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of RBC Dominion Securities



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E-WEDNESDAY

February 25, 2026

“

Money... is like a beautiful thoroughbred horse –
very powerful & always in action,
but unless this horse is trained when very young,
it will be an out-of-control & dangerous animal
when it grows to maturity.
then you have no control.

”

~ Dave Ramsey



Money

“The art of living easily as to money is to pitch your scale of living one degree below your means.” ~ Henry Taylor

Canada, Mexico want a trilateral agreement under CUSMA review, Canadian minister says

The Canadian minister responsible for Canada-United States trade said last week that Mexico was keen to maintain a trilateral agreement under the free trade pact between the three North American neighbors that is up for review this year.

“I am reassured by the Mexican economy secretary ... his desire to work with Canada and to ensure that the review of CUSMA results in a strengthened and ongoing trilateral trade arrangement,” Dominic LeBlanc said in a press conference from Mexico.

LeBlanc is heading a group of over 370 delegates to Mexico for a six-day trade mission amid fears that U.S. President Donald Trump could ditch the decades-old three-way free trade agreement between the U.S., Mexico, and Canada when it comes up for review later this year.

“The Mexicans have very similar interests to Canada,” LeBlanc said.

“We both remain absolutely committed to the trilateral free trade agreement and working together as this review process unfolds,” he added.

Both countries want to ensure that some of the sectoral tariffs that Trump has imposed are lowered and the review of the free trade pact can be completed successfully, he said.

In September, Prime Minister Mark Carney and Mexican President Claudia Sheinbaum pledged to deepen ties between their two countries, as well as strengthen the free trade pact they share with the United States.

Mexico and Canada are the United States' largest and second-largest trading partners, respectively, while the U.S. is the No.1 trading partner for both. And both countries are battling a raft of tariffs from Trump.

LeBlanc said that during the trade mission, Canadian companies have signed 15 commercial partnerships with Mexico and there will be more discussions in the coming days.



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LeBlanc said he will be meeting with the U.S. Trade Representative Jamieson Greer in the next few weeks to discuss the review of the free trade pact, called CUSMA in Canada, adding that as the review discussions approach, it will not be hard for Canada to find a common ground with the U.S. and Mexico.

Statistics Canada reports merchandise trade deficit \$1.3B in December

Statistics Canada says the country's merchandise trade deficit narrowed in December to \$1.3 billion as growth in exports outpaced a rise in imports.

The agency says the result compared with a revised deficit of \$2.6 billion for November. The November deficit had initially been reported at \$2.2 billion.

For December, total exports rose 2.6 per cent to \$65.6 billion, boosted by an 18 per cent increase in the metal and non-metallic mineral products group, which includes unwrought gold, silver, and platinum group metals, and their alloys — a category largely composed of unwrought gold.

Excluding the metal and non-metallic mineral products group, exports edged down 0.2 per cent in December.

Total imports rose 0.6 per cent in December to \$66.9 billion as imports of motor vehicles and parts gained 5.1 per cent for the month.

CMHC reports further slowing of housing starts with no turnaround in sight

The pace of homebuilding in Canada continues to slow with no near-term signs of a turnaround, said Canada Mortgage and Housing Corp. recently.

The national housing agency said the seasonally adjusted annual pace of housing starts declined 15 per cent in January.

Housing starts can vary considerably month-to-month as big projects get started, but the agency's six-month moving average for annual starts also showed a 3.5 per cent decline.

"The six-month trend has decreased for the fourth consecutive month," said CMHC deputy chief economist Tania Bourassa-Ochoa in a news release.

"We expect new construction to continue trending lower going forward as trade and geopolitical uncertainty, high construction costs, weaker demand, and rising inventories continue to constrain developer activity."



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She said a near-term turnaround is looking unlikely and reflects what the agency has been hearing from developers over recent months.

The pullback comes amid a variety of pressures, including lower immigration numbers and economic uncertainty over changing U.S. trade policy.

January's seasonally adjusted annual rate worked out to 238,049 units, compared with 280,668 units in December. It says the January drop more than offset the increase observed in December.

Actual housing starts were up one per cent year-over-year in centers with a population of 10,000 or greater. Some 16,088 unit starts in those centers were recorded in January, compared with 15,957 a year ago.

The six-month moving average of the seasonally adjusted annual rate of housing starts was 254,794 units for January.

Prime Minister Mark Carney campaigned on a promise to double housing construction to 500,000 homes a year over a decade. TD said in a report that the previous high was 260,000 in the mid-1970s.

