

DECEMBER 2025

DELIVERED MONTHLY TO 3,700 HOUSEHOLDS

# HIGHLAND PARK

## SUMMIT

THE OFFICIAL HIGHLAND PARK COMMUNITY NEWSLETTER



### Freedom starts with a Reverse Mortgage

- Cash to renovate, travel or relax
- Stay home, no monthly payments
- Leave a living inheritance

Call today to enjoy comfort, independence, and peace of mind.



**ANITA RUSSELL**

*Licensed by Avenue Financial*

**403-771-8771**  
[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

# Knowing your risks could save your life.

Our free Risk Screen tool helps you understand  
your risks for heart disease and stroke.



**[heartandstroke.ca/riskscreen](https://heartandstroke.ca/riskscreen)**

© Heart and Stroke Foundation of Canada, 2025. The heart and / icon and the Heart&Stroke word mark are trademarks of Heart and Stroke Foundation of Canada.





## Freedom starts with a Reverse Mortgage

- Cash to renovate, travel or relax
- Stay home, no monthly payments
- Leave a living inheritance

Call today to enjoy comfort, independence, and peace of mind.



**ANITA RUSSELL**

**403-771-8771**  
anita@anitamortgage.ca

Licensed by Avenue Financial



**HIGHLAND PARK PHYSIO CLINIC**  
YOUR HEALTH, OUR PRIORITY

### Physiotherapy

- Motor Vehicle Accidents
- WCB Injuries
- Sports Injuries
- Vertigo/Dizziness
- TMJ Dysfunction
- Dry Needling
- Spinal Decompression
- Laser Therapy

### Massage Therapy

- Relaxation
- Sports Massage
- Deep Tissue
- Remedial

### Acupuncture

- Neck, Shoulders & Back pain
- Insomnia
- Digestive Disorder
- Menopause
- Stress etc

**Accepts Direct Billing!**

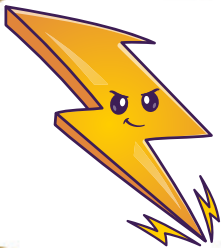
Contact us today to book your appointment.

Unit 4325 - 4303 Centre St NW • Calgary, AB

**587.327.6465**

info@highlandparkphysio.ca • www.highlandparkphysio.ca

## LIGHTNING STRIKE!



You may associate getting struck by lightning with electricity. But you can't forget about the extreme heat! Lightning can heat the air it passes through to 50,000 degrees Fahrenheit (27,760 degrees Celsius), which is five times hotter than the surface of the sun!

## OFFICIAL

PLUMBING & HEATING

**Furnace Install & Repair**

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

**\$50**

**Service Call Fee**



**403-837-4023**

info@officialplumbingheating.ca

official-plumbing-heating.ca

# Highland Park Community Association

📞 403-276-6969 📍 3716 2 St NW 🌐 [hpca.ca](http://hpca.ca)

BOARD OF DIRECTORS	
President	Carolyn Mondoux
Vice President	Elise Bieche
Secretary	Kerri Johansen
Treasurer	Jill Kowalchuk
Director	Allison Leonhardt
Director	Tanya Kowalchuk
Director	Donna Marzolf
Director	Greg Miller
Director	Suresh Nair
Director	Nic Pommier
Director	Jill Deschner
COMMUNITY CONTACTS	
Website	<a href="http://www.hpca.ca">www.hpca.ca</a>
Facility Rental and Management	Anne Naumann 403-276-6969 <a href="mailto:hallmanager@hpca.ca">hallmanager@hpca.ca</a>
Facility Rental Availability Calendar	<a href="http://hpca.ca/hall-calendar">hpca.ca/hall-calendar</a>
Newsletter Editor	Kerri Johansen <a href="mailto:newslettereditor@hpca.ca">newslettereditor@hpca.ca</a>
Good Food Box	Ellen Peterson <a href="mailto:goodfoodbox@hpca.ca">goodfoodbox@hpca.ca</a>
Development Review	Vacant <a href="mailto:development@hpca.ca">development@hpca.ca</a>
Seniors' Luncheon	Vanessa Gillard <a href="mailto:seniorscoordinator@hpca.ca">seniorscoordinator@hpca.ca</a>
Volunteer Coordinator	<a href="mailto:volunteer@hpca.ca">volunteer@hpca.ca</a>
Activity Kits Booking and Info	<a href="mailto:activitykits@hpca.ca">activitykits@hpca.ca</a>
Community Social Worker	Sage Wheeler-Ramnauth 587-893-3460 <a href="mailto:sage.wheeler-ramnauth@calgary.ca">sage.wheeler-ramnauth@calgary.ca</a>
Ward 4 Councillor	DJ Kelly <a href="mailto:ward4@djkelly.ca">ward4@djkelly.ca</a>
Police Service	Cst. Raeann Watson, District 3 <a href="mailto:pol5218@calgarypolice.ca">pol5218@calgarypolice.ca</a> , 403-860-8027
Bylaw Infractions	Call 3-1-1 or complete form online at: <a href="http://www.calgary.ca/311online">www.calgary.ca/311online</a>

