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		Properties		Median Price	
		Listed	Sold	Listed	Sold
December	25	1	2	\$1,334,500	\$1,239,000
November	25	2	1	\$1,948,000	\$1,883,000
October	25	1	6	\$2,900,000	\$2,711,875
September	25	3	2	\$2,194,444	\$2,047,500
August	25	6	2	\$1,447,500	\$1,442,500
July	25	4	4	\$1,838,400	\$1,769,000
June	25	3	3	\$1,829,000	\$1,850,000
May	25	5	5	\$1,788,888	\$1,760,000
April	25	3	2	\$1,572,500	\$1,582,500
March	25	4	4	\$1,412,500	\$1,402,500
February	25	4	5	\$1,495,000	\$1,510,000
January	25	3	3	\$1,185,000	\$1,157,500

To view more detailed information that comprise the above
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Cupid and the Mighty Bow

by Garth Paul Ukrainetz

Cupid has a plan they say

To change the world on Valentine's Day

The opposite of nuclear war

Where love bombs fall forevermore

Projectiles full of love's sweet glow

These arrows need a Mighty Bow

Creating new reality

Great river flows thru Calgary

The arrows launch like missiles fly

Around the world they'll fill the sky

London, Moscow, Houston, Seoul

From Mighty Bow they'll reach their goal

On city streets we'll look above

The mountains shall bring peace and love

Descending to all jaded land

From Mighty Bow and angel's hand

Yes, all is fair in love and war

A cherub stands on rivershore

Lil' Cupid has a plan they say

To change the world on Valentine's Day



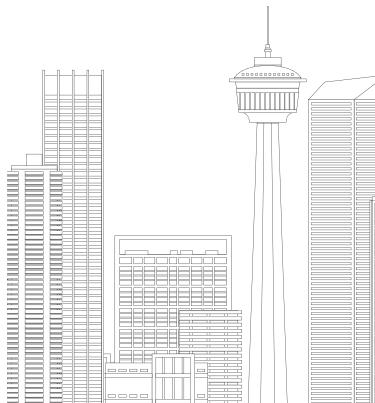
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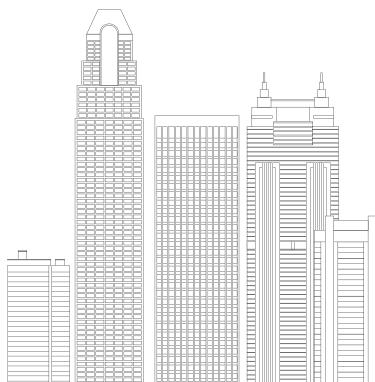
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ELBOW VALLEY CONTENT**

News, Events,
& More



Real Estate
Statistics



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GAMES & PUZZLES

Guess the Olympic Sport!

1. Prince Albert II of Monaco competed in this winter sport at the Calgary 1988 Olympics.
2. This sport includes two events: rifle shooting and cross-country skiing.
3. This team sport involves sliding granite stones on a sheet of ice towards a target circle.
4. This sport also known as "skimo" will make its Olympic debut at Milano Cortina 2026.
5. Marit Bjørgen is the most decorated winter Olympian and competed in this sport.
6. This elegant sport is widely recognized as the most popular event at the Winter Olympics.



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FOR THE
ANSWERS!



BRAIN GAMES

SUDOKU

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

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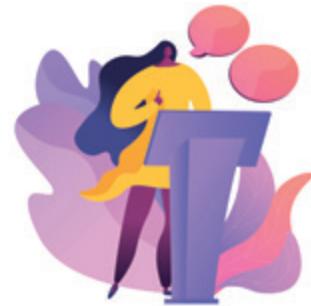


Word of the Month

Malapropism: noun (mal-uh-prop-iz-uhm)

The unintentional use of a word that sounds somewhat like the one intended but is very wrong in the context.

Jane was so nervous about her speech she did not realize she had made a malapropism until an audience member made a joke about her word use.



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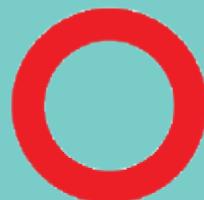


- ✓ DISCOVER NEW SKILLS
- ✓ BE PART OF A TEAM
- ✓ MAKE FRIENDS
- ✓ GET ACTIVE
- ✓ HAVE FUN



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Happy
Valentine's
Day



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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A professional portrait of a man with short brown hair, wearing a light-colored button-down shirt and a grey blazer, smiling at the camera.

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?”



