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	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 23	9	10	\$507,450	\$515,000
November 23	15	11	\$524,900	\$515,000
October 23	17	13	\$530,000	\$520,000
September 23	16	14	\$557,450	\$562,500
August 23	26	23	\$505,000	\$500,000
July 23	21	19	\$529,900	\$521,000
June 23	26	20	\$892,500	\$866,900
May 23	25	19	\$995,000	\$1,050,177
April 23	17	17	\$524,800	\$537,500
March 23	26	15	\$849,000	\$845,000
February 23	16	11	\$960,000	\$949,000
January 23	7	9	\$484,900	\$485,000

To view more detailed information that comprise the above
MLS averages please visit asp.mycalgary.com

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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

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PARK**

**ASPEN
WOODS**



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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SCA Community Centre

277 Strathcona Drive SW, T3H 2A4

T: 403-249-1138

F: 403-249-7811

Email

info@scacalgary.ca

Emergency

403-214-1838

Website

www.scacalgary.ca

Office Hours: Monday to Friday, 10:00 am to 1:00 pm

SCA Board of Directors

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Rink Volunteer Coordinator	info@scacalgary.ca

Contact us at info@scacalgary.ca

ELECTED REPRESENTATIVES

Ron Liepert – MP, Calgary Signal Hill	Ron.liepert@parl.gc.ca	403-292-6666
Mike Ellis – MLA Calgary West	Calgary.west@assembly.ab.ca	403-216-5439
Richard Pootmans – Councillor, Ward 6	Eaward6@calgary.ca	403-268-1646
Patricia Bolger – Public School Trustee		
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MESSAGE FROM THE BOARD

Dear SCA community members,

Welcome to our February edition of the *Gazette!* Love is in the air.

As we step into the month of February, our hearts are set with the warmth of love and the promise of connections. Valentine's Day, a celebration of love, extends beyond your traditional romantic relationships. It's a time to express our appreciation and strengthen the bonds we share with family, friends, and as equally important our entire SCA community.

Valentine's Day is not just about romantic love as we are led to believe on TV and in today's world of social media; it's a celebration of all forms of connections. It's a reminder to express our gratitude, kindness, and affection to those who affect our lives in a positive way. In our community, it's an opportunity to strengthen the ties that make us a close knit-community.

If you are looking for ideas on how to celebrate Valentine's Day, below are a few suggestions.

Family Bonding: Plan a cozy family dinner or a movie night at home. Share stories, express gratitude, and create lasting memories with your loved ones. Be present in the moment!

Friends' Gathering: Organize a potluck or game night with friends. Celebrate the joy of friendship and the support system that makes life in our community what it is.

Community Engagement: Join our annual community Family Day skating at the SCA on February 19, 2024. This will give you the opportunity to get to know your fellow residents and create lasting connections among all. (Family Day skate is dependent on weather conditions)

2024 brings an extra day to our calendars with the arrival of the leap year on February 29. Take advantage of this bonus day and consider doing something special to make the most of this unique occurrence that happens every four years.

A safety reminder for community members with the days getting longer, it's essential to ensure the safety of our residents and children. As we enjoy the extended daylight hours, be mindful of outdoor safety.

Whether you're walking, jogging, or biking, make sure you're visible with reflective gear, and remain vigilant in your surroundings. With the freeze and thaw ambient temperatures this year, ice on sidewalks has been a challenge, please remember to wear proper footwear while enjoying the great outdoors.

As we embrace the love that February brings us, let's also embrace the safety of our community and the curiosity that makes us lifelong learners. Here's to a month filled with love, connection, and safety!

Wishing everyone in our community a safe and happy Valentine's Day.

Until next month neighbours!

Your SCA CA Board of Directors



SUPERHERO OF TIME

We all know Leap Day occurs on February 29 every four years. But did you know without leap day swooping in every four years, our calendar would be like that friend who's always fashionably late—except 24 days late every century! We'd be celebrating Christmas in January and New Year's in February. Thank goodness for leap day, the superhero of timekeeping, saving us from the chaos of a wonky calendar!

