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		Listed	Sold	Listed	Sold
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September	26	25	13	$579,000	$565,000
August	26	19	5	$614,900	$605,000
July	26	15	10	$607,450	$602,000
June	26	26	13	$549,900	$542,450
May	26	15	12	$599,900	$602,550
April	26	18	14	$592,500	$586,250
March	26	13	15	$585,000	$579,500
February	26	9	10	$607,500	$602,000
January	26	10	12	$544,900	$532,500
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November	25	14	12	$570,250	$540,500

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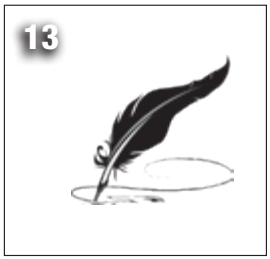



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News, Events, & More

Crime Statistics

Real Estate Statistics



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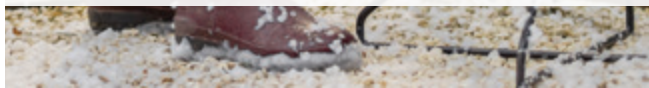

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Peppermint Cookies

by S. Law



This was a staple in my household growing up. Every year my mom and I would bake a huge batch of these cookies, and we'd pass them out as little gifts to my class before everyone went away on winter break. Needless to say, while I'm no longer in school, we've kept the tradition going, so if you're looking for a light, buttery snack to go with your hot chocolate this year; these cookies never fail.

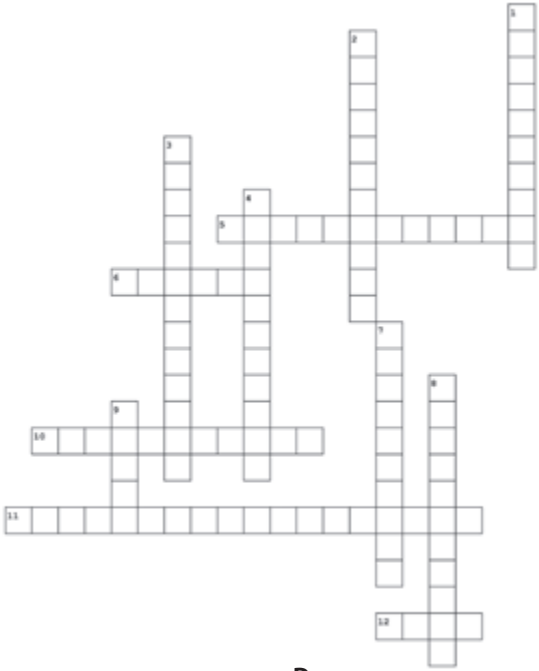
Ingredients

- 1/2 cup butter
- 1 1/2 cups powdered sugar
- 2 cups flour
- 1 tbsp peppermint extract
- 1 tsp salt
- A few drops of different food colours. (We always use pink and green)

Directions

1. In a large bowl combine your flour, powdered sugar, peppermint extract, and salt.
2. Add the butter in chunks and then begin kneading everything together. The kneading is important as it allows everything to be mixed into a smooth dough that still holds its shape.
3. At this stage if the dough either looks too dry, or too sticky, add more butter or flour respectively.
4. Separate your dough into three or more even piles and dye each one a different colour. Typically, I leave one the original white because I like the way it looks. You only need a few drops of food colouring to get a soft pastel shade.
5. Once you have your desired colours, roll each section into a log, and then form a bigger log with your three sections. Roll them slightly so everything sticks together and the colours blend gently, then wrap in saran wrap and set in the fridge for a few hours.
6. Once everything is cooled slice your log into 1-inch-thick pieces and place on a sheet pan.
7. Bake in a 350°F oven for 8 to 12 minutes, or until they begin browning on the bottom.
8. Let them cool and enjoy with family and friends!

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.

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.

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

Presence, Not Presents: What Does Christmas Really Mean?

by Rebecca Pink



There's a certain feeling that comes with Christmas. The lights begin to appear and twinkle, familiar traditions find their way back into our every day, and there's an excitement in the air that makes it feel like a little magic is just around the corner. As a mom, there is nothing quite like seeing the season through my daughters' eyes and finding so much joy in their anticipation, excitement, and creativity.