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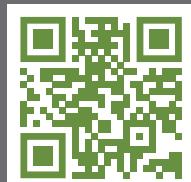
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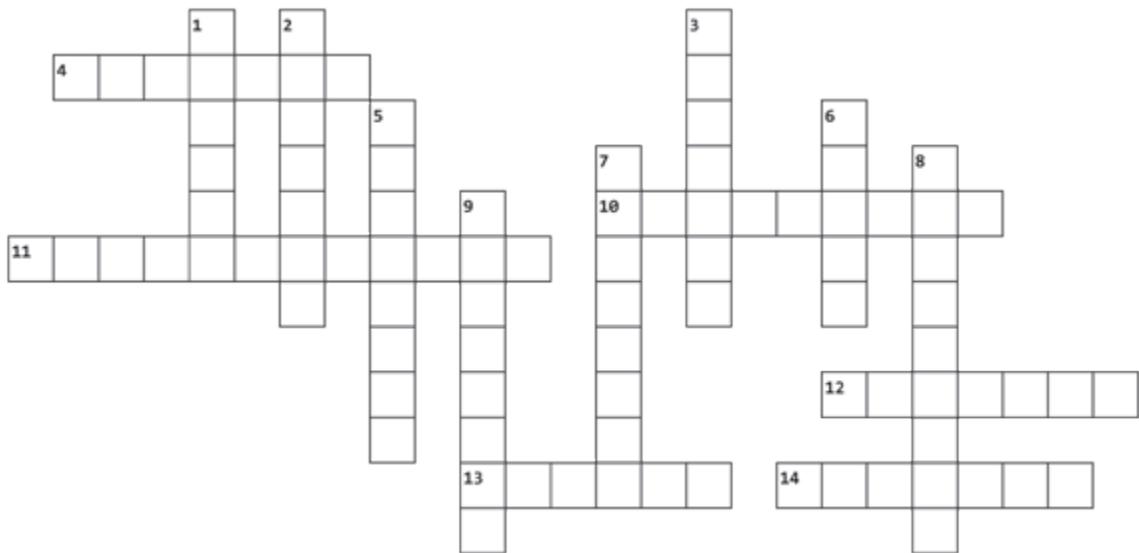
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February Crossword



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.



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



Face Your Stress

by Recovery Alberta – Community Health Promotion Services

Stress is typically viewed as negative; not all stress is bad and in fact, avoiding it can be more harmful. Stress is the response to a stressor that one may be experiencing. Stressors are anything in your life that causes the release of stress hormones. Some stressors in our life are unavoidable. There are three different types of stress you can experience. Let's dive deeper into each:

1. Positive: Yes, stress can be positive. This is short-term but helps us to adapt and build resiliency. Situations to cause this stress can include work, writing an exam, or calling someone you don't know.

2. Tolerable: Tolerable stress includes situations where the impact may be more serious, such as, loss of someone or divorce of parents, and can occur many times throughout your life, however, with supportive relationships, it is unlikely to have lasting negatives impacts.

3. Toxic: When one thinks of stress, we tend to think of this for all situations. This stress is prolonged and extreme and can result in complex outcomes without any adequate support.

Stress can impact our physical, mental, emotional, and behavioral health and it is different for everyone. It can show up as headaches, feeling tired, having trouble focusing, feeling short-tempered or lonely, having sleep issues, unable to relax, and use of unhealthy coping techniques.

Signs of stress are different for everyone but there is a need for stress to keep us alert, healthier, and more understanding human beings! So, what can you do? Mental Health Literacy has developed a toolbox to help you manage your own stress. Here are a few things to consider:

- Change:** You want to change the way you think of stress. As you can see, it can be essential to tackle life's situations.
- Choose:** When faced with a stressor, have a toolkit of strategies that work best for you. This can include breathing strategies or talking to others.
- Engage:** If there are stressors that heighten your body's response, try incorporating planning strategies beforehand. When we face the stressor and solve the problem, we have successfully adapted and are left with a new skill!



Switch

by Cheryl Dunkley

One last chore - today that make four!
Yawn, oh what a bore
That kind of week,
Both my knees are sore...
It's snowing! I don't want to go out the door.

But you know, Life is good.
I'm grateful for my home, family and friends.
The very best neighbours live on either side
Everyone on this street takes great pride.
There's good stuff every day
Express my gratitude every time I pray

Februum

The month we now call "February" has had many different names. Due to the wet conditions, "Solmonath" was used in Old English and means "mud month". The current name derives from the Latin term Februum (purification or to cleanse), and the Roman festival of purification called Februa.



Palms

What kind of tree fits in your hand?

A palm tree



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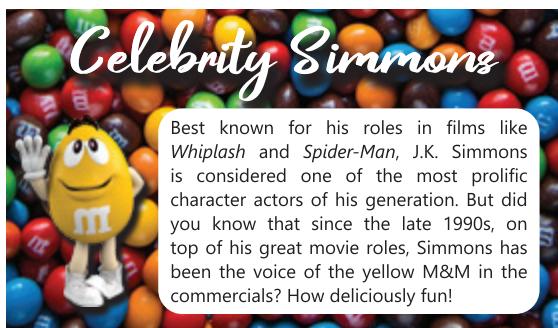
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Best known for his roles in films like *Whiplash* and *Spider-Man*, J.K. Simmons is considered one of the most prolific character actors of his generation. But did you know that since the late 1990s, on top of his great movie roles, Simmons has been the voice of the yellow M&M in the commercials? How deliciously fun!

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