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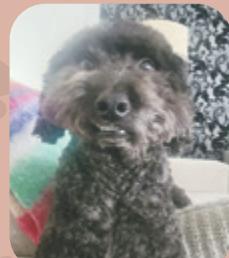
Betty White, Cranston



Dazi,  
North Glenmore Park



Jack, Seton



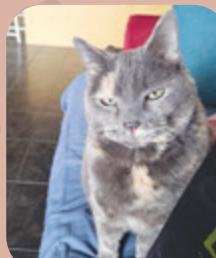
Leo, Nolan Hill



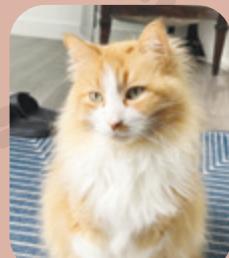
Rosie, Renfrew



Tango, Palliser



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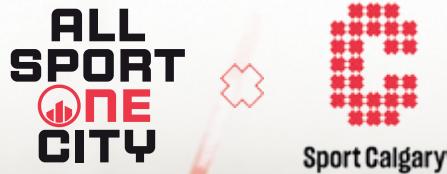
|           |    | Properties |      | Median Price |           |
|-----------|----|------------|------|--------------|-----------|
|           |    | Listed     | Sold | Listed       | Sold      |
| November  | 25 | 18         | 18   | \$544,950    | \$539,525 |
| October   | 25 | 30         | 24   | \$569,900    | \$564,750 |
| September | 25 | 35         | 18   | \$442,400    | \$434,000 |
| August    | 25 | 24         | 28   | \$424,500    | \$411,250 |
| July      | 25 | 31         | 27   | \$619,000    | \$605,000 |
| June      | 25 | 27         | 22   | \$609,400    | \$590,250 |
| May       | 25 | 32         | 33   | \$559,000    | \$570,000 |
| April     | 25 | 30         | 20   | \$699,900    | \$701,950 |
| March     | 25 | 30         | 22   | \$547,395    | \$536,000 |
| February  | 25 | 25         | 19   | \$599,000    | \$595,000 |
| January   | 25 | 26         | 11   | \$499,000    | \$495,000 |
| December  | 24 | 8          | 13   | \$470,000    | \$460,000 |

To view more detailed information that comprise the above  
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# VOLUNTEERS NEEDED

If you would like to revive the Walden  
Community Association, please  
contact the City of Calgary by calling  
3-1-1.



# Chinook Blast: Calgary's Signature Winter Celebration Is Back

by *The City of Calgary*



## On Deerfoot Trail

by Garth Paul Ukrainetz

On Deerfoot Trail the potholes grow  
A little larger every day  
They never seem to fill them in  
We zig and zag along the way

On Deerfoot Trail bad tempers show  
The need for speed in rush hour mess  
The faster lane ain't always faster  
The quicker route ain't always best

On Deerfoot Trail the snow plows blow  
They clear the slushy slop away  
But cars still slide into the ditch  
On icy road there's hell to pay

On Deerfoot Trail the tail lights glow  
Like blood cells flow within a vein  
The city's major artery  
Bright Stampede Red this freeway train

On Deerfoot Trail a rodeo  
Corralled commuters, Calgary  
Bronc riding on this road together  
Until we exit, until we're free

Chinook Blast is Calgary's ultimate winter festival that showcases the very best of our city. For six years, this celebration has brought winter magic to life—and we're just getting started.

From January 30 to February 16, Chinook Blast returns, promising the most spectacular experience yet. We're turning up the heat at Eau Claire Plaza, transforming it into a dazzling winter wonderland filled with vibrant art installations, live music, and unforgettable adventures.

Built by Calgarians, for everyone, Chinook Blast is proudly local. It's a family-friendly, inclusive festival that celebrates creativity and community while drawing visitors from across Calgary and around the world.

Join us as we make winter extraordinary. Learn more at [chinookblast.ca](http://chinookblast.ca).

