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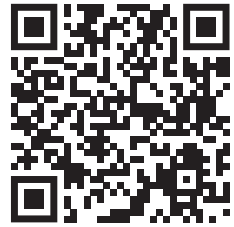
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(FR) Denotes French Immersion Program

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École Terre des Jeunes (FR)

Ste-Marguerite-Bourgeoys (s)(FR)

École de la Rose sauvage (FR)



It's Christmastime in Calgary

by Garth Paul Ukrainetz

It's Christmastime in Calgary

In foothills west a silent night

The constellations fill the sky

Forever sharing starry light

The whitetail deer in Nose Hill Park

Prancing over city's glow

Sweet homes of dancing candlelight

Gentle as the falling snow

And high on top of every tree

The stars and angels overlook

For bleak and icy winter hearts

The melting grace of warm chinook

It's Christmastime in Calgary

Though heights of mountains cold in snow

Our gifts stay warm beneath the trees

Wrapped with love by River Bow





SEASON'S

GREETINGS



HAMPTONS HOMEOWNERS
ASSOCIATION

Self-Care Through the Holiday Season

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

The holiday season often arrives with a mix of excitement and exhaustion. Between family gatherings, financial pressures, and the weight of expectations, it's easy to lose sight of your own well-being. Yet caring for yourself—body, mind, and spirit—is one of the most meaningful ways to experience the season with more peace and joy.

Here are some simple ways to stay grounded and well through the holidays.

1. Slow Down and Simplify

The holiday rush can make even meaningful traditions feel like chores. This year, consider doing less so you can enjoy more.

Ask yourself:

- What truly brings me joy or connection?
- What could I let go of this year?

Simplifying plans, menus, or gift lists can make space for rest, laughter, and moments of genuine presence.

2. Nourish Your Body with Care

Cold weather, busy schedules, and rich food can leave you feeling depleted. Instead of striving for perfection, focus on gentle balance.

Eat regularly, stay hydrated, and make time for movement—even a short walk outside helps reset your nervous system. Rest when you can. Your body is not a machine; it's your home.

3. Set Emotional Boundaries

The holidays often highlight complicated relationships. You have the right to protect your emotional energy.

It's okay to say "no", leave early, or change plans that don't feel right.

Boundaries aren't unkind—they're how we create safety and preserve the capacity to show up with love where it matters most.

4. Stay Connected to What Matters

Amid the noise and marketing, take moments to remember what feels meaningful to you.



That might be spiritual reflection, gratitude, giving, or time in nature. Meaning doesn't come from doing more—it comes from doing what aligns with your heart.

5. Mind Your Inner Dialogue

Many people carry silent stress about doing the holidays "right." Notice the voice of pressure or guilt and replace it with compassion.

Instead of, "I should be happier," try, "It's okay to feel however I feel today."

Self-kindness softens expectations and makes room for authentic joy.

6. Create Restorative Moments

Small, intentional pauses can have a big impact:

- Light a candle and breathe deeply for one minute.
- Step outside and notice the winter air.
- Write down one thing you're grateful for each day.
- These simple rituals help your mind and body reset amid the busyness.

7. Ask for Support When You Need It

If the holidays stir up grief, loneliness, or old wounds, you don't have to face it alone. Reach out to a trusted friend, support group, or therapist.

Sometimes the bravest thing you can do is acknowledge that you're struggling and allow others to meet you there.

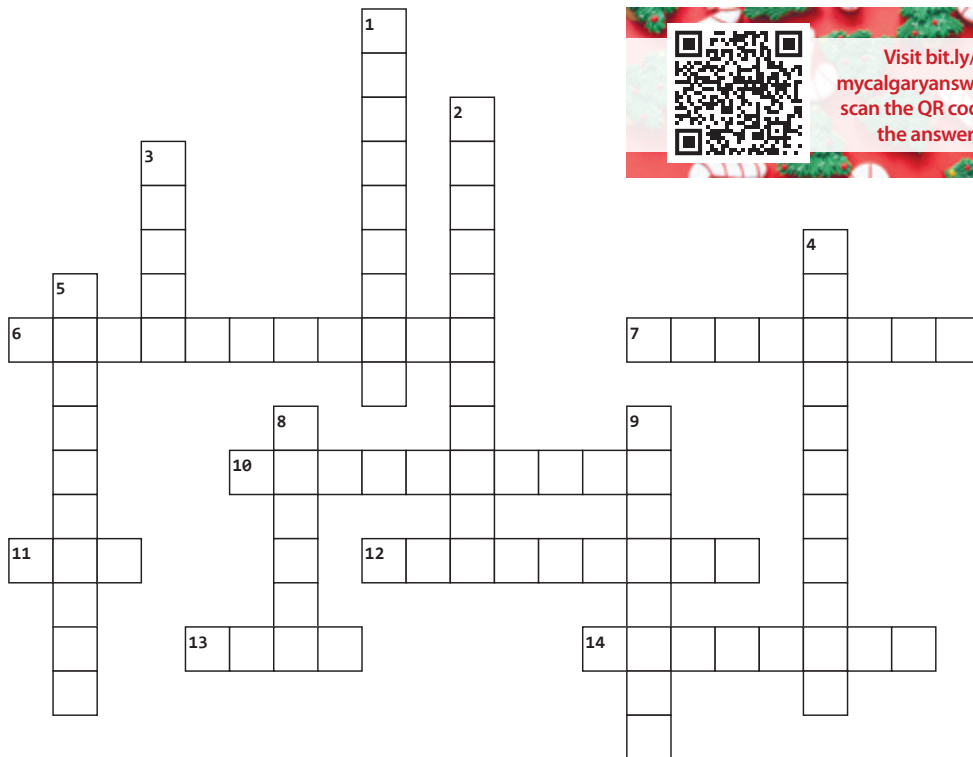
8. End the Year with Reflection, Not Resolution