Last September, the federal government launched a new agency called Build Canada Homes with an aim to accelerating construction. It said it will provide an initial \$13 billion to the agency for it to enable financing, provide land and help builders get projects off the ground.

Lifestyle

"Feel the fear and do it anyway." ~ Susan Jeffers

How to Hack Your Dopamine During the Dark, Winter Season - by Nastasia Liavas

Five simple habits to beat the winter blues.

When the weather starts to weigh people down, small daily actions can retrain the brain's reward system. The goal is to build resilience through movement, rest, and mindful focus.

Dopamine is the brain's natural motivation messenger. It helps you feel focused, energized, and engaged. During winter, dopamine can be harder to access, which is why simple daily habits play such an important role. You do not need a full workout plan or a dramatic lifestyle overhaul — you just



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need small, intentional practices that help you feel grounded and capable. These gentle shifts can build real momentum, even on the darkest days.

Below are five habits I encourage people to weave into their fall and winter seasons. They are realistic, approachable, and supportive. Think of them as tools you can reach for whenever you need a little boost.

FIVE DOPAMINE-FRIENDLY WINTER HABITS

1. Move Daily

- Short bursts of activity count. A quick walk, stretch session, or gym visit stimulates dopamine release and supports mental clarity.
- Add movement to routines you already have, like doing a few exercises while your coffee brews.
- Use short movement breaks during the day — two to five minutes is enough to shift your mood.
- On low-energy days, begin with two minutes. Often, the hardest part is starting.

2. Celebrate Small Wins

- Completing realistic tasks sparks a healthy release of dopamine. Simple accomplishments such as making the bed or completing a weekly movement plan help maintain momentum during darker months.
- Keep a simple list of daily wins on your phone. It can include anything that makes you feel proud or steady.
- Pair habits together, like stretching after making your bed or taking ten slow breaths before opening your laptop.
- Speak your progress out loud. Acknowledging your efforts builds confidence and motivation.

3. Strength Train in Bite-Sized Sessions

- Lifting weights or performing resistance exercises can help regulate hormones such as dopamine and reduce cortisol levels. Foundational exercises such as squats, planks, glute bridges, and push-ups can be performed at home or at the gym to build both physical and mental strength, while also boosting self-esteem and improving motivation.
- Aim for two or three short sessions each week:
 - Lower Body: Squats, glute bridges, and lunges for about ten minutes.
 - Core and Upper Body: Planks, push-ups, or band pulls for about ten minutes.
 - Full Body Reset: Light circuits that combine core, legs, and upper body for about fifteen minutes.
 - Shorter sessions are easier to stick with and still provide all the mental and physical benefits you need through winter.

4. Pause for Mindfulness

- A few quiet minutes can reset stress responses. Meditation, intentional breathing, or a silent walk helps regulate dopamine patterns and reduce tension.
- Try one or two minutes of box breathing.
- Go for a quiet walk without headphones and let your mind settle.
- Use micro breaks between tasks to take a few slow breaths.
- Create a gentle evening routine with stretching or reading to help your body wind down.



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5. Keep Sleep Consistent

- Seven hours or more supports the activity of dopamine receptors. A regular bedtime and wake time protects energy, attention, and mood regulation.

Winter may feel long, but it does not have to feel defeating. When you support your body with small, intentional habits, you create a foundation of resilience that carries you through the season. Movement, mindfulness, and consistent rest are powerful tools that help you stay steady and connected to yourself. Each small action is a reminder that you are strong, capable, and worthy of feeling good, no matter what the weather is doing outside.

This article is republished from Impact Magazine. To read the original article, please visit the following link: <https://impactmagazine.ca/fitness/how-to-hack-your-dopamine-during-the-dark-winter-season/>

Wit

“You’re the pistachio to my ice cream.” ~ u n k n o w n



“What do you mean I have to eat more greens?
I eat pistachio ice cream every night.”

**National Pistachio Day –
It’s a nutty kinda of day!
February 26th**



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History

"The city, however, does not tell its past, but contains it like the lines of a hand."
~Italo Calvino

The storied history of how Marda Loop in Calgary got its name - by

Kendall Collins

(<5 min read)



Long before it was packed with cafes, boutiques, and services, Marda Loop was shaped by transit and entertainment.

Before Marda Loop and its surrounding communities were officially named, they were collectively known as South Calgary, which had a rich military history thanks to the Currie Barracks. The area was heavily populated by soldiers and their families.