29

"This is not about being superhuman – this is about realizing that being human is super!" –Sadhguru

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Venue Address

Parkdale Community Centre,
3512 - 5 Avenue NW,
Calgary, AB T2N 0V7

Dates and Timings

March 28-31, 2024
Thursday & Friday: 6:30 PM-9:45 PM
Saturday: 8:30 AM-7:00 PM
Sunday: 7:30 AM-7:00 PM



Free Introductory Talk: Thursday 6:30 - 7:30PM

587-997-7805 <https://isha.us/calgary>

No prerequisite required. Isha Foundation is a Registered Charity, under Canada Revenue Agency (CRA) guidelines.

isha

Calgary City Building

by the City of Calgary

The City of Calgary is updating plans that will shape the future of Calgary and make sure our city keeps on being a great place to live. As our city's population approaches two million, we must prepare to support this growth. The City Building program will align and strengthen our plans and tools to create a place where every Calgarian can thrive.

The Calgary Plan will merge the Municipal Development Plan with the Calgary Transportation Plan to guide the way we move and use land across the city.

The new Zoning Bylaw (currently the Land Use Bylaw) will simplify the rules that govern the use of land and the form of buildings in the city.

The new Street Manual (currently the Complete Streets Policy and Guide) will provide updated direction for the design of Calgary's streets to support safe travel options for all Calgarians.



All three of these documents will be created based on public feedback, existing policies, Council priorities, partnering with the Indigenous community, and extensive consultation with subject matter experts and interested parties. This effort will impact every Calgarian for the next 30 years.

The second phase of engagement will focus on the initial proposed direction of the Calgary Plan, Zoning Bylaw, and Street Manual. We invite all Calgarians to share their input, either in person or online, from January 29 to March 3. Learn more and participate at calgary.ca/citybuilding.

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SCA 2024 Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
A Child's Garden: Morning and Afternoon Pre-school Programs (3 to 4 years old) Seedlings Spanish Preschool: Morning and Afternoon Pre-school Programs (2 1/2 to 5 years old) KidZinc before and after school care Grades 1 to 6						
Jazzercise, 9:30am	Mommy & Me Pilates, 11:00am	Jazzercise, 9:30am	Zumba, 9:30am	Jazzercise, 9:30am	PRIVATE RENTALS	Bollywood Dance & Fitness, from 9:30am
Older Adult Yoga, 12:00pm, 1:15pm	Adult Art, 1:00pm	Older Adult Yoga, 10:00am	Adult Art, 10:00am	Bridge Lessons, 9:30am		
Tai Chi, 1:30pm, 2:45pm	Young Rembrandts, 6:00pm	Tai Chi, 11:00am	Gentle but Strong Yoga, 12:00pm	Sit Fit Yoga, 11:00am		
Run.Jump.LEAD!, 4:50pm	Chinook Country Line Dancers, 6:00pm	SCA Line Dance, from 1:00pm	Run.Jump.LEAD!, 4:40pm	Bridge, 12:30pm		Pathfinders, 6:30pm
Flow Yoga, 5:15pm	CYP Theatre, 6:30pm	Karate, from 6:30pm	CYP Theatre, from 5:00pm	Older Adult Dance, 1:00pm		
Sparks, 6:30pm	Pathfinders/Rangers, 6:30pm	Pathfinders, 6:30pm	Scouts, 6:15pm			
Rangers/Pathfinders, 6:30pm			Kids Art, from 5:15pm			
Karate, 6:30pm						
Bollywood, 6:30pm						
Toastmasters, 7:30pm						

Silly Goose

Dating back 7,000 years, the earliest bird to ever be domesticated (well, oldest domesticated poultry species) is actually the goose! Although many believe it to be chickens, research found that geese were actually domesticated roughly 2,000 years before chickens.

Monthly Notices

SkipTheDepot and Donate to the SCA

We have partnered with SkipTheDepot to allow you to donate the money from your recyclables to the SCA.

It's easy! Just follow these steps:

1. Download the app or register online.
2. Enter your home address and pick a date.
3. Cash out or donate to charity.

SkipTheDepot will count your bags and credit your account within 48 hours after pickup. Funds will be donated to the SCA! Sign up at <https://app.skipthedepot.com/scalagary>.

