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Terms and Conditions Apply.

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 23	7	3	\$649,888	\$636,000
November 23	9	12	\$499,450	\$507,450
October 23	13	9	\$535,000	\$526,000
September 23	9	8	\$604,894	\$611,500
August 23	20	18	\$499,950	\$502,500
July 23	12	9	\$538,900	\$551,500
June 23	18	18	\$514,450	\$540,000
May 23	20	22	\$597,450	\$588,700
April 23	14	14	\$503,950	\$515,625
March 23	19	17	\$539,000	\$550,000
February 23	20	22	\$491,200	\$498,750
January 23	16	11	\$525,000	\$524,500

To view more detailed information that comprise the above  
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Michèle Kawa	Fun Run
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Vacant	Development Committee
Charlotte Schank	Community Garden Committee

To contact the SCA, email [info@silveradoca.ca](mailto:info@silveradoca.ca)

## COMMUNITY ASSOCIATION NEWS

All residents of Silverado, Belmont, and Yorkville are invited to attend our meetings. If you wish to join us or if you have any questions, please feel free to email us at [info@silveradoca.ca](mailto:info@silveradoca.ca).

Do you love to cook? Or want to learn? Have you come up with a yummy recipe? Or had one passed down through the generations? We would love to hear from you! We will be starting a Recipe of the Month section in our newsletter, and would love to include diverse items that represent our community! Please send any submissions to [info@silveradoca.ca](mailto:info@silveradoca.ca)!



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### News, Events, & More



### Crime Statistics



### Real Estate Statistics





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Family Name: .....

Date: .....

Applicant's First Name(s): .....

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Postal Code: .....

Email: .....

- The easiest way to become a member is by registering on our website.
- Memberships cost \$25 per year for each address and are renewable annually. You may alternatively mail an application form to: Silverado Community Association, 141 Silverado Creek Crescent SW, T2X 0C5, or send an email to [info@silveradoca.ca](mailto:info@silveradoca.ca). Cheques are payable to Silverado Community Association. Please allow three to four weeks for your membership to be delivered to your home address.
- Members of the community association are welcome to attend SCA-sanctioned events throughout the year. Not only will you be able to meet others within Silverado, but you will help build a better sense of community in our neighbourhood.
- Stay connected with what is happening within your community. Members are kept up to date on the developments within and around the community.
- Silverado Community Association is actively looking for volunteers to help out with community events and for board positions. If you are interested in volunteering your time to make Silverado a better community, please send inquiries to [info@silveradoca.ca](mailto:info@silveradoca.ca).
- Silverado Community Association updates can be found on our website at [silveradoca.ca](http://silveradoca.ca).



Follow Silverado Community Association on Facebook  
[www.silveradoca.ca](http://www.silveradoca.ca)

# Seven Key Things to Make Your Relationship Work

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



What can you do to create a lasting relationship? Get a copy of John Gottman's *Seven Principles for Making Marriage Work*. Below is a sneak peek:

**Enhance your love maps.** Happy couples are very familiar with their partner's world. According to Gottman, these couples have "a richly detailed love map — my term for that part of your brain where you store all the relevant information about your partner's life." You know everything from your partner's favourite movies to what's currently stressing them out, you know some of their life dreams, and they know yours.

**Nurture fondness and admiration.** Happy couples respect each other and have a general positive view of each other. Fondness and admiration are two of the most important elements in a satisfying and long-term relationship. If these elements are completely missing, the marriage can't be saved. A helpful activity to remind couples of the partner they fell in love with is called "I appreciate." List three or more of their partner's positive characteristics along with an incident that illustrates each quality. Then read your lists to each other.

**Turn toward each other.** Romance isn't a Caribbean cruise, an expensive meal, or a lavish gift. Rather, romance lives and thrives in the everyday, little things. "Real-life romance is kept alive each time you let your partner know they are valued during the grind of everyday life." For instance, romance is leaving an encouraging text for your partner when you know they are having a bad day. Or romance is when you are running late but take a few minutes to listen to your partner's bad dream and saying that you'll discuss it later (instead of saying "I don't have time"). This might seem boring but turning toward each other in these ways is the basis for connection and passion. Couples that turn toward each other have more in their "emotional bank account." This account distinguishes happy marriages from miserable ones. Happy couples have more goodwill and positivity stored in their bank accounts, so when rough times hit, their emotional savings cushions conflicts and stressors.

**Let your partner influence you.** Happy couples are a team that considers each other's perspective and feelings. They make decisions together and search out common ground. Letting your partner influence you isn't about

having one person hold the reins, it's about honouring and respecting both people in the relationship.

