tray. Brush each slice with a little olive oil and then flip over and repeat. Place the tray on the middle rack of the oven and bake for about 20 minutes or until eggplant slices turn a light brown. Remove tray from oven and set aside.
- Add 2 tbsp of olive oil, chopped shallots, and garlic to a large frying pan and sauté on medium heat for two minutes. Separate the sundried tomatoes from their oil, slice each piece in half and add to the pan along with the fresh chopped tomatoes and a few basil leaves. Stir fry for about two minutes then add the ricotta cheese, red chilli flakes, and salt and pepper to taste.
- Finally, add the cooked spaghetti to the pan and gently blend with the sauce. Remove from heat and garnish with shaved parmesan cheese, a few basil leaves, and serve.

Bon Appétit!





## Seven Key Things to Make Your Relationship Work

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto: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.

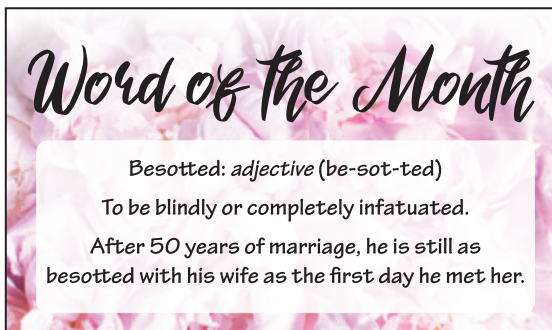
**Solve your solvable problems.** There are two types of marital problems: conflicts that can be resolved and perpetual problems that can't. It's important for couples to determine which ones are which. According to Gottman, "One way to identify solvable problems is that they seem less painful, gut-wrenching, 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 'declaim' 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.





## Thorncliffe Real Estate Update

Last 12 Months Thorncliffe  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2023	\$ 479,450	\$ 471,750
November 2023	\$ 589,000	\$ 586,000
October 2023	\$ 360,000	\$ 430,000
September 2023	\$ 425,000	\$ 430,000
August 2023	\$ 539,900	\$ 533,000
July 2023	\$ 437,000	\$ 423,500
June 2023	\$ 525,000	\$ 519,500
May 2023	\$ 448,000	\$ 458,000
April 2023	\$ 429,900	\$ 425,000
March 2023	\$ 260,000	\$ 270,000
February 2023	\$ 459,950	\$ 466,800
January 2023	\$ 537,450	\$ 520,000

Last 12 Months Thorncliffe  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2023	3	4
November 2023	9	10
October 2023	9	9
September 2023	11	15
August 2023	14	15
July 2023	15	12
June 2023	16	13
May 2023	19	23
April 2023	12	13
March 2023	19	13
February 2023	11	10
January 2023	6	6

To view more detailed information that comprise the above  
MLS averages please visit [thor.mycalgary.com](http://thor.mycalgary.com)

## Greenview Real Estate Update

Last 12 Months Greenview  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2023	\$ 330,000	\$ 361,000
November 2023	\$ 219,900	\$ 214,000
October 2023	\$ 199,900	\$ 237,276
September 2023	\$ 274,900	\$ 303,800
August 2023	\$ 205,000	\$ 197,000
July 2023	\$ 189,000	\$ 195,500
June 2023	\$ 189,500	\$ 186,000
May 2023	\$ 199,900	\$ 175,000
April 2023	\$ 194,900	\$ 188,500
March 2023	\$ 148,000	\$ 140,000
February 2023	\$ 174,900	\$ 170,000
January 2023	\$ 234,350	\$ 237,900

Last 12 Months Greenview  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2023	0	3
November 2023	9	7
October 2023	7	7
September 2023	9	9
August 2023	9	7
July 2023	9	9
June 2023	4	7
May 2023	10	7
April 2023	2	5
March 2023	4	5
February 2023	5	6
January 2023	5	4

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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-blue-moon birthday legends!





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