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The Nutcracker



In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.

Show Suites Open - Schedule a Visit Today!



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Evanston Board Meetings

are held on the first Tuesday of every month.

All community members are welcome and encouraged to contribute.

Nature's Six-Sided Secret

As water turns to ice, its molecules form a hexagonal crystal structure. As the crystal grows, changing temperatures and humidity create the intricate patterns we recognize as snowflakes. That's why, no matter how unique their designs, snowflakes are bound by nature's rule of six-fold symmetry!



New Sign

If you have some free time come by and take a look at our gorgeous new sign in the Evanston Community Park! It was done by a local community member C.M, thank you so much for all your work.



Public Warning

Due to ongoing vandalism and property damage, the Evanston Creekside Community Association has installed security cameras throughout Evanston Park. Footage of individuals engaging in criminal or disruptive behaviour may be shared with law enforcement or posted on social media to help identify offenders and keep the park safe.

YOUR CITY OF CALGARY

Recycle More This Holiday Season

by City of Calgary Waste and Recycling Services



Due to new upgrades at our recycling facilities, you can now recycle even more holiday waste this year. As you clean up after holiday gatherings, remember to put these items in your blue cart:

- Paper and plastic gift wrap
- Foam packaging
- Flexible plastic bags, wrappers, and food pouches
- Cardboard and shipping boxes
- Food and body aerosols, like cooking oil spray, whipped cream cans, and hairspray
- Metal food cans, glass jars, and plastic containers

Place all items empty, clean, and loose in your blue cart. Do not bag or bundle them.

Thank you for sorting right and helping keep more holiday waste out of the landfill!

Learn more at calgary.ca/holidaywaste.

Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options for composting.

Green Cart Pickup:

Remove all decorations (lights, tinsel, ornaments) and cut the tree into small pieces so it fits inside your green cart with the lid closed. Place any extra branches in a paper yard waste bag, rolled shut, and set it at least two feet away from your cart.

Drop-Off Site:

From December 26 to January 31, you can take your whole tree to a designated drop-off site. You can find the location closest to you at calgary.ca/christmastree. Please ensure all decorations have been removed and do not wrap or bag your tree when dropping off.

Why Do the Holidays Bring Up So Much Emotion?

by Nancy Bergeron, R.Psych | info@nancybergeron.ca



Understanding family dynamics, grief, expectations, loneliness and the pressure to be happy.

The holiday season can bring joy and connection, but it can also stir up anxiety, grief, family conflict, and loneliness. Understanding why Christmas can feel emotionally challenging, and learning how to manage expectations, establish healthy boundaries, and cope with difficult family dynamics—can help us approach the season with greater compassion for ourselves and others.

Common Questions About Holiday Stress:
Why do I feel sad or anxious during the holidays? How can I manage difficult family relationships at Christmas? How do I cope with grief during the holiday season? How can I set healthy boundaries with family without feeling guilty? What can I do when Christmas no longer feels the same?

These are common experiences, and understanding them is an important first step toward navigating the holidays in a healthier way.

Why Can the Holidays be Emotionally Challenging?
Christmas often carries expectations about how we should feel and how our families should behave. We may feel pressure to create meaningful memories, maintain traditions, buy the perfect gifts, or ensure everyone is happy. When reality doesn't match these expectations, disappointment and stress can follow.

Family gatherings can also bring old patterns to the surface. Spending time with parents, siblings or other relatives may reactivate familiar feelings of being criticized, misunderstood, or overlooked. Even as adults, we can find ourselves slipping into childhood roles or reacting to family members in ways that surprise us. Recognizing these patterns can help us respond more intentionally rather than automatically repeating them.

For others, the holidays highlight what has changed. The death of a loved one, divorce, family estrangement, illness, or children leaving home can make familiar traditions feel painfully different. Grief doesn't follow a calendar, and the expectation to be cheerful can make it even harder to acknowledge what we are missing.

Financial pressures, social comparison and loneliness can add to the burden. Seeing images of seemingly perfect celebrations can leave us questioning why our own lives look different. However, what we see of others is rarely the whole story.

How Can we Make the Holidays More Manageable?
Start by giving ourselves permission to experience the

holidays as they are, rather than how we believe they should be. Consider these practical steps:

Adjust Our Expectations
We don't have to recreate the perfect Christmas or make everyone happy. Choose what matters most to us and let some things go.

Set Healthy Boundaries
We can limit the time spent at difficult gatherings, decline invitations or take breaks when needed. Saying no respectfully is not the same as rejecting someone.

Make Room for Grief
If we are missing someone, we can consider a meaningful way to honour their memory. We can appreciate moments of happiness while still acknowledging our sadness.

Protect our Relationships
When disagreements arise, we can aim for respectful communication rather than winning an argument. Sometimes, stepping away and returning to a conversation when emotions settle is the healthiest choice.

Seek Genuine Connection
A quiet visit, a meaningful conversation or time with someone who makes us feel understood may be more nourishing than a crowded celebration.

We are Allowed to Have a Different Christmas This Year.
Life changes, and our traditions and expectations may need to change with it. A meaningful holiday doesn't have to be elaborate, expensive or filled with constant happiness.