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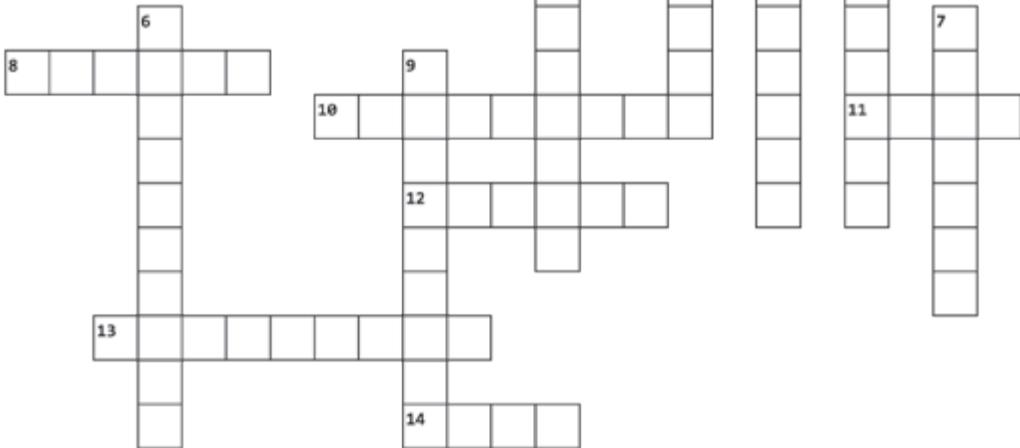
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# January Crossword



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scan the QR code for  
the answers



## Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an \_\_\_\_\_ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

## Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World \_\_\_\_\_ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, \_\_\_\_\_ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in \_\_\_\_\_, Scotland.
6. The crime drama series, *The Sopranos*, starring James \_\_\_\_\_ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in \_\_\_\_\_, Alberta.
9. Jane Austen's romance novel *Pride and \_\_\_\_\_* was originally published on January 28, 1813.

## Ogden Road SE Realignment

by The City of Calgary



To prepare for the future Lynnwood/Millican and Ogden Green Line LRT stations, North Star Contracting Inc. has started the realignment of Ogden Road SE, between the Canadian National Railway rail bridge and 69 Avenue SE. Ogden Road will shift to the west to make space for the Green Line, which will run between the new road alignment and the Canadian Pacific Kansas City (CPKC) railway.

### What Is Happening?

- Road construction, utility work, and tree removals, followed by restoration, will be conducted into next spring.
- New multi-use pathways will be added on both sides of Millican Road and along the west side of Ogden Road to improve mobility near Pop Davies Athletic Park.
- A new parking lot with about 100 spaces will be built at the south end of the park supporting public parking and continued use of the park.
- Construction on the Lynnwood/Millican Road Transit facility and corresponding parking lot will also begin.

### Access During Construction

- Parking and access to Pop Davies Athletic Park will remain available.
- Two-way vehicle access along Ogden Road and Millican Road will be maintained.
- Pedestrian and cyclist access connecting Ogden Road and Millican Road will be maintained via a temporary multi-use pathway.
- The informal gravel parking lot on the west side of Ogden Road will be permanently removed for the new alignment.

The community should anticipate partial lane closures, truck traffic, and construction noise, dust, and debris. This project is scheduled for completion by early summer 2026.

For more information, please visit [calgary.ca/GreenLine](http://calgary.ca/GreenLine).

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SCAN ME



## Egyptian Gem

January's birthstone is the garnet, but did you know that this gem was used by ancient Egyptians! As far back as 3000 BC, Egyptians used garnets for their jewellery, amulets, and burial artifacts. The Egyptians considered garnets a symbol of royalty and power. Perfect for any Pharaoh!

# Caring for an Aging Parent: Strategies for When the Going Gets Tough

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



### Emotional Strategies (Inner Work and Regulation)

#### 1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

#### 2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

#### 3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

#### 4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

### 5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

#### 6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

#### 7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

### Situational Strategies (Practical Boundaries and Care Structures)

#### 1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t

handle daily visits." Say it out loud, write it down, and share with other family members if needed.

## 2. Establish Firm Communication Boundaries

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: "I'm not willing to be spoken to that way. I'll come back when you're ready to talk respectfully."