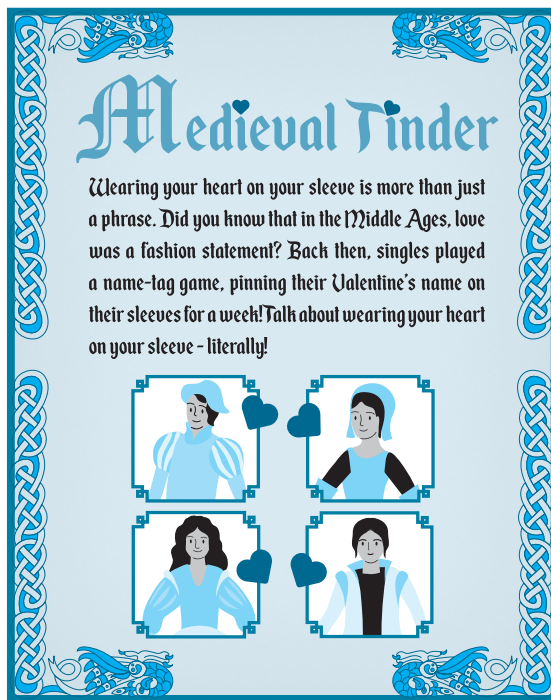
**Solve your solvable problems.** There are two types of marital problems: conflicts that can be resolved and perpetual problems that can't. It's important for couples to determine which ones are which. According to Gottman, "One way to identify solvable problems is that they seem less painful, gut-wrenching, or intense than perpetual, gridlocked ones." Solvable problems are situational, and there's no underlying conflict. Gottman devised a five-step model for resolving these conflicts that can be found in his book.

**Overcome gridlock.** The goal with perpetual problems is for couples to "move from gridlock to dialogue." What usually underlies gridlock is unfulfilled dreams. "Gridlock is a sign that you have dreams for your life that aren't being addressed or respected by each other." Happy couples believe in the importance of helping each other realize their dreams. The first step in overcoming gridlock is to determine the dream or dreams that are causing your conflict. The next steps include talking to each other about your dreams, taking a break (since some of these talks can get stressful), and making peace with the problem. "The goal is to 'declaim' the issue, to try to remove the hurt so the problem stops being a source of great pain."

**Create shared meaning.** "Marriage isn't just about raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together. A culture rich with rituals, and an appreciation for your roles and goals that link you, that lead you to understand what it means to be a part of the family you have become." And that's what it means to develop shared meaning. Happy couples create a family culture that includes both of their dreams. Being open to each other's perspectives and opinions, happy couples naturally come together.

**Bonus: Intentional date nights.** If you struggle with ideas for date nights, grab a copy of Gottman's *Eight Dates*. Being intentional about having regular date nights is an important factor to continued connection.

If you need some help along the way, look for a level three trained Gottman therapist to keep you accountable and help your relationship thrive.



## GAMES & PUZZLES

### Guess The Duo!

1. This love-hate duo is on a quest to save a princess while fighting a fire-breathing dragon.
2. These stepbrothers create zany projects to make the most of their summer vacation.
3. This pop duo from the 60s are well known for their song "I Got You Babe".
4. These frenemies, created by William Hanna and Joseph Barbera, have been playing cat and mouse since 1940.
5. This fantasy duo set out on a journey through the misty mountains to save Middle Earth.
6. This superhero duo attempts to thwart the evil plans of villains in Gotham.



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

### SCAN THE QR CODE FOR THE SOLUTION

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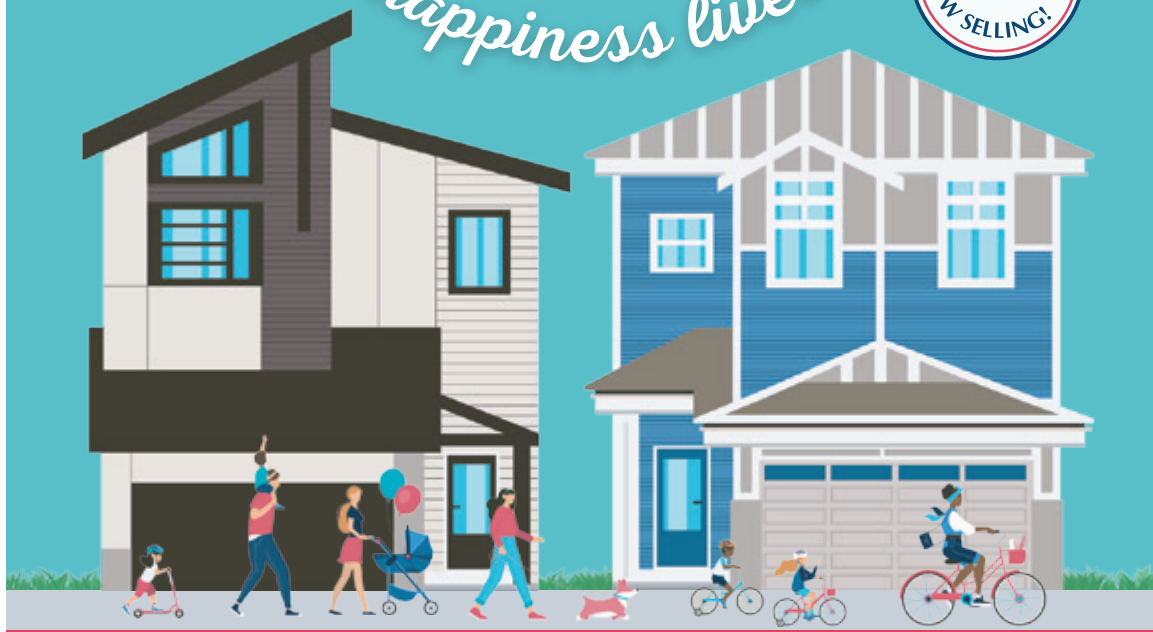
The shortest month of the year is one of the most misspelled words in the English language. February is like that mischievous word that trips up even the most seasoned spellers! It's the spelling bee's sneaky little riddle, playing hide-and-seek with that elusive "r" and making a twisty-turny challenge out of a seemingly simple month!



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