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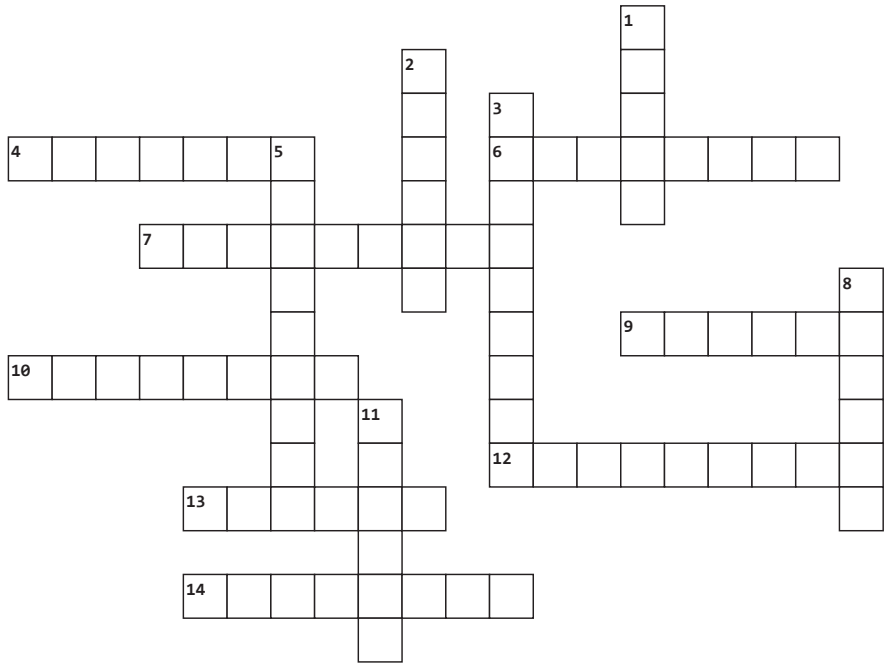
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February Crossword



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



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.

Save Our Parklands: Glenmore Reservoir

by Jennifer Baldwin and Karen Arndt

Our city is rapidly changing with new development and considerations for what the future will look like. The city has to make room for new development as the demand for housing increases, but what does smart city planning look like? The City of Calgary has set forth numerous planning guidelines to ensure that the future of our city is flourishing and sustainable, yet these principles are being compromised as Calgary's parks and greenspaces are under threat by development. Parks and greenspaces are natural assets and are quintessential for the health and well-being of citizens.

The Municipal Development Plan is a guiding document the City of Calgary uses as a blueprint for Calgary's future. It focuses on prioritizing ecological protection for natural areas, open spaces, and parks (pg. 63), improving the aesthetic quality and sense of place for all communities and landscapes, (pg. 63) reducing disruption and fragmentation of habitat (pg. 64), protecting, restoring, and expanding Calgary's urban forests, providing adequate space and environmental conditions for forests to thrive, (pg. 74) and including parks and natural assets as part of Calgary's heritage, natural history, and identity (pg. 64).

The Biodiversity Strategic Plan is a ten-year framework for the city's commitment to protecting and restoring the natural environment. "Our vision is to value Calgary's diversity and richness in wildlife, vegetation, and landscapes (pg. 39). It is about greening the city, prioritizing maintaining biodiversity and landscape diversity. It is clear that Calgarians want a healthy natural environment and aspire to a lifestyle that will reduce their ecological footprint (pg. 16).

The Calgary Climate Strategy states the city plans to "improve the climate resilience of natural infrastructure" [which includes trees and parks that help sequester carbon dioxide] ... "to provide a thriving landscape into the future (e.g., restoring underutilized spaces, selecting native species and drought tolerant vegetation ... and maintaining green stormwater infrastructure)" (pg. 72). "Calgary has already experienced significant climate



events (e.g., flooding, severe storms, extreme heat, and wildfires)" which "are expected to increase in frequency, intensity, and variability" (pg. 52 and 53). "Climate change threaten[s] the health and well-being of communities and ecosystems" and comes at a financial cost (pg. 54).