Perhaps the healthiest Christmas is not the one that looks perfect from the outside, but the one that feels authentic, connected and manageable on the inside.

If holiday-related distress feels persistent or difficult to manage, speaking with a mental health professional can help us understand our emotions and develop healthier ways to cope.

We don't have to make this Christmas perfect. We can simply make room for what is real, honour what matters and treat ourselves and others with compassion.



News from the Friends of Nose Hill

by Anne Burke

I was contacted by a PhD Student at the University of Calgary who is training to become a forest therapy guide. His research is on the use of nature in cancer care, and he plans to provide some to patients and participants at Nose Hill Park. He intends to be mindful and have minimal human impacts on the land and the rough fescue grasses. He wants to avoid off-leash areas and others with a lot of thistles. Forest therapy is a legitimate, research-backed wellness practice for reducing stress and improving mood, though it is considered preventive or complementary care rather than a medical cure. While forest therapy is a structured, clinical intervention aimed at specific health challenges, forest bathing is a general mindfulness practice for stress reduction.

Calgary's first official trail at Inglewood Bird Sanctuary was certified by the Association of Nature and Forest Therapy (ANFT). The loop offers five unique stations that guide you on a sensory exploration of this peaceful natural area. Community walks are seasonal and guided two-and-a-half-hour programs are in local wilderness spaces like Griffith Woods Park. The Cumming School of Medicine (CSM) engages deeply with nature-based healing through Indigenous medicine walks and local health partnerships. The school integrates immersive nature experiences primarily through traditional Indigenous healing frameworks. Organized by the CSM Strategic Partnerships and Community Engagement office alongside the Calgary and Elbow River Healing Lodge, University of Calgary medicine walks take place at Nose Hill Park. Led by Indigenous elders, these walks guide medical students through the natural environment to explore the collection, application, and meaning of traditional plant medicines, blending medical education with ecological connectedness.

This article is for informational purposes only. For medical advice or diagnosis, consult a professional.

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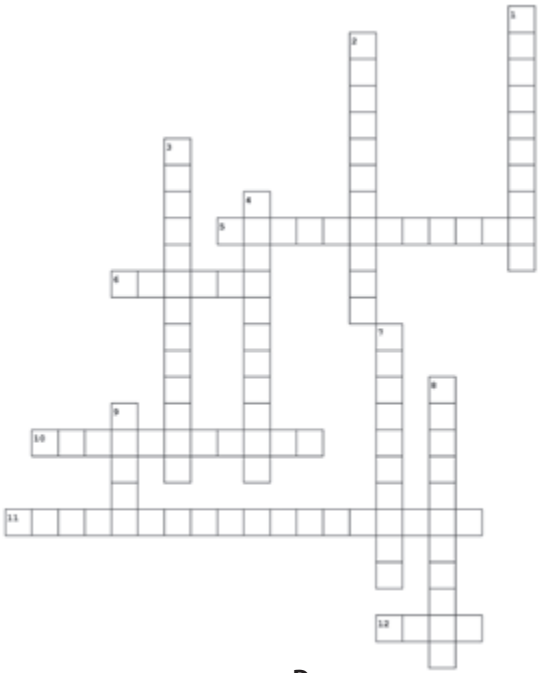
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December Crossword



Across

5. Warm, delicious, and served with whipped cream or marshmallows. This tasty treat is perfect after a long day in the cold.
6. In Spain, it is customary to eat this many grapes at midnight on New Year's Eve.
10. Popular during the winter, this spiced dessert is decorated with royal icing.
11. Founded in 1925, this dance company has put on the *Christmas Spectacular,* since 1933.
12. "Last Christmas I gave you my heart" are the lyrics to a Christmastime favourite, sung by this pop duo.

Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Down

1. Six-sided and infinitely complex, these ice crystals are the result of freezing rain.
2. This 2019 film directed by Greta Gerwig was released December 25, and had a star studded cast, including Saoirse Ronan, Florence Pugh, Emma Watson, and Timothee Chalamet.
3. Unlike hockey players, these athletes use their blades to perform jumps, spins, and lifts.
4. On December 10, every year, these awards are given for outstanding achievements in physics, chemistry, physiology or medicine, literature, and peace.
7. Born December 16, 1775, this author is known for her six famous novels, including 1813s *Pride and Prejudice*.
8. Seen in your local grocery store during the holiday season, these bright red plants are indigenous to Mexico.
9. Made from carved blocks of compacted snow; these shelters rely on the insulating properties of snow to keep dwellers warm.

What's Behind Your Financial Decisions?

by Mark Letchumanan, CFA, CFP, ACC, CKA



I used to manage a financial literacy program that delivered workshops and coaching to more than 9,000 low-income households across British Columbia. Our participants included single parents, people in addiction recovery, and individuals experiencing homelessness. We taught practical skills: budgeting, saving, building credit, and basic investing. Participants were enthusiastic and motivated to make better financial decisions, but very few maintained lasting behavioural change.