Add your name to our babysitter listing.

Check out our listings at www.scacalgary.ca under Community Directory. If you would like to add your name to our list, email your name, age, community, and phone number to info@scacalgary.ca.

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Calgary, AB T3H 6E7**

Calendar

Tuesdays, 10:00 am Walking Group. Meet at Good Earth

February 8, 7:00 to 9:00 pm Seminar: How Money Works

February 19, 12:00 to 3:00 pm Family Day Skate

February 20, 7:00 pm SCA Board Meeting

Community association members are welcome to attend SCA board meetings by appointment; please contact president@scacalgary.ca.



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MARK YOUR CALENDARS



This March BVMC is excited to present two sensational evenings of live music.

On March 2, Gordie MacKeeman & His Rhythm Boys take the stage with Ryland Moranz opening. Gordie MacKeeman & His Rhythm Boys are led by fiddling wiz Gordie "Crazylegs" MacKeeman, the roots quartet features all-star pickers and singers, with everything from down-home country to reckless rockabilly to intricate bluegrass. Crowds all over the world stare in wonder as Gordie plays with his trademark joyful abandonment.

Ryland Moranz is a solo artist and an integral member of Leeroy Stagger's potent alt/country outfit, the Rebeltone Sound. Ryland spends considerable time traversing the highways and byways of Canada, the US, and Europe, empathetically noting all around him, absorbing the images, stories, events,

and experiences of the road as he goes. This multi-instrumentalist and songwriter turns all that he sees into the songs he shares.

On March 23, Russell deCarle takes the stage with an opening set by Over The Moon. To many, rootsy singer/songwriter Russell deCarle's name will remain inextricably linked to that of Prairie Oyster, as deCarle was the charismatic frontman of that group, one of the most popular and critically acclaimed in Canadian country music history with six Juno Awards to their credit. With deCarle releasing his third solo album, his music has evolved to a mix of southern soul with touches of jazz, blues, country and Western swing.

Over The Moon is an Alberta Acoustic Roots Trio featuring Suzanne Levesque and Craig Bignell, award winning vocalists and multiinstrumentalists who have captured the hearts of audiences since their founding several years ago. Humour, harmonies and heart-felt tunes are their trademark and they have established themselves as one of Alberta's most sought-after acts. Visit our website to get your tickets.

OUR NEXT LIVE CONCERT DATE

MARCH 2 & 23 - DOORS OPEN AT 7:00 PM

SINGLE TICKETS - \$30 + tax

STRATHCONA CHRISTIE ASPEN COMMUNITY CENTRE



<http://bowvalleymusicclub.org/>

@bowvalleymusic

COMMUNITY NEWS

Join Our Walking Group

Walks take place every Tuesday at 10:00 am.

Meet outside Good Earth in the Sobeyes parking lot. Dogs and strollers are welcome. Please register at www.scacalgary.ca or by calling our office at 403-249-1138 so we can share information on routes. No membership is required to take part.

Neighbourhood Watch Program – Volunteers Needed

The communities of Strathcona, Christie, and Aspen are looking for volunteer administrators for the Neighborhood Watch Program. If you are interested in finding out more about this position, please email us at info@scacalgary.ca.

Rink Volunteers Welcome

Join our great group of rink volunteers and lend a hand maintaining the ice this winter. Give as much or as little time as you can. Many hands make light work! If you can help, please send us an email at info@scacalgary.ca or call us at 403-249-1138.

Photos



Skoki is ready for Valentine's Day! If you have a picture you'd like to share, send it to cathy.duke@scacalgary.ca.