## 3. Use Neutral, Brief Responses

When provoked, respond with calm neutrality ("I hear you," "That's your opinion," "Okay"). Avoid arguing, explaining, or defending—it fuels conflict.

## 4. Set Structured Routines

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

## 5. Engage Outside Help When Possible

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

## 6. Protect Your Physical Space

If your parent lives with you, designate "off-limits" areas or private times. If you live separately, establish boundaries around unannounced visits or excessive calls.

## 7. Use Written Communication for Sensitive Topics

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

## 8. Plan for Respite and Breaks

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

## 9. Involve Professionals for Tough Conversations

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

## 10. Prepare for Emotional Pushback

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."



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# Rethinking New Year's Resolutions: A Kinder Approach to Food and Health

by Andrea Kroeker

January is often framed as a month of fresh starts and for many that means making resolutions about food, weight, or exercise. Often resolutions built on restriction don't last past February. When we set rules that feel rigid or punishing our natural response is to rebel against them. Then comes guilt, frustration, and the sense of "failing" before the year has even begun.

But there is another way to think about the new year, one that moves away from dieting and toward a more compassionate, sustainable relationship with food.

### Why Diet-Focused Resolutions Backfire

Traditional resolutions tend to sound like this:

- "No sugar for 30 days."
- "Cut carbs."
- "Lose X pounds."

But these rules ignore how human behaviour works. When we restrict food, our brain interprets it as a threat. Hunger hormones increase, cravings intensify, and the foods we try to avoid become even more appealing. This isn't a lack of willpower, it's biology.

Diet-focused resolutions also reduce health to a number on the scale, overlooking emotional well-being, social connection, culture, and daily rhythms that shape eating habits.

### A Non-Diet Alternative: Intention Over Restriction

Intuitive eating is a framework developed by dietitians and supported by evidence where it invites people to step away from dieting and reconnect with their body's cues: hunger, fullness, satisfaction, and emotional needs.

Instead of making weight-centered promises, consider intentions that foster curiosity and self-trust. For example:

- "I will pause before meals to check in with my hunger level."
- "I will add foods that help me feel energized, rather than cutting foods out."



- "I will explore movement that feels good instead of forcing punishing workouts."
- "I will practice being kinder to myself when I eat emotionally or feel stressed."

These intentions are flexible. They honour daily life and recognize that eating is not only physical but also social, emotional, and joyful.

### Honouring Satisfaction, Not Perfection

A key idea in intuitive eating is satisfaction. When meals feel satisfying, flavourful, comforting, and nourishing it becomes easier to stop eating when full. In contrast, when meals are very low in calories or overly "clean," we often roam the kitchen afterwards searching for something to "hit the spot" and satisfy our hunger.

Allowing preferred foods (yes, including treats or fun foods) within a balanced pattern reduces the urgency and guilt that often lead to overeating.

### A More Compassionate January

The new year does not need to be a self-improvement project. It can be a moment to practice gentleness, to notice small wins, and to reconnect with what truly matters—energy, pleasure, connection, and care.

Resolutions don't have to shrink you. They can expand your life.

As you step into January, consider what it would look like to trust your body a little more and judge it a little less. You might find that the most meaningful change comes not from tightening rules but from letting them go.

# Understanding Mental Health

by Recovery Alberta – Community Health Promotion Services

Mental Health is complicated. There are many ways to talk about it, and it can get confusing. To better understand, Mental Health Literacy developed a tool known as “the pyramid” that consists of four layers. The base of the pyramid is the largest, which is related to the number of individuals in this state. Therefore, as the pyramid gets smaller so does the amount of people who may experience this state. Let’s take a closer look at what the four levels of the pyramid are:

## 1. No Distress, Problem, or Disorder

This is the bottom level and the largest of the pyramid. This is when everything is okay and you are not experiencing any mental distress, problems, or disorders.

## 2. Mental Distress

The next layer up is mental distress. Distress releases a signal from our brain indicating the need to adapt to our environment and that there is a problem to solve. Triggers of distress are unavoidable, but the process is necessary for life-skills promoting and building resilience. An example is having an argument with your boss. Once you figure out a solution the mental distress goes away.