## Highland Park Hall Rentals

**Phone: 403-276-6969**  
**[www.hpca.ca/hall-rental](http://www.hpca.ca/hall-rental)**

We welcome rental enquiries for our facilities. We offer a choice in hall size, a kitchen with an updated stainless steel appliances, a portable bar, a projector, sound system, and loads of tables and chairs.

### Rental Rates:

#### Main Hall – 186 person capacity

\$550/day (8:00 am to 10:00 pm) or \$55/hour; \$500 damage deposit.

#### North Hall – 60 person capacity

\$400/day (8:00 am to 10:00 pm) or \$44/hour; \$400 damage deposit.

There is a once per year 25% discount for HPCA area residents with a current membership.

All rentals are subject to GST.

Our facilities can only be rented until 10:00 pm.

Visit our current hall rental calendar at [hpca.ca/hall-calendar](http://hpca.ca/hall-calendar).

of each  
month  
for the next  
month's issue

# Editorial 10 Content DEADLINE

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



# HIGHLAND PARK PLANNING AND DEVELOPMENT REPORT

by D. Jeanne Kimber

Before I get into some of the more significant current development proposals in Highland Park, I would like to mention that if you are ever curious to know whether a tree on your front lawn is your tree or the City's tree, there is a handy Calgary Urban Forestry map at [maps.calgary.ca/TreeSchedule/](https://maps.calgary.ca/TreeSchedule/). Just go to the webpage and enter your address in the search box. Only trees on public property are shown on the map, along with the tree species. If you need maintenance for a City tree, contact 3-1-1.

There are a number of larger development projects that have either just been approved or are still involved in the review and approval process:

- DP2024-05781 is for one rowhouse building with six units and two suites at 3927 Centre A St NE. It represents Phase 1 of a larger rowhouse project. The DP was approved November 6. The appeal period to the Subdivision and Appeal Board runs from November 13 to December 4.
- DP2024-06114 at 3915 Centre A St NE for a four-plex with suites. The Development Permit was released to the applicant on November 6.
- DP2024-08555 at 3703 Centre A St NE for three rowhouse buildings with suites continues to be Under Review. This property is at the top of the embankment where 36 Ave curves onto the south portion of Centre A St.
- DP2025-01157 for a single and a semi-detached at 417 36 Ave NW was approved November 12. The DP has not been released to the applicant.
- DP2025-2163 for four rowhouse buildings on the four parcels at 425 – 439 37 Ave NW. There is no back laneway in this block of 36 and 37 Ave NW. The DP application is Under Review.
- DP2025-4201 at 3820 and 3824 Centre A St NE. This is also a project calling for front and rear rowhouses with a driveway to parking underneath the rear building for only nine of the units. The application is Under Review. I urge nearby residents to Share Your Comments via the Development Map (DMAP) at [dmap.calgary.ca/?p=DP2025-04201](https://dmap.calgary.ca/?p=DP2025-04201). You can also download the plans there too. There is no back laneway.