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STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 23	4	6	\$772,450	\$755,000
November 23	5	5	\$679,900	\$679,000
October 23	5	4	\$762,500	\$757,500
September 23	10	10	\$669,400	\$660,750
August 23	7	8	\$715,000	\$775,000
July 23	11	13	\$875,000	\$880,000
June 23	14	15	\$849,900	\$858,000
May 23	20	17	\$880,000	\$957,000
April 23	13	11	\$799,999	\$858,000
March 23	11	10	\$793,950	\$806,000
February 23	7	5	\$899,000	\$906,400
January 23	5	3	\$749,900	\$772,000

To view more detailed information that comprise the above MLS averages please visit str.mycalgary.com

CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 23	2	2	\$554,950	\$547,250
November 23	3	5	\$1,155,000	\$1,100,000
October 23	8	4	\$569,200	\$572,500
September 23	8	3	\$1,225,000	\$1,225,000
August 23	6	5	\$750,000	\$780,000
July 23	4	4	\$709,950	\$695,900
June 23	4	3	\$679,900	\$670,000
May 23	4	3	\$1,069,000	\$1,100,000
April 23	3	1	\$675,000	\$676,507
March 23	2	4	\$837,450	\$814,500
February 23	2	2	\$696,894	\$685,073
January 23	1	1	\$869,900	\$840,000

To view more detailed information that comprise the above MLS averages please visit chr.mycalgary.com

SCA PROGRAMS (DUE TO COVID-19 PROGRAMS MAY NOT RUN AS ADVERTISED)



Pre-Schools and School Age Care

A Child's Garden Preschool Ltd.

Ages 3 to 5

Two, three, and five day programs

Contact Marilyn at 403-217-5658 or visit www.achildsgarden.ca

KidZinc School Age Care

Ages 6 to 12

Before and after school care.

Contact 403-240-2059 or visit www.calgarykidzinc.ca.

Seedlings Spanish Preschool

Ages 2 ½ to 6

Half or full day.

Contact Judith at 403-210-0604 or visit www.seedlingspreschool.ca.

Children's Programs

Bollywood Dance and Fitness Classes

BollyFit (16 years and up) Sunday, 9:30 am

BollyStars (13 and up) Sunday, 10:30 am

BollyTweens (9 to 12 years) Sunday, 11:30 am

Bollyblooms (6 to 8 years) Monday, 6:30 pm

www.bollywoodcalgary.com

Calgary Young People's Theatre

Tuesday at 6:30 pm, Thursday at 5:00 pm, 6:30 pm, and 7:00 pm

Visit www.cypt.ca.

Girl Guides

Classes for Sparks, Pathfinders, and Rangers.

Contact any-calgarysarceehills@girlguides.ca.

Karate Classes

Monday at 6:30 pm (Parent and child, age 7+)

Wednesday at 6:30 pm (Age 7 to 12)

Wednesday at 7:30 pm (Adult beginner, age 13+)

Contact Jeffrey Jukes at 403-228-5039.

Run.Jump.LEAD!

Run.Jump.LEAD! is a leadership and multi-sport training program specifically designed for girls! Their team of dedicated coaches deliver hands-on leadership training, fun physical activity, and inclusive sport. Positive and empowering 10-week sessions increase self-confidence, introduce girls to various sports, and nurture the development of practical leadership skills.

Grades 4 to 6: Mondays, 4:55 pm

Grades 1 to 3: Thursdays, 4:40 pm

Visit www.runjumplead.com for more information.

Scouts

Thursday at 6:15 pm

Email strathcona215gc@gmail.com or visit www.scouts.ca.

Young Rembrandts

Tuesday at 6:00 pm

Visit www.youngrembrandts.com/southernalberta/view-classes-enroll.

Adult Programs

Bollywood Dance and Fitness Classes

Classes are offered on Sunday and Monday. Visit www.bollywoodcalgary.com to view our schedule.

Bridge

Friday from 12:30 to 3:30 pm

Free to join, and you don't have to be an expert player. We play party bridge; drop-in when it suits your schedule. If interested, please contact Tom Wilcock at 403-460-8241 or email twilcock@telus.net.

Chinook Country Line Dance

Tuesday at 6:00 pm

Visit www.cclinedancers.ca.

Gentle but Strong Yoga

Thursday from 12:00 to 1:15 pm

Contact mjgerlitz@gmail.com.



Jazzercise

Monday, Wednesday, and Friday from 9:30 to 10:30 am
 Contact Wendy at wendy.p.craig@gmail.com or 587-889-4186.

Karate Classes

Monday at 6:30 pm (Parent and child, age 7+)
 Wednesday at 6:30 pm (Age 7 to 12)
 Wednesday at 7:30 pm (Adult beginner, 13+)
 Contact Jeffrey Jukes at 403-228-5039.

