

FEBRUARY 2026

DELIVERED MONTHLY TO 1,750 HOUSEHOLDS

# your **ELBOW VALLEY** VIEW



## Give Your Parents Comfort with a Reverse Mortgage

- Extra income, no monthly payments
- Stay in the home they love
- Leave a living inheritance

Call today to give them freedom and peace of mind.



**ANITA RUSSELL**

*Licensed by Avenue Financial*

**403-771-8771**  
[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)



## ELBOW VALLEY COMMUNITY REAL ESTATE ACTIVITY

## YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our  
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program\*

Trade Up Program\*

Blanket Home Warranty Program\*

Accepting Crypto Currency

Call us to help you navigate through  
the changing real estate world

**Call or Text 403-606-8888**

**Email [len@lenthwong.com](mailto:len@lenthwong.com)**

\*Terms and Conditions Apply.

		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  
MLS averages please visit [elbv.mycalgary.com](http://elbv.mycalgary.com)

# OFFICIAL

PLUMBING & HEATING

Furnace Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



**MOUNTAIN**  
ADVENTURE SCHOOL

THIS JOURNEY WILL  
**CHANGE YOUR LIFE**

## HIGH SCHOOL SUMMER CAMP

Start earning credits right after Grade 9!

SESSIONS STARTING IN JULY AND AUGUST

**SIGN UP TODAY!**

TO REGISTER NOW OR FOR MORE  
INFORMATION CONTACT US:

Progressive Academy  
mountainadventure.school  
780-455-8344



## 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



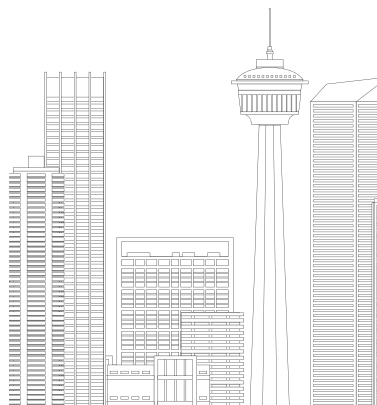
# My Calgary

MADE WITH ♥ BY GREAT NEWS MEDIA

MyCalgary.com is a community news website dedicated to profiling local events, activities, perspectives, wellness, culture, and lifestyle content.

## Available monthly by community:

- Community Real Estate Stats
- Community Crime Stats
- Community News/Content
- Digital Community Newsletters
- Politician Reports
- Local Classified Ads



@MyCalgary\_ |  MyCalgary |  @My\_Calgary  
news@mycalgary.com | 403-243-7348

Scan to visit  
MyCalgary.com



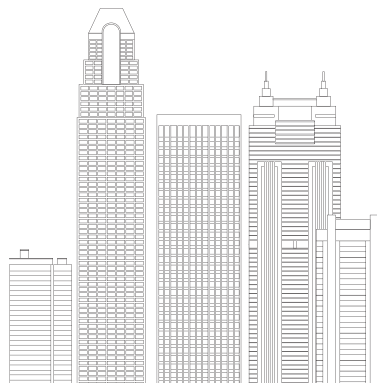
# GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

Great News Media has helped thousands of local companies market, advertise, and create awareness of their business, products, and services.

To advertise with us,  
call 403-720-0762 or email  
sales@greatnewsmedia.ca

Scan for an  
advertising  
quote



 @greatnewsmedia  
 great-news-media

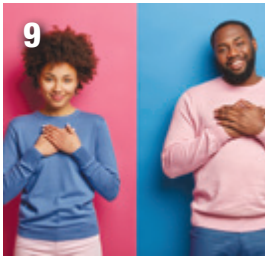
Visit our YouTube channel to  
learn about the latest in print  
and digital marketing!



# CONTENTS

---

- 9 SAFE AND SOUND: FEBRUARY IS HEART MONTH
- 10 MENTAL HEALTH MOMENT: STAYING IN RELATIONSHIPS THINKING THE OTHER PERSON WILL CHANGE, NOW WHAT?
- 12 FEBRUARY CROSSWORD
- 13 TAKE ON WELLNESS: FACE YOUR STRESS
- 15 BUSINESS CLASSIFIEDS



**SCAN HERE TO VIEW ADDITIONAL  
ELBOW VALLEY CONTENT**

**News, Events,  
& More**



**Real Estate  
Statistics**



**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



## 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.



SCAN THE  
QR CODE  
FOR THE  
ANSWERS!



## 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.



## 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

SCAN THE QR CODE  
FOR THE SOLUTION



### Freedom starts with a Reverse Mortgage

- Cash to renovate, travel or relax
- Stay home, no monthly payments
- Leave a living inheritance

Call today to enjoy  
comfort, independence,  
and peace of mind.



