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		Listed	Sold	Listed	Sold
January	24	7	7	\$799,900	\$784,000
December	23	2	3	\$675,000	\$653,200
November	23	10	10	\$739,450	\$732,000
October	23	6	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	8	13	\$669,000	\$655,000
March	23	16	10	\$899,000	\$917,500
February	23	2	3	\$554,900	\$554,900

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# Ten Tips for Dealing with Parental Estrangement

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



Parental estrangement is emotional and physical distancing between a parent/s and their adult child, resulting in a strained or severed relationship. It can be triggered by various factors such as disagreements, misunderstandings, differing values, or more serious issues like emotional or physical neglect or abuse. The reasons behind parental estrangement are complex, and individuals may choose to distance themselves from a parent for their own wellbeing. The experience is emotionally challenging for both the parent/s and the adult child involved.

The following are tips which offer help for either person of the estrangement:

- 1. Acknowledge Your Feelings:** Accept and validate your emotions. Feelings of loss, anger, and confusion are valid responses to the situation.
- 2. Build A Support Network:** Surround yourself with friends or support groups who can offer understanding and encouragement.
- 3. Establish Healthy Boundaries:** Clearly communicate and enforce boundaries that protect your emotional wellbeing.
- 4. Practice Self-Compassion:** Be kind to yourself and avoid self-blame. Estrangement is a complex situation.
- 5. Focus On Personal Growth:** Use the experience as an opportunity for self-discovery and personal development.
- 6. Journaling:** Write down your thoughts and feelings to gain clarity and process your emotions.
- 7. Engage In Activities You Enjoy:** Invest time in hobbies and activities that bring you joy and fulfilment.
- 8. Explore Forgiveness:** Consider forgiveness as a personal process, recognizing that it doesn't necessarily mean reconciliation.
- 9. Give It Time:** Healing from parental estrangement is a gradual process. Be patient with yourself and the situation.
- 10. Seek Professional Help:** Consider therapy to help navigate and express the complex emotions that come with parental estrangement. Therapists can teach effective communication skills to navigate difficult conversations if your child wants to talk. Therapy offers a chance to explore the root causes of the estrangement, helping individuals gain insight into their own contribution to the misunderstanding. Therapists will teach you healthy coping strategies to manage emotions. Finally, therapy can help you understand, create, and enforce healthy boundaries for the repaired relationship moving forward.

Therapy is a personalized journey, and the specific benefits can vary depending on individual circumstances and goals. Remember, there is help and hope.

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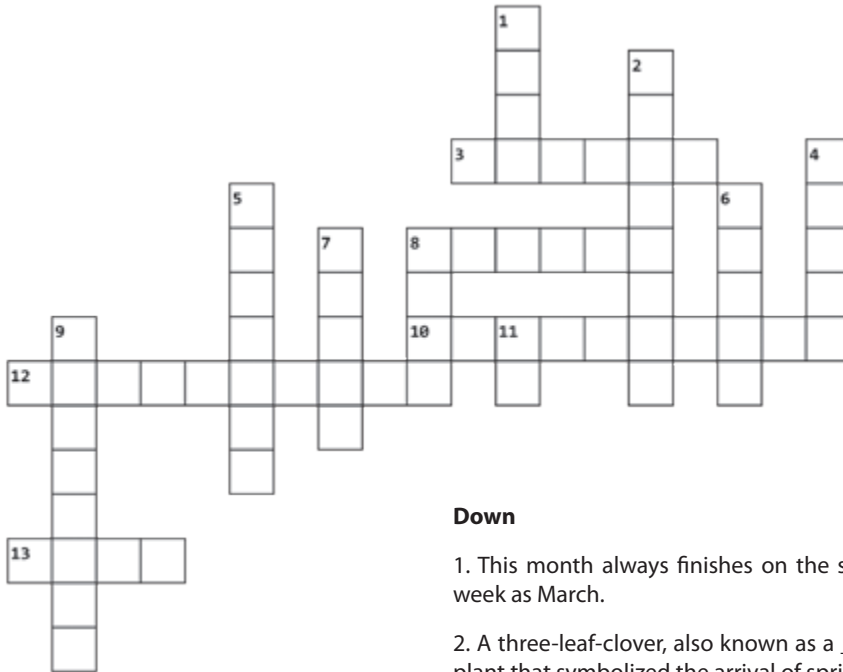
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# March Crossword



## Across

3. The \_\_\_\_\_ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin \_\_\_\_\_, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The \_\_\_\_\_ of March is well-known as the day Julius Caesar was assassinated.

## Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a \_\_\_\_\_, is a plant that symbolized the arrival of spring for the Celts.
4. International \_\_\_\_\_'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud* \_\_\_\_\_ by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient \_\_\_\_\_ calendar.
8. Alexander Graham \_\_\_\_\_ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers

### Explore the City of Calgary Roadway Activities Map

by the City of Calgary

Curious about the ongoing road projects in your area? Wondering when the last time your neighbourhood roads were repaved? Plan your routes with ease by checking out the City of Calgary Roadway Activities Map. This interactive map compiles information on construction projects, repair work, and special events across Calgary. Visit <https://maps.calgary.ca/RoadwayActivities/> to stay informed and navigate the city hassle-free.

To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.



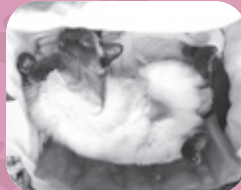
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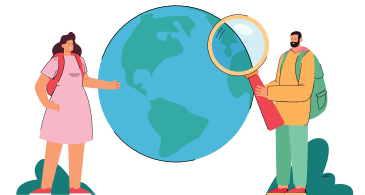
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## GAMES & PUZZLES

### Guess the Country!

1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



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

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# Housing, Developments, and Community Associations

by Harris Hanson



We are all aware of the housing crisis facing our city, with the number of people moving here. Despite the increasing cost to buy or rent a home, it seems more affordable than Vancouver and Toronto. Finding the right way to provide affordable or subsidized housing is a serious challenge. We must be careful so as not to experience the extent of problems with homelessness that cities like Vancouver and Portland, Oregon have had. If and where high-rise residential developments are permitted, we must ensure that they are wisely located and have the desired effect of producing more affordable housing. As with other densification measures, thought must be given to the number of vehicles being added to local traffic, preserving local parks and green space and (in a world that is getting warmer) protecting our water supplies, that will have to support the growing population.

Just a few years ago, who expected that we would be in this predicament? During our last mayoralty debate, our current mayor denied that the City was selling parkland and trying to increase property tax revenue, calling such allegations lies.

Even before the recent influx of immigrants to Calgary, we were seeing serious problems with homelessness, aggravated by drug addiction/overdose/poisoning, which increased demand on our EMS and Police services. With people using homeless shelters also having access to our rapid transit system, they were appearing in increasing numbers in and within easy walking distance of LRT stations. Our police service

is now hiring 50 more officers and trying to integrate with transit safety and social services in dealing with the increased demand on these systems.

People do have freedom to move from place to place in Canada. While it is a big country, our many newcomers are not required to reside in smaller communities and they do migrate to our cities, which aggravates the housing, homelessness, policing, and social problems.

We now have our ever growing and more expensive City administration (with endorsement by many city councillors) advocating for zoning changes to increase densification, with high rise residential development to accommodate low-cost housing - and increased use of rapid transit in established neighbourhoods, where people had already bought homes because of the nearby space and local amenities.

The process is fueled with reports by professional people with arguments to support those who would profit from the rezoning.

It seems that the same people at the City, who advocate for widespread rezoning, think that the opinions of residents of the affected neighborhoods - which include many professional people with an understanding of the process and the concerns of their communities - should not make them more careful to have and share with the public the information necessary to make important decisions concerning these matters.

If the City succeeds in getting all these high rises built, without having to provide new roads, think of all the extra property tax revenue it will have, to support its growing number of employees and their pensions, while homeowners nearby suffer the consequences. What is not to like, eh? What could go wrong?

There is an organization, funded with our property tax dollars, called the Federation of Calgary Communities (the FCC) which, lately, wants to be able to say that it speaks for the Community Associations (CAs) in respect of planning matters. It is a problem if the FCC wants to remain neutral (which would help proponents of rezoning in our communities get what they want) when that does not represent the wishes of the people living in our communities.

We have already seen an increase in door-to-door scammers and thieves looking to gain access to homes. Neighbors of mine just had a bold break-in at their home, in the middle of the night - while they and their kids were in their beds, sleeping.

We live in a democracy. The need to provide more housing should not mean that our elected officials can band together to change the rules or try to dupe Calgarians and their CAs out of advocating for their rights and interests, while ignoring or seeking to minimize the concerns of the people who elected them. This is a time when we should be supporting our local CAs, which have a unique role in responding to development proposals that affect people in their communities. There are points within the development process where the City will only consider input from CAs.

The City's website confirms that, according to City guidelines, CAs are expected to both "promote the protection of their community's natural resources and beauty" and "voice community concerns on issues affecting their community". Further, it confirms that a CA is expected to "provide information to residents through a newsletter and/or web presence and act as a unified voice on issues affecting the community, provide input into the planning and development process and foster good planning practices."

This is a time in our history when it is more important than ever that we make our concerns with development plans known to our CAs and help to support their efforts to advocate for us, given all the other things that they have traditionally done for our communities and need your help with.

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