- DP2025-04756 at 4004 and 4008 Centre A St NE. This project proposes a multi-residential development of three buildings containing 14 units plus four suites but with only eight parking garage spaces accessed by front driveways. Comments can be provided via the DMAP at [dmap.calgary.ca/?p=DP2025-04756](https://dmap.calgary.ca/?p=DP2025-04756).
- DP2025-04803 for a four-unit rowhouse at 201 34 Ave NE is under review.
- DP2025-05104 for another four-unit rowhouse with suites at 203 42 Ave NW is Under Review.
- DP2025-06188 is a new application for a four-plex with suites at 120 41 Ave NW.

You can stay informed about proposed developments near you by searching the DMAP at [developmentmap.calgary.ca](https://developmentmap.calgary.ca). The City has an online Guide on how to use the DMAP at [calgary.ca/development/permits/using-development-map.html](https://calgary.ca/development/permits/using-development-map.html).

A final note for today—if you check on a development proposal on the DMAP and the status says “Approved” this does not mean that the Development Permit has been released to the applicant yet. If you go in a bit deeper and check the Application Status tab, it will say “This application was approved on “date” and will be released to the applicant when conditions of approval have been met.” So, although demolition of the existing structure may have been done, building the new structure can't start until the DP has been released to the applicant. Highland Park has quite a few approved DPs which have not been released.



## Your local bathtub experts.

### Services:

- Bath & shower refinishing
- Damage repairs
- Deep cleaning

☎ 403-293-4810

🌐 [calgarybathreglazing.ca](https://calgarybathreglazing.ca)

✉ [levi@calgarybathreglazing.ca](mailto:levi@calgarybathreglazing.ca)



Calgary Bath Reglazing



## HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

### HPCA Seniors' Luncheon - Now on Saturdays!

Join the HPCA and Fresh Start Recovery once again for Seniors' Luncheon now on Saturdays from 11:30 am to 2:00 pm. Enjoy a nice meal and the company of other seniors for a reasonable price. All are welcome but HPCA members get a great discount!

### Upcoming Seniors' Luncheon Dates:

There is no luncheon in December. The next date is January 17.

Cost: HPCA members \$7, non-members \$10

To learn more and register, please visit [highlandparkcommunity.ca/seniors-luncheon](http://highlandparkcommunity.ca/seniors-luncheon), email [seniorscoordinator@highlandparkcommunity.ca](mailto:seniorscoordinator@highlandparkcommunity.ca), or call Vanessa at 403-671-0826 and leave a message with your name, number, and email.

# Highland Next

Before & After School Care Program  
Before & After School Care  
Grades 1 – 6 | Kindergarten  
Fully Licensed | Certified Staff | Quality Care

6:15am – 6:00pm  
Monday to Friday | Closed STAT Holidays

Private Bussing | PD Day Care | ½ Friday Care  
School Break Care | Summer Care

[www.nextkidsinc.com](http://www.nextkidsinc.com)

## Good Food Box

The Good Food Box is a Community Kitchen initiative available to anyone, not just residents of Highland Park. It's an excellent deal on fresh produce!

**Large Box:** 45 to 50 lbs \$40

**Medium Box:** 35 to 40 lbs \$35

**Small Box:** 25 to 30 lbs \$30

The pick-up date and time for the ordered boxes is always on a Thursday (10 days after the order date) at our hall between 6:00 to 7:00 pm (3716 2 St NW).

If you are ordering for the first time, please register with our Lead Volunteer, Ellen, via email to [GoodFoodBox@HPCA.ca](mailto:GoodFoodBox@HPCA.ca), or at our hall on the order date between 6:00 to 7:00 pm.

Please do not send e-transfers prior to registering!

You can pay for your box in two ways:

1. Send an Interac E-Transfer to our Hall Manager, Anne Naumann, at [AnneNaumann@shaw.ca](mailto:AnneNaumann@shaw.ca) by 4:00 pm on the order date. Please ensure you indicate what size box(es) you are ordering.
2. Bring cash or cheque to the address above between 6:00 to 7:00 pm on the order date.