Mommy and Me Pilates

Tuesday at 11:00 am and Thursday at 10:00 am
 Contact Theresa Toth at toth31@shaw.ca.

SitFit + Yoga (Sherry)

Full body workout that combines weights and resistance training with the mindfulness of yoga. Ideal for those wanting the comfort/safety of seated exercise (standing is optional). Attend in-person or virtual through Zoom. Recordings are provided each week. Equipment includes yoga mat, small and medium ball, resistance band, and set of small dumbbells.

Session dates are Friday January 5 to March 22, 11:00 am to 12:00 pm. Register for 12 weeks for \$90. Five and ten-class passes are available. Drop-in an option (Free for first class).

Contact Sherry at sherrynormanyoga@gmail.com.

Toastmasters

Monday at 7:30 pm
 Visit www.westhillstoastmasters.easy-speak.org.

Zumba

Thursday at 9:30 am
 All levels welcome!
 For more information or to register, call 403-816-6897.

SCA Winter Programs

Registration opened December 1 at www.scacalgary.ca.

Adult Art Classes (Karin)

11 classes - \$184.80 + \$9.24=\$194.04
 Art #1: Watercolours - Tuesday, January 9 to March 26 from 1:00 to 3:30 pm (No class February 13)

Art #2: Acrylics - Thursday, January 11 to March 28 from 10:00 am to 12:30 pm (No class February 15)

Bridge Lessons – Intermediate (Freda)

10 weeks - \$105 + \$5.25 GST = \$110.25
 Friday, January 12 to March 15, 9:00 to 11:30 am

Adult Chair Yoga (Sherry)

10 weeks - \$60 + \$3 GST = \$63 Hybrid (online/in-person)
 Beginner Yoga #1 (More seated postures)
 Monday, January 8 to March 18, 12:00 to 1:00 pm
 No class February 19

Intermediate Yoga #2 (More standing postures)
 Monday, January 8 to March 18, 1:15 to 2:15 pm
 No class February 19

Intermediate Yoga #3 (More standing postures)
 Wednesday, January 10 to March 13, 10:00 to 11:00 am

SCA Line Dancing (Mary and Peggy)

10 weeks - \$90 + \$4.50 GST = \$94.50
 Wednesday, January 10 to March 20 (No classes February 14)

- #1: Beginner (Level 1) 2:00 to 3:00 pm
- #2: Improver (Level 2/3) 1:00 to 2:00 pm
- #3: Intermediate (Level 4) 2:00 to 3:00 pm
- #4: High Intermediate (Level 5) 1:00 to 2:00 pm

SCA Line Dancing Drop-in (Peggy)

\$5 Drop-in fee
 Friday, January 12 to March 22, 1:00 to 2:00 pm

Tai Chi (Adrian Buzcek)

10 classes \$80 + \$4 = \$84
 No classes February 19
 Continuing 1 and Basics – Monday, January 8 to March 18, 1:30 to 2:30 pm
 Basics – Monday, January 8 to March 18, 2:45 to 3:45 pm
 Continuing 2 – Wednesday, January 10 to March 13, 11:00 am to 12:00 pm



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or visit: cometryringette.ca



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Backyard Bird Watching

by John McFaul



Many bird species make their home in Calgary or pass through the city on migration. They bring joy to backyard birdwatchers with their songs, colourful plumage, and their interesting antics. The cheery disposition of the Chickadees in winter, the Robin singing that spring has arrived, the bejewelled Ruby-throated Hummingbird visiting the flowers of summer, and the waves of exotic warblers passing through on their fall migration connects us to the flow of nature and time.

Calgarians can attract avian visitors to their yards by providing food, water, nesting, and shelter. Wintering birds such as Chickadees, Nuthatches, and Finches benefit from a steady supply of black oil sunflower seeds and chips. Blue Jays enjoy dining on unsalted peanuts. Suet will attract Downy Woodpeckers. Hummingbird feeders filled with a mixture of four parts water to one part sugar could entice the hummingbirds that summer in Calgary.