## 3. Mental Health Problem

The layer second from the top is mental health problems which is an indicator that we are having difficulties and may need external help such as counselling or community support. This can arise from a stressor of great amount, such as the death of a loved one.

## 4. Mental Disorder/Illness

Located at the top of the pyramid is mental illness. This occurs when there is disruption in usual brain functioning. This disruption is the result of our genes and our environment from the time of conception and throughout the lifespan. Examples of this can be the diagnosis of ADHD, Clinical Depression, and Anxiety.

Now that we have a better understanding of these terms, here are everyday things you can do for your mental health, also known as the Big Five to Thrive!



## The Big Five to Thrive

- 1. Exercise:** This could be a walk in the community or a session at the gym.
- 2. Sleep:** The optimal amount needed varies for everyone. Put away your phone and snuggle up for a good night's sleep.
- 3. Supportive Relationships:** Develop and maintain positive relationships with family, friends, and community. Surround yourself by those who lift you up.
- 4. Nutrition:** Incorporate healthy foods that are easy to make and taste great!
- 5. Helping Others:** Get involved in your community coalitions or volunteer with local charities.

It has been shown that improving even one of these areas can improve the other areas. Consider steps that are practical to you to better your mental health!

## Word of the Month



**Zenith:** noun  
(zee-nith, zen-ith)

**The highest point of something.**

Their career reached its zenith in the 1970s.

## Monthly Property Tax Payments Save You Time and Money

by The City of Calgary



Tax Instalment Payment Plan (TIPP) is the most popular way to pay property tax in Calgary. Here's why:

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It's easier than ever to join TIPP. Our online process streamlines registration and confirms your enrolment, allowing you to join fast and easily from the comfort of your home. All you need is your property's roll number and your banking details.

You can enroll anytime during the year, and we'll adjust your payments to ensure your tax bill is fully paid by year's end. If you join for January 1, your tax payments will be spread over 12 months, if you join for February 1, your payments will be spread over 11 months, and so on.

Your 2026 property tax bill will be mailed out in May. To avoid late payment penalties, you must join TIPP or pay the total amount of your 2026 property tax bill before the payment deadline of June 30, 2026.

Join TIPP today at [calgary.ca/TIPP](http://calgary.ca/TIPP) to get started and enjoy easier budgeting for the years ahead!



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**Stephanie Kusie**

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✉ [stephaniekusiemp.ca](http://stephaniekusiemp.ca)

Dear Constituents of Calgary Midnapore,

I hope your homes were filled with joy over the holidays and that you were able to rest and recharge.

Since returning home to the riding in mid-December, I've had the pleasure of attending several local events, including a special visit with the Mid-Sun Seniors group. I also hosted my annual Christmas Jingle and Mingle and constituent meetings.

Sadly, I continue to hear about how the high cost of living is negatively impacting constituents of all ages. Whether it's being able to afford groceries or the pay rent/mortgage, Canadians are struggling. Many of you have also expressed deep concerns about Bills C-2 (Strong Borders Act), C-8 (An Act respecting cyber security), and C-9 (Combatting Hate Act). Conservatives agree and have been working hard to ensure these Bills are amended to protect your privacy and individual freedoms. You can follow the progress of all legislation before the House of Commons and the Senate online at [www.parl.ca/legisinfo](http://www.parl.ca/legisinfo).

Parliament resumes in late January and as Shadow Minister for the Treasury Board, I will continue to hold the Liberal government's feet to the fire at Public Accounts Committee. According to the Canadian Taxpayers Federation, a baby born today already owes Ottawa \$32,000. The government must stop borrowing money and start making it. Alberta's energy industry, if unleashed, would be key in generating the revenue Canada so desperately needs. Time will tell whether the Prime Minister will remove the Liberal legislation that has landlocked our resource industry and chased away investment for over a decade.

I sincerely hope that this new year brings with it a fresh mindset and renewed optimism for one and all. Please keep in touch and stay updated on my work by following me on social media and subscribing to my e-newsletter at [stephaniekusiemp.ca](http://stephaniekusiemp.ca).

Sincerely,

Stephanie

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