At the time, South Calgary was located on the edge of the city, and to make

Visit Marda Loop | Glenbow Library and Archives Collection

commuting easier, the No. 7 streetcar was implemented to loop around South Calgary and back to the downtown core.



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The City of Calgary, Corporate Records, Archives CalA910726001

Calgarytransit.com

After the opening of the Currie Barracks in 1933 and the start of the Second World War, the streetcar served thousands of soldiers in the area. After the war, Calgary saw a boom and started to become more populated with neighborhoods like Altadore and Knob Hill popping up.

In 1952, Marc and Mada Jenkins opened a theatre in the area, called the Marda Theatre, derived from their first names. The theatre was located on the corner of 33rd Avenue SW and 20th Street SW.

In 1964, the Jenkins sold the theatre, and it became the Odeon Theatre. For its grand re-opening, it screened *The Sound of Music* for a whopping 72 weeks.



[Glenbow Library and Archives Collection](#)

The theatre became a local landmark, and some other businesses included Marda in their names, before the area was even officially known as Marda Loop.



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The building was twinned in 1975, before the Odeon ultimately closed in 1988 and was demolished in 1989.

In 1985, the Building Revitalization Zone (BRZ), now Business Improvement Area (BIA), held a contest to see what the area should be called. Marda Loop was submitted by Irene Horne, coming from the historic streetcar loop and the Marda Theatre, which ultimately won the vote.

While both the theatre and the streetcar loop no longer exist, Marda Loop is a thriving community with tons of local businesses, cafes and gathering spots that continue to draw Calgarians together.

This article is republished from Daily Hive. To read the original article, please visit the following:

<https://dailyhive.com/calgary/calgary-marda-loop-history>

Explore

“Every path leads to discovery.” ~ u n k n o w n

Where in the World? One Man’s Castle – By Allison Bench



One Man’s Castle. Credit Joe Chowaniec

Alberta is a province with so many natural wonders—mountains, rivers, and wildlife. But there are also incredible things to see that were created by the people of our past, and the Where in the World feature in Fall AMA Insider is certainly unique: the Sunnyslope Shelter, also known as “One Man’s Castle.”

The small structure is in a field near Didsbury, and has been designated a historic site by the Government of Alberta. It was believed to be built in 1903 by mason George Schech, a German immigrant who had relocated to Alberta from the United States.

Made of native fieldstone, the structure is what may be a completely unique variation of the ‘dugout’ homesteader shelter. Dugouts were a common “first home” for pioneers, usually used until a larger, above-ground home was completed. The Sunnyslope Shelter is historically important in Alberta because of its long-lasting stone base—as most of these types of shelters were temporary and made of less enduring materials like wood and sod.



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The small structure came to have the nickname “One Man’s Castle” because it truly looks like a fortress for only one person. The dugout remains intact and features a mortared underground chamber, stone stairway, fan-shaped entrance, a chimney and even a sky light in its sod roof.

The Sunnyslope Shelter is about a twenty-minute drive east off Highway 2 between Red Deer and Calgary, on Highway 582.

Looking for more history?

AMA members have access to discounted admission at a variety of historical museums and centres around the province. The Reynolds Museum near Wetaskiwin features a massive collection of cars, airplanes, tractors, and machines from Alberta’s past. With your AMA membership, save 10% on regular admission.

In southern Alberta, head to the Head-Smashed-In Buffalo Jump Interpretive Centre to discover over 6,000 years of Plains Buffalo culture. A World Heritage Site, the centre brings you up close and personal with the historic significance of the area including expert talks and even select guided hikes through the summer months. Save 10% off admission with your AMA membership.

For what was a significant historical moment in our province, the Frank Slide Interpretive Centre overlooks the aftermath of Canada’s deadliest rockslide. In 1903, 110 million tonnes of rock tore off Turtle Mountain and killed 90 people in the town of Frank. The centre explains the science behind the rockslide—and use your AMA membership to get 10% off admission.

A reminder that the Canada Strong Pass is in effect for summer 2025, giving all Albertans under 17 free entry to a variety of provincial attractions. Albertans age 18 to 24 receive 50% off admission. The Reynolds Museum, Head-Smashed-In Buffalo Jump Interpretive Centre, and the Frank Slide Interpretive centre are all honouring the Canada Strong Pass discounts.

This article is republished from AMA Insider. To read the original article, please visit the following <https://amainsider.com/where-in-the-world-one-mans-castle/>



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