Water is appreciated by birds for drinking and bathing. It can be provided by simple bird baths or by more elaborate ponds and small streams.

Nest boxes and platforms can attract birds such as Chickadees, Nuthatches, House Wrens, Tree Swallows, and Robins to raise their families in our backyards.

The best thing that can be done to make backyards bird friendly is to provide a habitat full of a variety of trees, shrubs, and other plants that are native to our region.

Keeping our avian visitors safe is important. Mark the outside of windows to prevent the birds from colliding with the glass. Keep cats indoors or in a Catio to prevent harm to the birds and just as important, harm to the cat. Turn off outside lights between 11:00 pm and 6:00 am, particularly during spring and fall migration. Avoid using insecticides and pesticides.

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An advertisement for Rumble Boxing Studio. It features a black and white photograph of a boxer in a boxing stance. The text includes: "FIGHTCLUB MEETS NIGHTCLUB", "RUMBLE BOXING STUDIO WEST 85TH", "FIRST CLASS FREE", "BOOK A SWEAT TODAY!", and "UNIT 420, 8560 8A AVENUE SW, CALGARY, ALBERTA T3H 1T1". There is also a QR code in the bottom left corner.

EVENTS

Family Day Skate – February 19 from 12:00 to 3:00 pm

Bring your family and friends and join us for this fun annual tradition! This event is weather dependent.

Please consider purchasing a community membership to support our events.





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GAMES & PUZZLES

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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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Word of the Month

Besotted: adjective (be-sot-ted)

To be blindly or completely infatuated.

After 50 years of marriage, he is still as besotted with his wife as the first day he met her.



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Seven Key Things to Make Your Relationship Work

by Nancy Bergeron, R.Psych. | 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.

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Holly, *Elboya*



Luna, *Canyon Meadows*



Otto, *Crescent Heights*



Spook and TenSoon, *Crescent Heights*

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PHOTO
GALLERY

by Nyckie Rea



We do not remember days, we remember moments.

8			5		1			9
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An Abundance of Sudoku

What is the significance of the number 6,670,903,752,021,072,936,960? And how do you even say it? This is the total number of solvable Sudoku puzzle layouts. It is six sextillion, 670 quintillion, 903 quadrillion, 752 trillion, 21 billion, 72 million, 936 thousand, 960. Try saying that five times fast! Super easy right?

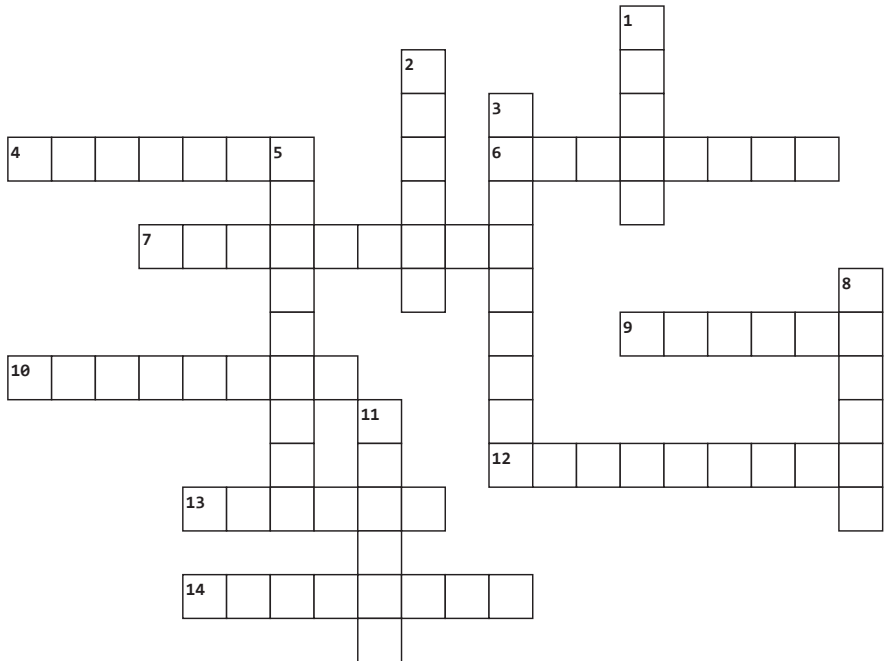


Don't Get Stung by the Bee!