Currently, this cost is averaging \$1.9 billion per year and is projected to be between \$30 to \$62 billion by the 2050s. (pg. 52). "According to the Global Commission on Adaptation, every dollar invested in climate adaptation will have an averaged six dollar return on investment" (pg. 54). Calgary's plan to double the tree canopy by 2060 would require planting 3,500 to maintain numbers and another 4,000 for expansion. Calgary is far behind this goal and from 2000 to 2022, it has substantially lost its greenspace from being at 54.1% to 37.6% (Stats Can).

It's our duty to protect these lands, once greenspace is gone, we can no longer buy it back. We understand the city's need to densify, but must it come at the cost of our precious greenspaces and parklands?



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Love on a Shoestring

by Danielle Robbertze

Valentine's Day can be expensive. We would all like to give our partner the world to show our appreciation, especially on the day dedicated to love. But that is not always possible. Valentine's Day is said to be the fifth largest consumer spending event in the world. It is estimated that \$25.9 billion (USD) was spent on Valentine's Day in 2023!

There are a few ways in which you can show your love without breaking the bank. Firstly, it would probably be wise to ask your partner what they would like for Valentine's Day. This may take away the surprise element of the day, but you could be surprised about what they want and how cost-effective it could be. Often you will see that all they want is some quality time. So set up a movie night at home or a lovely homecooked dinner. It is often the romantic gestures that count more than a diamond necklace or bouquet of roses.

Valentine's Day on a budget is a time to think creatively. Test out those DIY skills. You never know how much a handcrafted gift could mean to a loved one. Check out ideas online on how to make the perfect gift. You could make a special collage or photo album of all your favourite moments together. As cheesy as it might seem, you can never go wrong with a heartfelt love letter, one that your partner will cherish for years to come.

It is important to set a budget for yourself and your partner. This way you do not create too high of expectations for yourself or your partner. Plan ahead and plan together. The day is dedicated to spending time together so why not put in some money together to do something truly special like a weekend getaway or a romantic dinner at a swanky restaurant.

Consider celebrating the weekend after February 14, that way you and your partner can score some great deals with marked off items. This may seem unconventional, but it could be more special to set out your own Valentine's Day, away from the hustle and the bustle of the actual day.

There are so many ways in which you can save money on Valentine's Day whilst still expressing your love. Take away the pressure and expectations of stereotypical gifts and set your own path to celebrate this day. A path as unique as your relationship and love for your partner. Love is not chocolates, roses, or jewellery. True love is being with one another and cherishing that person for everything they are, flaws and all.

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SAFE & SOUND

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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by the City of Calgary

The best way to reduce single-use items waste is to stop using them whenever possible. Using less single-use items will help reduce garbage and litter. Calgary's new Single-Use Items Bylaw started January 16.

It focuses on waste reduction by encouraging Calgarians to avoid single-use items where practical, ask for items as needed, or choose reusable options. Businesses will be required to charge a minimum fee on new paper and reusable bags and provide foodware accessories (utensils, napkins, straws, chopsticks, etc.) by request only.

Calgarians can do their part by asking for only the bags and foodware accessories they need, and by bringing their own bag to avoid the fees. This bylaw applies to in-store, take-out, drive-thru, delivery, and online ordering. Learn more at calgary.ca/singleuse.



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October 23	7	7	\$659,900	\$640,000
September 23	13	10	\$839,500	\$827,500
August 23	7	7	\$848,500	\$830,000
July 23	8	10	\$774,000	\$770,000
June 23	16	12	\$859,700	\$846,000
May 23	8	5	\$1,149,900	\$1,155,500
April 23	7	13	\$669,000	\$655,000
March 23	16	10	\$899,000	\$917,500
February 23	2	3	\$554,900	\$554,900
January 23	4	2	\$1,254,950	\$1,217,500

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NORTH GLENMORE PARK DECEMBER 2023 STATISTICS



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