Before jumping into goals for the new year, pause to reflect.

What did you learn? What moments mattered most? What are you ready to release?

Reflection honours your growth and sets the stage for gentle, sustainable change—no pressure required.

December Crossword



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

Across

6. The Statute of _____ passed on December 11, 1931, granting Canada full legislative independence from the British Empire.
7. Known for his role in *Stranger Things*, Canadian actor Finn _____ celebrates his birthday on December 23.
10. The _____ is also known as the Christmas flower.
11. "Gangnam Style" by _____ became the first YouTube video to reach one billion views on December 21, 2012.
12. In December 1612, astronomer Simon Marius made the first known telescopic observation of this galaxy.
13. *Star _____: The Motion Picture* premiered on December 7, 1979.
14. December 14 marks the start of this Jewish holiday.

Down

1. The bust of this Egyptian queen was found on December 6, 1912.
2. Annually on December 12, _____ House Day is celebrated.
3. The first human-to-human _____ transplant was performed on December 3, 1967, by Dr. Christiaan Barnard in Cape Town, South Africa.
4. _____'s ballet, *The Nutcracker*, premiered in Saint Petersburg on December 18, 1892.
5. Jane Austen's last novel, _____, was published on December 20, 1817.
8. Two years after being stolen, the "Mona Lisa" was returned to this museum on December 12, 1913.
9. Ferguson Jenkins born on December 13, 1942, in Chatham-Kent, was the first Canadian inducted into the _____ Hall of Fame.

Batters Up! Holiday Baking and Life Skills with 4-H



Baking isn't just about cookies or muffins — especially during the holiday season, it's a hands-on way for kids aged 9 to 15 to learn practical skills while creating festive treats. The Batters Up Baking Club, part of 4-H Alberta's Intro Clubs, gives young bakers a chance to explore new recipes, practice teamwork, and discover the science behind their favourite holiday goodies.

Each week, participants try a new baking activity, from holiday cookies to pies, brownies, and cupcakes. Along the way, they also practice planning, measuring, following instructions, and record-keeping, all skills that are part of 4-H's life-long learning approach.

Fun Baking Fact: Did you know that baking powder creates tiny bubbles of carbon dioxide that make dough rise? This is why muffins and cakes become light and fluffy! Learning the "why" behind baking steps helps young bakers become confident and creative.

Even at home, kids can explore similar skills from measuring ingredients to blending flavours in simple projects like a quick orange creamsicle smoothie, made with 1 cup of orange juice, 1½ cups of vanilla



Greek yogurt, 2 peeled oranges, 2 frozen bananas, and 4 teaspoons of vanilla extract. Try this at home for a refreshing twist on holiday flavours.

Through the 4-H Intro Club, kids not only create delicious treats but also gain confidence, learn teamwork, and explore new ideas all while having fun in a supportive environment. Baking becomes more than just mixing ingredients; it becomes a way to explore science, math, and life skills in a hands-on, memorable way. Whether it's measuring sugar, stirring batter, or decorating cupcakes, every step teaches something new and what better way to celebrate the season than with treats made by your own hands?

Find out more about 4-H Intro Clubs at 4hab.com/member or email introclubs@4hab.com.



News from the Friends of Nose Hill

by Anne Burke

Sites of prehistoric interest relate to the precontact history of Native use and settlement. These valuable archaeological resources represent 10,000+ years of occupation by Native inhabitants of the Calgary region. In all, 45 archaeological sites on Nose Hill have been recorded. Stone feature sites include cairns (a human-made pile of stones as a landmark, marker, or memorial), alignments (arrangements in a straight line or correct relative positions), and stone circles. Archaeological studies of Nose Hill began in the early 1970s. Students from the University of Calgary carried out surveys of the entire Calgary region; five prehistoric sites were recorded in what is now the park. These include three tipi ring sites, a lithic (stone) scatter, and a prehistoric campsite.

