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December 15th at 2:00PM *RVSP by Dec 11th*

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December 17th at 1PM - 4PM *RVSP by Dec 13th*

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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

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News, Events, & More

Crime Statistics

Real Estate Statistics



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Community Designated Schools

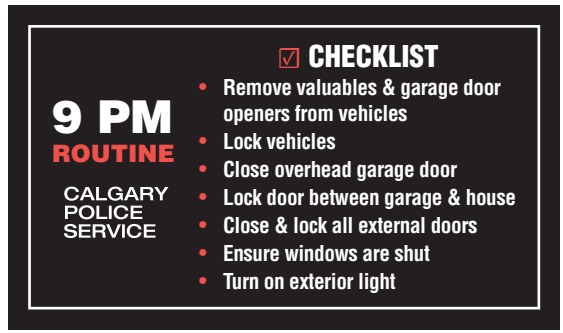
(FR) Denotes French Immersion Program

Hamptons Elementary
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St. Francis Senior High
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École de la Rose sauvage (FR)



Not Your Newsletter?

Receiving a newsletter for a neighbouring community? No worries, all editions of all community newsletters made by Great News Media can be viewed at www.mycalgary.com.



Community Update:
Planned School Development in the Hamptons

The HHOA and HCA would like to provide residents with an update regarding one of the designated school sites located within the large green space, adjacent to the rink and tennis court. The site has been assigned to FrancoSud for the development of a French Catholic school, with a hybrid private-public format.

The HHOA and HCA have limited information and are actively working alongside the City of Calgary to obtain updates regarding the project. We have requested FrancoSud provide transparency and to engage directly with residents of our comunity.

We understand there will be concerns and ask that you please direct all questions, concerns to FrancoSud and Alberta's Minister of Education, Demetrios Nicolaides.

FrancoSud

https://francosud.ca/accueil/english/contact/

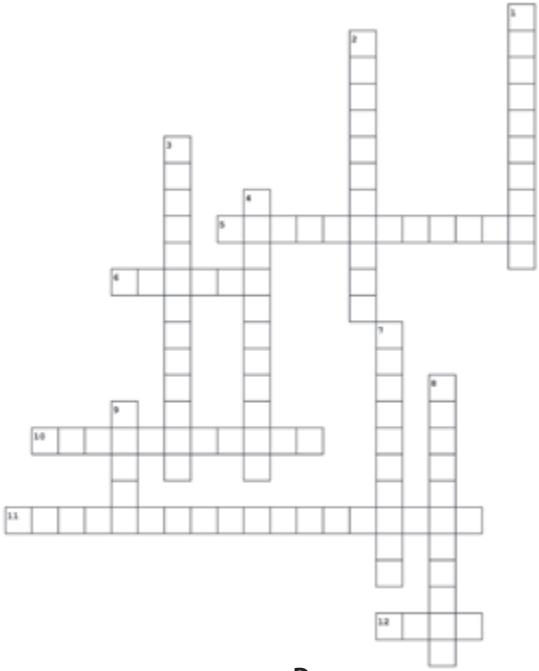
- Phone : 403.686.6998
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Minister of Education, Demetrios Nicolaides

https://www.alberta.ca/minister-of-education-and-childcare

- Email: education.minister@gov.ab.ca
- Phone: (780) 427-5010
- Mailing Address: 423 Legislature Building, 10800 – 97 Avenue, Edmonton, AB, T5K 2B6

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.

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	8						3	9
		7	9	8				
		1	7					4

SCAN THE QR CODE FOR THE SOLUTION

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.

The Signs Your Child Is Being Bullied (And What You Can Actually Do)

by Katan Tailor, Calgary educator with 27 years of experience working with children and families.



Most parents picture bullying as a shove in the schoolyard. In my 27 years as an educator, I have learned it rarely looks like that. It looks like a stomach ache every Monday morning. A child who loved school and now drags their feet. Belongings that go missing or come home depleted. A kid who cannot sleep, or bursts into tears over small things.

Children rarely wake up and say they are being bullied. They feel embarrassed and worry you will overreact or that telling will make it worse. So, the signs show up sideways, and parents are often the last to connect the dots, not because they are not paying attention, but because the signs are easy to explain away.

- Physical signs: Unexplained bruises, torn clothing, missing lunch money or supplies.
- Emotional signs: Sudden mood swings, withdrawal from family, lost interest in old favourites, restless sleep.
- School signs: Slipping grades, reluctance to go to school, avoiding certain hallways.
- Social signs: Friends never mentioned anymore, parties they are no longer invited to, a phone they guard anxiously or avoid entirely.

