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		Listed	Sold	Listed	Sold
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November	25	16	15	\$600,000	\$590,000
October	25	23	18	\$799,950	\$799,950
September	25	27	18	\$631,950	\$631,000
August	25	27	20	\$774,450	\$735,500
July	25	23	18	\$576,950	\$554,375
June	25	29	28	\$754,450	\$760,000
May	25	30	25	\$569,900	\$630,000
April	25	28	24	\$794,450	\$789,500
March	25	35	31	\$465,000	\$472,000
February	25	23	15	\$550,000	\$530,000
January	25	19	11	\$485,000	\$485,000

To view more detailed information that comprise the above
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SIGNAL HILL CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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A Modern Jonah

On February 13, 2025, Adrián Simancas experienced something truly biblical. While kayaking off Chile's Patagonian coast, Simancas was briefly swallowed by a humpback whale. The encounter, filmed by his father, lasted only a few seconds with the whale luckily spitting him out. What an over-whale-ming experience!

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Family Day

by Danielle Robbertze



From big to small, blood related or chosen, family forms an important aspect in all our lives.

That is why Family Day, celebrated on February 16 this year, is a delightful honour to those we hold so near and dear in our lives. Family Day in Alberta was first celebrated in 1990 and introduced by then Premier Don Getty. In fact, Alberta was the first province to declare Family Day as a statutory holiday. Over the years, other provinces followed Alberta's example. They include British Columbia, New Brunswick, Ontario, and Saskatchewan.

The aim of the day? To highlight the importance of family values. Moreover, Family Day gives us a much-needed break during one of the coldest months of the year. Before Family Day there was a large gap between statutory holidays (New Year's Day to Good Friday).

So, what exactly is family? Family can be defined in many different ways depending on the person you ask. From nuclear to single-parent families, adoptive to chosen families, blended to extended families, and even work families—we all find a way to be part of a familial bond. With such a diverse population in this province, a single Albertan's family could be separated by five kilometres to 15,000 kilometres.

And with Family Day falling so close to Valentine's Day each year, February truly is solidified as the month of love in Alberta. Remember this Family Day to call that long-distance relative, hug the ones close by, and celebrate all the family memories created over the years, and while you do all that you can create even more long-lasting memories.

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*

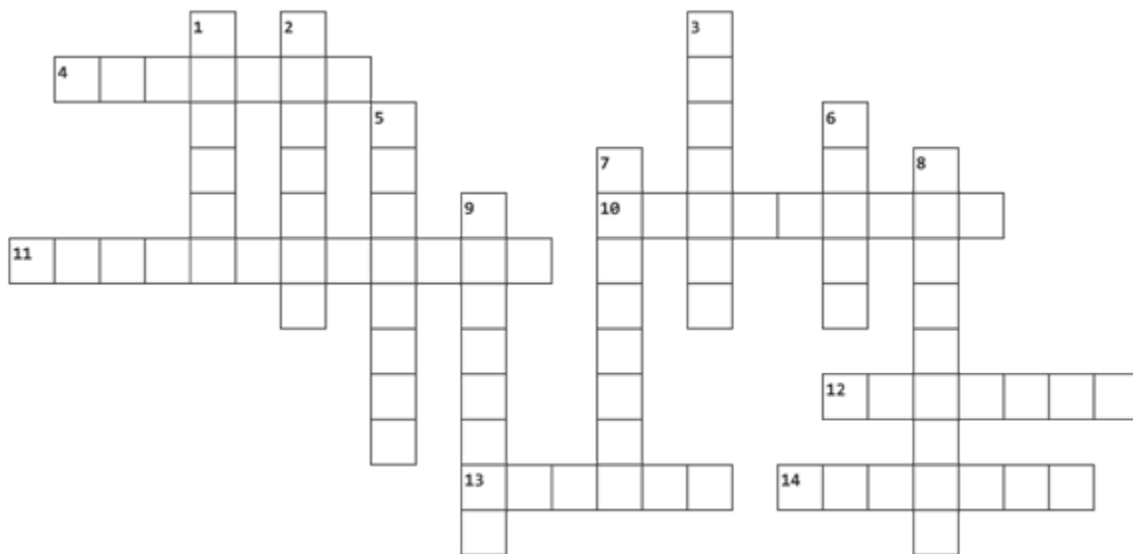
- High cholesterol*
- Age/Gender
- Family history

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.

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

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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SCAN ME



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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Celebrity Simmons

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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Councillor, Ward 6

John Pantazopoulos

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Hello Ward 6,

February is a busy and important month across Calgary, and I want to share a few timely updates and opportunities for residents to stay informed and engaged.

First, I encourage homeowners to review their 2026 Property Assessment, which was mailed in mid-January. The City's Customer Review Period runs until March 23, giving residents the chance to confirm property details, compare assessments with similar homes, and ensure values reflect the market as of July 1, 2025. Your assessment plays a key role in how property taxes are calculated. Tools and support are available online, and questions can be directed to 3-1-1.

February also brings opportunities to celebrate community and accessibility. From January 30 to February 16, Chinook Blast returns with winter activities, art, and events across the city. In addition, nominations for the Accessibility Awards open February 9, recognizing individuals and organizations making Calgary more accessible. These awards highlight the impact residents have when we build a city that works for everyone.

Youth ages 15 to 24 can connect with employers at the City's Youth Hiring Fair on March 26 at Stampede Park. Visit Calgary.ca/yechiring for ongoing announcements and advice on how to get prepared!

Next month, I look forward to continuing the conversation surrounding the repeal of blanket rezoning during Public Hearings. Many residents have shared thoughtful feedback about how growth and development affect established communities. I believe Calgarians deserve a planning process that is transparent, contextual, and responsive to local voices. I will continue advocating for meaningful engagement and practical solutions that respect neighbourhood character while planning responsibly for Calgary's future. Public Hearings are set to occur in March. For more information, visit our website at Calgary.ca/ward6.

As always, thank you for staying engaged and taking part in shaping our city.

Regards,

Councillor John Pantazopoulos



MLA Calgary-West

Mike Ellis

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✉ calgary.west@assembly.ab.ca

Entering the workforce is a vital first step toward building a strong, lifelong career. Alberta especially feels the impact as the result of rapid population growth through international immigration and the highest interprovincial migration of any other province. Young Albertans deserve access to jobs that help them learn, grow, and contribute.

Recently, the Alberta government initiated efforts to soften the reliance on temporary foreign workers by investing \$8 million into the Alberta Youth Employment Incentive in order to spur 1,000 businesses to hire 2,500 young people.

Alberta's government is providing \$8 million for the new Alberta Youth Employment Incentive, which provides grants to employers to offset costs associated with hiring, training, and employing youth from ages 15 to 24.

Beginning in October 2025, employers have been eligible for one of two incentive amounts. Those who hire one to two young workers for a combined total of at least 400 hours, will be eligible to receive \$4,000. Employers who hire three to five young workers with a combined total of at least 750 hours, will be eligible to receive \$7,500. Through this initiative, Alberta's government is helping pay \$10 of the hourly wage for young workers.

The Alberta Youth Employment Incentive will be managed by CAREERS—a long-standing not-for-profit organization that helps young people connect with employment. CAREERS will be responsible for delivering grants, determining eligibility, and ensuring employers have the information they need. Applications by employers can be made through the CAREERS website.

Additionally, the provincial government is developing a digital badge for youth who have worked a minimum of 200 hours and pass a skills-verified employer assessment. This badge can be highlighted on resumes, helping businesses know they are hiring a young person who has demonstrated and developed meaningful skills in a workplace.

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