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!



February Crossword



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.

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.

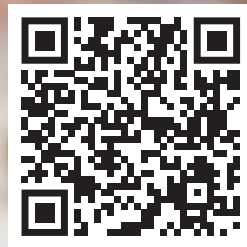
There are so many ways in which you can save money on Valentine's Day whilst still expressing your love. Take away the pressure and expectations of stereotypical gifts and set your own path to celebrate this day. A path as unique as your relationship and love for your partner. Love is not chocolates, 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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Councillor, Ward 6

Richard Pootmans

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📷 @richardpootmans9

I join Calgary-West residents and all Calgarians in lauding the successful completion of the West Calgary Ring Road, which opened 10 months earlier than projected. Its completion is a game changer for Calgary-West residents. This \$1.2 billion roadway is one of the largest infrastructure undertakings in Calgary’s history. The West Calgary section marks the opening of the entire ring road that provides over 101 km of free-flow travel around the city. Running from Highway 8 to the Trans-Canada Highway, it houses nine km of six- and eight-lane divided highway, six interchanges, 24 bridges, and includes a widened bridge where Stoney Trail NW meets the Bow River to accommodate future traffic demand. The Calgary Ring Road is expected to reduce congestion, and will improve trade routes and access to hospitals, schools, and workplaces.

Planned for decades, construction began in 2019. Since 2014, I have been actively involved with numerous consultations with constituents, community leaders, and pertinent professionals regarding the design and location of the west section of this roadway. Accommodations by all concerned parties were made.

Beginning in 2024, Alberta’s government will continue to offer fuel tax relief when oil prices are high, even as the province transitions back to the original fuel tax relief program, which is based on average quarterly oil prices.

Albertans will save some or all of the provincial fuel tax on gasoline and diesel when oil prices are \$80 per barrel or higher during each quarter’s review period. The government’s fuel tax relief efforts, which include the pause to the end of 2023 and additional savings over the first three months of 2024, are forecast to reduce other tax revenue by \$524 million in 2023-24.

Although oil prices have been below \$80 in recent weeks, Albertans will continue to save at least four cents per litre on the provincial fuel tax in the first three months of 2024 as the tax is phased back in.

Please contact my office should you have any constituency related concerns that you would like to bring to my attention.

Mike Ellis MLA, Calgary-West

Hello, Ward 6

The City of Calgary is updating plans that will shape the future of Calgary and make sure our city keeps on being a great place to live. As our city’s population approaches two million, we must prepare to support this growth. The City Building program will align and strengthen our plans and tools to create a place where every Calgarian can thrive.

The Calgary Plan will merge the *Municipal Development Plan* with the *Calgary Transportation Plan* to guide the way we move and use land across the city.

The new Zoning Bylaw (currently the *Land Use Bylaw*) will simplify the rules that govern the use of land and the form of buildings in the city.

The new Street Manual (currently the *Complete Streets Policy & Guide*) will provide updated direction for the design of Calgary’s streets to support safe travel options for all Calgarians.

All three of these documents will be created based on public feedback, existing policies, Council priorities, partnering with the Indigenous community, and extensive consultation with subject matter experts and interested parties. This effort will impact every Calgarian for the next thirty years.

The second phase of engagement will focus on the initial proposed direction of the Calgary Plan, Zoning Bylaw, and Street Manual. We invite all Calgarians to share their input, either in person or online, from January 29 to March 3. Learn more and participate at calgary.ca/citybuilding.

Secondary Suites Amnesty Program extends until December 2026

I am happy to have supported the City’s extension of the Secondary Suites Amnesty Program until December 31, 2026. Under the Amnesty Program, charges for development permits and registration fees are waived.

This enables owners to continue building safe and legal secondary suites at a reduced cost. For more information visit calgary.ca/suites.

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Leapers and Leaplings Special Day



Four million leap day babies? Did you know the odds of being born on February 29 is one in 1,461! Leap day babies are better-known as 'leapers' or 'leaplings'. Hats off to these time-defying, once-in-a-blue-moon birthday legends!

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