When the City planned a municipal park for Nose Hill, a Historical Resources Inventory was required in 1978 within the proposed boundaries. The results were a cairn, ten campsites (two with tipi rings), a glacial erratic, four isolated finds, a kill site, 18 lithic scatters, a rock mound site of overgrown gravel, and six tipi ring sites. The Alberta Government in Edmonton held microfiche copies of permit and research reports, in which existing resources were described. In 1982 and 1983, a spring survey of stone circles along the southern margin of the uplands of Nose Hill recorded 60 new rings. This was followed by a series of field trips in the summer and fall of 1993. Conditions were poor, with high grass. The focus was on undisturbed sites but limited to revisiting all the original sites. Aerial photo mosaics of Nose Hill were prepared. Overlays combining trails and archaeological resources were used to relocate sites in the field. Best estimates of site locations were recorded using a GPS receiver.



Hamptons Real Estate Update

Last 12 Months Hamptons
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2025	\$849,400	\$819,500
September 2025	\$799,000	\$776,000
August 2025	\$884,450	\$893,900
July 2025	\$989,000	\$940,000
June 2025	\$1,099,350	\$1,035,000
May 2025	\$890,000	\$901,500
April 2025	\$929,900	\$928,000
March 2025	\$914,900	\$912,900
February 2025	\$1,048,800	\$1,020,000
January 2025	\$949,900	\$945,900
December 2024	\$800,000	\$790,000
November 2024	\$995,000	\$940,000

Last 12 Months Hamptons
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2025	13	8
September 2025	13	3
August 2025	7	4
July 2025	10	11
June 2025	9	8
May 2025	21	14
April 2025	9	3
March 2025	8	5
February 2025	1	7
January 2025	10	5
December 2024	3	5
November 2024	3	5

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

The Art of Finding Work: When Job Searching You Are Being Compared

by Nick Kossovan



Job hunting is a ‘winner takes all’ competition in which you’re compared and judged against other applicants. Putting in an application for a job is no different from entering a baking or short story contest. However, there’s one difference: there’s no second place—silver medal—nor does “everyone win for doing their best,” hence why giving participation trophies does a disservice to children; it fails to prepare them for two universal life truths that they’ll one day confront:

1. Everything in life is earned. (Yes, birthright exceptions exist. Choosing to squander your time and energy, resenting those who’re an exception doesn’t change this truism.), and
2. Sometimes, your best isn’t good enough to beat those you’re up against.

Job searching intensifies these truths.

Irrespective of your feelings about the “fairness” of having to do “what it takes,” you don’t rise through the ranks of whatever career path you’ve chosen by being meek. Be it corporate, artistic endeavours, athletics, or military, without a competitive spirit, you won’t have a career comparable to someone who does. Thus, generally (keyword) speaking, CEOs of Fortune 500 companies, higher-ranking military officers, celebrities, and elite athletes tend to be hyper-competitive.

I keep the following phrase from American author Ashley Antoinette in my head: “You can’t compete where you don’t compare.”

When entering any competition, for instance, job searching, it’s crucial to understand the standards and benchmarks—your ego may insist you have the skills and qualifications. But do you really against those which you’ll be compared; therefore, consider the following:

Awareness of Standards

Knowing and accepting what employers in your profession and industry will most likely expect from you is critical.

If you’re applying for any job requiring strong writing skills (e.g., grant writer, content creator, communications manager), it’s a given that your writing skills need to be well above average. When applying for a sales position, your sales record and ability to sell yourself will be evaluated.

Along with industry and profession expectations, employers evaluate applicants based on the expectation of applying professionally.

I repeatedly see sloppy applications and an unprofessional appearance as the biggest hindrance to a successful job search. Even with all the online job search advice, typos, grammatical errors, incomplete LinkedIn profiles, and dressing inappropriately for interviews—dress for the position you’re interviewing for—are common. In 2025, there’s still a strong conservative element in the workplace, albeit not as strong as before.

Self-Assessment

You can identify your strengths and weaknesses by honestly comparing yourself to those you’re competing against. My advice: To be competitive and considered a contender, focus on your strengths (read: lead with) and be less concerned about your weaknesses.

My “go with your strengths” story:

Years ago, over a Thai lunch, I asked my then-boss how he managed to work so fluidly. He never seemed stressed; it was as if he floated through his workday, accomplishing high-level tasks. His answer: “I work with my strengths. As long as my weaknesses do not hinder me from doing my job, I don’t spend time and energy trying to overcome them. I spend my time and energy improving my strengths.” The food wasn’t memorable,

but my then-boss's words were. As a result of ignoring my non-detrimental weaknesses and focusing on my strengths, I've become a stronger competitor and have benefited from it.