But I will admit, I'm sometimes a little slower to get there. I know, like so many of you out there, how much goes into creating that magic, and it can feel like a lot! The shopping, the planning, the decorating, the baking, and all the little things that somehow find their way onto the Christmas to-do list. We do all these things lovingly, but between the planning, shopping, wrapping, gatherings and countless little details, December can quickly become a season of doing rather than being.

In my work, I have the privilege of hearing people's stories and learning about the things that matter most to them. I often see how expectations, perfectionism, and anxiety can make it difficult for people to slow down and enjoy the moments that they're working so hard to create. Maybe this Christmas one question worth asking ourselves is this: what are we doing because we genuinely love it and actually want to do it, and what are we doing because we feel we should.

For some, Christmas also carries grief, loneliness, financial pressures, or complicated family relationships. Maybe we can give ourselves permission to simplify a little, say no when we need to, and let go of the pressure to make everything perfect, and maybe more importantly, offer ourselves the same kindness and understanding we so often extend to the people we love.

Perhaps the magic of Christmas isn't something we need to work so hard to create, but something we allow ourselves to experience when we slow down and become more present. Maybe the greatest gift we can give ourselves and one another is a little less pressure, a little more grace, and the time to simply enjoy being together.

Wishing you a peaceful and meaningful holiday season.

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.

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.

Comfort

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

Tell me about simple rituals that bring you comfort.

Dear reader,

Several rituals bring me such consistent joy that it would feel like a punishment to live without them. These four rituals are the habits I rely on to feel balanced and content.

Tea
Each morning before I begin my daily routine, I must enjoy a warm cup of Earl Grey tea with a splash of milk. The smell and taste immediately give me a reassuring sense of familiarity. Holding a warm, fragrant mug feels like being wrapped in a cozy blanket.

Walking
When I work from home, I always step outside for a walk over lunchtime with Luna, my miniature poodle. She and I both crave the fresh air, whether it's plus or minus 25 degrees. Moving my body while getting sun on my face and enjoying Luna's boundless energy is something I've come to anchor my day around. It nurtures my mind and body.

Family Phone Calls
I look forward to speaking with my sister and my parents once a week. Living in Alberta with my family back in Ontario, these phone calls have been an essential part of bridging the distance. If the end of the week comes without a conversation, I feel like I'm missing something until I hear that familiar voice on the other end of the line.

Sauna
After the intensity of a workout, I crave the stillness and relaxation of the sauna or steam room. I close my eyes and just breathe. It's one of the few places where I can enjoy quiet time to myself and sit with my thoughts.

Your turn! What rituals do you have in your life that bring you comfort? Write in your journal or to your pen pal.

Happy writing,

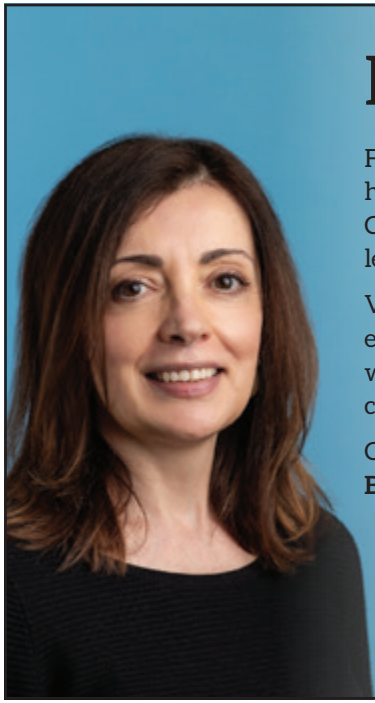
Michelle

Now it's your turn to write it forward. Write a friend, neighbour, or family about our monthly reflection.

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



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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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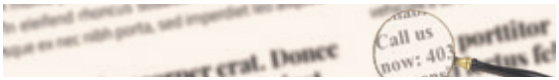

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