Although disheartening for me, our results were unfortunately not unique. More than 200 studies confirm that financial education alone rarely changes long-term financial habits.

Now as a wealth advisor, I've seen that pattern continue even with educated, wealthy, and successful individuals—none of us are immune from making poor financial choices. Brilliance doesn't directly translate to a sound financial life.

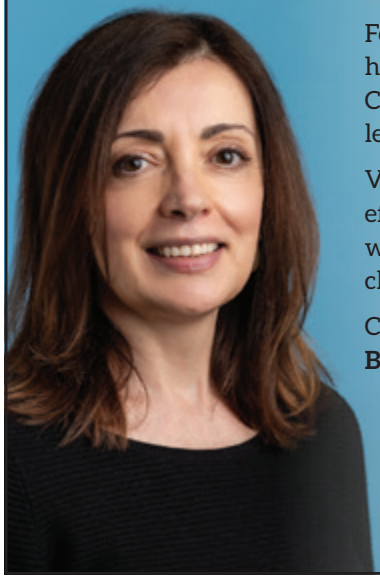
Consider the multi-millionaire who still clips coupons, obsessively checks investment accounts, and panics during minor market downturns—despite having more wealth than they could ever spend. Or the entrepreneur who negotiates every contract detail to maximize profits yet buys luxury items they don't need or lets personal home renovations spiral out of control. Or the highly disciplined professional who continually rescues family members and adult children financially, even when it jeopardizes their own goals. In each of these cases, money doesn't act as a tool, it serves an emotional need.

In *It's Not About the Money*, author Brent Kessel argues that our financial behaviours are often driven by deeper emotional motives. He describes three financial personalities that illustrate this particularly well: the saver, the star, and the caretaker.

- **The Saver:** Disciplined on the surface but often operating out of a place of anxiety and fear of lack. Their internal script can sound like "something bad could happen and we'll lose everything," or "I just need a little bit more to feel safe." Their challenge isn't to practice responsibility and control, but to face the fear behind it.
- **The Star:** Longs to be seen, and therefore uses purchasing power to buy visibility, self-worth, and respect. Their inner dialogue may be, "if I look successful, people will value me," or "I need to project confidence before I can feel it." Their issue isn't the spending itself, but the need for approval that fuels it.
- **The Caretaker:** Generous, compassionate, and eager to help, yet their giving can cross healthy boundaries. They may be driven by a need to feel needed or beliefs like, "if I don't help, no one will," or "my worth comes from what I give."

Our relationship with money is as unique as we are. Different financial personalities often reveal our distinct wounds, fears, and beliefs running beneath the surface. True financial stability is rarely a matter of learning more financial rules, but about increasing self-awareness.

Before making your next financial decision, try journalling about your motivations first. Often, we make decisions so quickly, we don't have enough time to process the network of thoughts and feelings that went into them. Getting your thoughts down on paper first acts as a filter, helping you distinguish between facts and emotion. Similarly, talking to a trusted advisor, coach, counsellor, recovery group, or community can help us learn to recognize the thoughts and emotions driving our financial decisions before we act on them. That awareness creates an invaluable pause between impulse and action—giving us space to choose what aligns with our values rather than our fears. Lasting financial change doesn't come just from knowing more about money, but from knowing more about ourselves.



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Year in Review

Alberta experienced a year marked by continued population growth, economic resilience, and significant investments in infrastructure and public services.

Economy and Jobs

- Alberta remained one of Canada's economic leaders, supported by strong energy, agriculture, petrochemical, and technology sectors. Despite global trade uncertainty and fluctuating oil prices, the province continued to attract investment.
- Oil and gas production continued to be a key driver of provincial revenues and investment.

Affordability and Housing

- Governments, municipalities, and industry worked to address supply challenges.

Healthcare and Education

- The province invested in expanding healthcare services, recruiting professionals, and addressing growing demands on hospitals and community care systems.
- Significant funding also supported new schools, expansions, and educational programs to accommodate increasing student enrolment.

Infrastructure

- Alberta continued to invest in roads, schools, healthcare facilities, and public infrastructure to support growing communities and strengthen long-term economic competitiveness.

Fiscal Position

- Despite economic uncertainty, Alberta maintained a strong fiscal position compared to many jurisdictions. The province reported a budget surplus, reflecting stronger-than-expected revenues and prudent fiscal management.

As we reflect on the past year, Albertans can take pride in the resilience, innovation, and community spirit that define our province. Together, we have met challenges with determination, celebrated achievements large and small, and laid the groundwork for a strong future. We look forward to the opportunities ahead and to building a more prosperous Alberta for generations to come. Wishing you and your loved ones a wonderful holiday season filled with peace, joy, and happiness. Merry Christmas and best wishes for a healthy and prosperous New Year.

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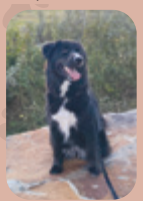




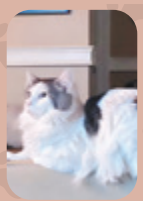
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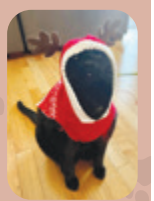

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