Strategic Positioning

Knowing where you stand in relation to your competitors helps you improve your strategy.

The words uttered by another ex-boss during what I think was a friendly dust-up some 20 years ago, "There's always someone younger, more skilled, and hungrier than you," have stayed with me all these years. His words remind me that I must always be at least one step ahead of those nipping at my heels. I've seen many careers implode because the person rested on their laurels.

It's surprising how many people don't try to stay relevant by learning and becoming proficient in the technological advances affecting their profession and industry, AI being the latest.

Demonstrating continuous learning and adaptation is what employers like to see in candidates and their employees.

Always know where your skills and experience stand and what you can offer employers in terms of measurable value. Calling yourself "talent," as many nowadays do without quantifying how your supposed talent will make money for an employer, isn't a compelling argument for why an employer should hire you.

I hear from many job seekers experiencing the "Silver Medal Curse," where they land interviews and then hear, "We went with someone else." Clearly, their resume and LinkedIn profile are competitive, which anyone can achieve with all the resume help available. However, one thing no one can do for you is your interviews, the meetings where the hiring manager assesses your suitability for the position and the company and compares you to the other candidates they're interviewing.

My tip for making your interviewer see you as a contender for the job is to prepare specific examples that showcase your skills and achievements and aligning them with the job requirements. The best strategy for beating your competition is to show employers that you are a winner who has produced measurable value (key) for your previous employers.

Create More Memories and Less Waste This Holiday Season

by The City of Calgary - Waste and Recycling Services



The holidays bring joy—and extra waste. We generate about 25% more this time of year from wrapping paper, packaging, and leftover food. Small changes can make a big impact:

- Give experiences instead of things. Time together creates lasting memories.
- Make or repurpose gifts. Handmade or passed-down items tell a story.
- Wrap creatively. Reuse bags, bows, or wrap with fabric.
- Shop with purpose. Plan ahead and choose thoughtful gifts.
- Reduce food waste. Stick to a grocery list, use leftovers, or send extras home with guests.

Christmas Tree Composting

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

- Green Cart Pickup: Remove decorations, cut into small pieces, and place in your green cart.
- Drop-Off (until January 31): Take your undecorated, unbagged tree to a designated site.

Find locations at calgary.ca/christmastree.

Holiday Collection Changes

Please note blue, black, and green cart pickup date changes in your community!

- Thursday, December 25 moves to Monday, December 22.
- Thursday, January 1 moves to Monday, December 29.

Regular Thursday collection resumes January 8. Check your schedule at calgary.ca/cartschedule.

Thank you for helping keep Calgary clean and green. Happy holidays!

Quick and Easy Bruschetta Appetizers

by Jennifer Puri



Affordable and versatile, bruschetta is a deliciously simple tomato and basil combo.

A classic Italian appetizer, bruschetta originated in 15th century Italy. Olive growers would grill bread over an open fire to taste their freshly pressed oil. The simple slice of toasted bread later evolved to include cheeses, meats, and olives.

Soft cheeses like goat cheese, ricotta, or brie can create a unique flavour. This recipe uses bleu cheese and slices of French bread, but you can also use ciabatta bread instead. Bruschetta can be served warm or cold as part of an appetizer platter.

Bruschetta pairs well with pastas and salads, grilled chicken, or fish. Leftovers can be refrigerated for two to three days in an airtight container.

Prep Time: 15 minutes

Cook Time: 10 minutes

Servings: 4 to 6

Ingredients:

- 4 cups of chopped tomatoes
- 2 tbsps. chopped basil
- ¼ cup chopped red onion
- 6 tbsps. extra virgin olive oil
- 1 loaf of French bread

- ½ cup mayonnaise
- ½ cup crumbled bleu cheese
- ¾ tsp. dry mustard
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 1 tbsps. white wine vinegar

Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Slice French bread into ½-inch-thick slices and then cut into half. Lightly brush slices with olive oil on both sides, place on a baking sheet and bake in oven for 10 minutes or until lightly brown.
3. Prepare tomato mixture by mixing together tomatoes, red onion, basil, salt, pepper, 2 tbsps. of olive oil, and the white wine vinegar.
4. In a separate bowl gently mix together mayonnaise, mustard, and crumbled bleu cheese.
5. Spread the cheese mixture on the toasts then top with the tomato mixture. Garnish with fresh basil leaves and serve.

Bon Appétit!



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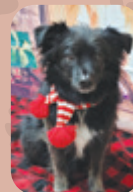
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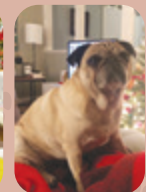
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