**ANITA  
RUSSELL**

**403-771-8771**  
anita@anitamortgage.ca

Licensed by Avenue Financial



**RINGETTE PROVIDES  
AN OPPORTUNITY TO...**

**REGISTER HERE**



**COMETRYRINGETTE.CA**



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



**April is Come Try  
Ringette month, and  
there will be many  
sessions in Calgary.**

Scan the QR code to register  
or visit: [cometryringette.ca](http://cometryringette.ca)



**TRUE SPORT | SPORT PUR**

# 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.

**DUNCAN LAW**

**Impeccable Legal Advice.**

- ▶ Personal Injury
- ▶ Real Estate
- ▶ Wills & Estates
- ▶ Family Law

Conveniently located in Aspen Landing

Phone: 403.300.0870 | [DuncanLawYYC.ca](http://DuncanLawYYC.ca)

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

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



Jackson  
& Jackson  
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF  
CONSTRUCTION & LANDSCAPE**  
INCLUDING SMALLER IN-HOME PROJECTS



## Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo  
Property Management

Snow and Ice Removal

## Contact Us

**Address**

20 Sunvale Place SE  
Calgary, AB T2X 2R8

**Call us now**

(403) 256-9282

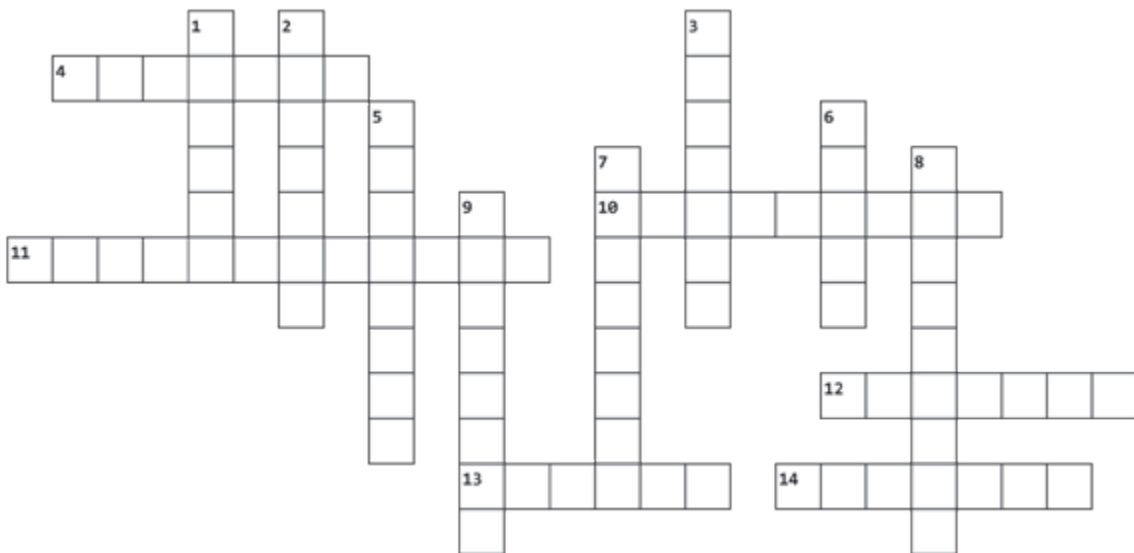
**Email us**

info@jacksonjackson.ca  
contact@jacksonjackson.ca



**www.jacksonjackson.ca**

# 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](https://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



## Your passport to peace of mind. Anywhere, anytime, you're protected.

Journey Home, TruStage™ Life of Canada, protection covers travel anywhere in the world\*, and coverage lasts your lifetime.

**To get started, call us at (587) 900-7213 or scan the QR code to book an appointment.**

 **Eden Brook Funeral Home & Cemetery**  
by Arbor Memorial

\*When a death occurs 100 km or more from your primary residence in Canada.



Arbor Memorial Inc.

# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Elbow Valley. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**ELBOW VALLEY MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

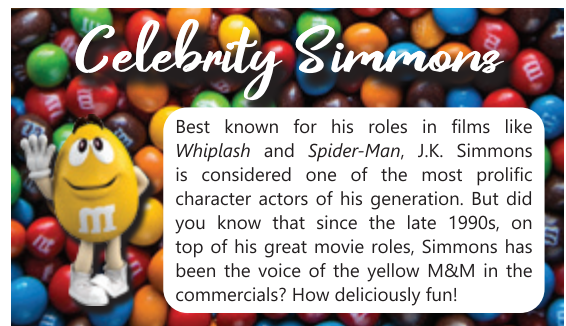
**JAKES TREE SERVICE:** ISA Certified Arborist offering professional tree services in your area. Services include tree cutting and removal, tree/hedge pruning or maintenance, and stump grinding. For a free quote call or text 403-667-3878 or visit [jakestreeservice.jobbersites.com](http://jakestreeservice.jobbersites.com).

**PAINTER SERVICING ELBOW VALLEY:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. [www.fivestarpainting.com](http://www.fivestarpainting.com).

**ATOMA INC. - EXPERT TILING:** Certified, licensed, insured local tile setter for new builds or renovations. Tile, stone or slab installation with quality craftsmanship guaranteed. Call or email for a free estimate — no job too small! Contact: Tomas Vareika | 403-471-4207 | [atoma.inc@pm.me](mailto:atoma.inc@pm.me).

**CADILLAC LAWN CARE:** Reliable, professional, year-round service. Snow removal (February to March openings), spring cleanups, weekly lawn maintenance, softscape landscaping (mulch, rock, sod, garden refresh). Call/text 403-796-9377. Email [sheldonporter@live.com](mailto:sheldonporter@live.com). Proudly serving Elbow Valley.

**PEST CONTROL** – Treating seasonal pest problems: voles, mice, cockroaches, bed bugs, ants, wasps, squirrels, skunks and more. Support a locally owned and operated small business. Competitive rates and prompt service by licensed technicians. Annual residential protection packages also available. Call Tom at 403-815-8930.



# GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

## SHOP LOCAL



Support the local businesses  
that make our neighbourhood  
thrive, and make this  
publication possible.

**403-720-0762**  
[grow@greatnewsmedia.ca](mailto:grow@greatnewsmedia.ca)



SCAN ME