One sign on its own may mean nothing. Children have bad weeks. But a pattern, several signs lasting more than a couple of weeks, deserves your attention.

If you suspect something, start by listening. Choose a calm, private moment, not right after school but later, over a snack or in the car. Ask open questions: "How are things with your friends lately?" works better than "Is someone bullying you?" If they open up, stay steady. Your reaction teaches them whether telling you was the right call. Thank them for trusting you and resist the urge to confront the other child's parents. That almost always backfires.

Write down what you learn: dates, what happened, who was involved, messages or screenshots. Schools take documented patterns far more seriously than vague worries, and those notes will matter if the situation escalates.

Then approach the school as a partner, not an adversary. Start with your child's teacher: share calmly what you have observed and ask what they have seen. Ask what the school's process is and what the next steps look like and follow up in writing. If the response feels slow, bring your concerns to the principal. You are not being difficult. You are your child's advocate.

At home, protect what bullying tries to take: your child's sense of worth. This is the part parents underestimate most. Spend one-on-one time doing something your child is good at. Notice their strengths out loud and be specific. Not just "good job," but "you were really patient with your sister today." Help them build at least one friendship outside that environment, through sports, art, or a club. One solid friendship makes a child far more resilient.

Take care of yourself, too. Feeling angry, guilty, or helpless is normal when your child is hurting. Work through those feelings away from your child, with a partner, a friend, or a counsellor. Your child needs you calm and steady.

Finally, know when it is more than a rough patch. If your child talks about harming themselves, stops eating or sleeping for days, or changes dramatically, seek professional help. Your family doctor is a good first call. There is no shame in it, and early support makes an enormous difference.

Bullying thrives in silence. The most powerful thing you can do is keep the conversation open, so your child never has to carry it alone.

Art Isn't Just for Artists: What Happens When We Change the Rules?

by Jayne, Dover Resident, Artist, and Creator of Take Space



Most children don't hesitate when you give them a paintbrush and a blank sheet of paper. They might paint a dinosaur, their family, or something completely unrecognisable. Ask them what they've made, and they'll explain it with absolute confidence.

Give an adult the same materials, and there's a good chance the first thing they'll say is, "I'm not very good at art."

When did that change?

Somewhere between childhood and adulthood, many of us start to believe that creativity requires talent. That art needs to look like something, mean something, or, at the very least, be something we'd happily hang on a wall.

But who decided what makes art good?

I've spent plenty of time exploring that question. Art has never been one fixed thing. Throughout history, artists have challenged expectations, broken conventions, and questioned what art is even supposed to be.

Yet when it comes to our own creativity, we often hold ourselves to remarkably rigid standards.

We follow instructions, compare our work to others, and worry about making mistakes. Even recreational art activities can sometimes leave us focused more on reproducing a finished example than exploring our own ideas.

But what if the rules changed halfway through?

What if the colours you carefully selected were suddenly unavailable? What if an unexpected mark appeared on your canvas? What if the thing you were making no longer looked anything like you'd planned?

Would it be ruined? Or could it become something more interesting?

These questions aren't really about painting. They're about curiosity, expectations, and giving ourselves permission to try something without knowing exactly how it will turn out.

And I think there's something particularly valuable about exploring that in our own neighbourhoods.

Community spaces can make creativity feel less intimidating. You don't need to walk into a gallery, understand artistic terminology, or have years of experience behind you. You can simply arrive, meet people from different backgrounds and discover what happens when you're given the freedom to experiment.

Living in Dover has reinforced for me how important accessible community opportunities can be. Creativity shouldn't feel like something reserved for a select few, or something you need to be qualified to enjoy.

It can be messy, unpredictable, frustrating, funny, and occasionally quite beautiful.

And sometimes, the most interesting thing you make isn't the thing you intended to create.

Perhaps it's time we stopped asking whether we're good at art and started asking whether we're enjoying making it.

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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:

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- 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.

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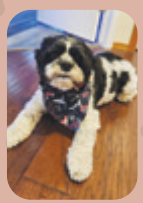
The Nutcracker

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.



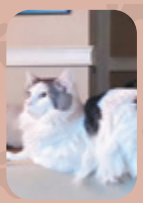
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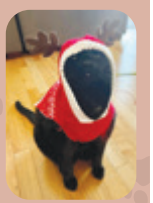

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- Fenced Yard with Deck

$549,900

4 | 3F1H | 1524 sqft | Pad

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