**For more information, please email Ellen at [goodfoodbox@hPCA.ca](mailto:goodfoodbox@hPCA.ca).**

## HPCA GOOD FOOD BOX 2025

There is no box in December. The next order date is January 5.

**Email:** [GoodFoodBox@HPCA.ca](mailto:GoodFoodBox@HPCA.ca)

**Or call HPCA Hall: 403-276-6969**

## JOKE OF THE MONTH



Why did the football coach  
go to the bank?

To get his quarter back.

## UPCOMING EVENTS AND ACTIVITIES

For more information about the events below, please contact our new Executive Director/Hall Manager, Anne, at [HallManager@HPCA.ca](mailto:HallManager@HPCA.ca) or 403-276-6969. Events are listed in chronological order, with ongoing events first. There are additional details on our website at [HighlandParkCommunity.ca](http://HighlandParkCommunity.ca) under Upcoming Events.

### HPCA Winter Market

Saturday, December 6, from 11:00 am to 3:00 pm. Multiple volunteer tasks and shifts are available to make this a success. Sign up here: [signup.com/go/XTnJB](https://signup.com/go/XTnJB). For more information, contact our Lead Volunteer, Tina, at [yourcommunity@hpc.ca](mailto:yourcommunity@hpc.ca).

### Sleep and Mental Health Workshop

Tuesday, December 9, from 6:00 to 7:00 pm, at the Georgina Thomson building, 722 Northmount Dr NW. Presented by Canadian Mental Health Association. This is a free event to explore mindfulness strategies to improve sleep and support mental wellness. This workshop is recommended for adults. Registration is required. Contact Tina at [christina.buchan@calgary.ca](mailto:christina.buchan@calgary.ca).

### Buchanan School Skating Week

From December 15 to 18, students and staff from Buchanan School will be using the HPCA outdoor rink from 9:00 am to 3:30 pm for their Phys ed classes. The KidSport Skate Shack has been booked so students and staff can borrow a pair of skates and a helmet to get out onto the ice for some outdoor fun. As usual, volunteers from HPCA will be serving hot chocolate and cookies to the skaters at the end of their time block. If you are able to help out with mixing and serving hot chocolate for an hour or two during one or more of those days, please sign up here: [signup.com/go/LSmzTtS](https://signup.com/go/LSmzTtS) or contact Anne at [HallManager@HPCA.ca](mailto:HallManager@HPCA.ca).

### Family Skating Day

Following Buchanan School's Skating Week, we'll be hosting our Annual Highland Park Family Skating Day on Saturday, December 20, from 1:00 to 3:30 pm. We'll still have the Skate Shack on hand so you can borrow skates if you don't have your own. Come out for a skate or just sit by the fire and enjoy some hot chocolate and snacks, while you chat with neighbours. This is a free event!

### Good Food Box

There is no order date in December. The 2026 order dates and other details on the program can be found on our website at [HighlandParkCommunity.ca/good-food-box](http://HighlandParkCommunity.ca/good-food-box) or by contacting our lead volunteer, Ellen, at [GoodFoodBox@HPCA.ca](mailto:GoodFoodBox@HPCA.ca).

### Senior's Luncheon

There is no luncheon in December. All dates are listed on our website at [highlandparkcommunity.ca/seniors-luncheon](http://highlandparkcommunity.ca/seniors-luncheon).

### HPCA E-Newsletter

Want to get your newsletter a little bit earlier? Sign up for a PDF of the newsletter to be delivered to your inbox by going to our website at [HighlandParkCommunity.ca](http://HighlandParkCommunity.ca) and when the pop-up comes up at the bottom to "Join our mailing list" just input your email. Please note, your email will not be shared outside of HPCA.



## Highland Park Community Association **MEMBERSHIP FORM**

Fees: Families - \$20 • Individuals aged 18 to 64 - \$10 • Individual seniors (age 65 & over) - \$5

Associate members (non-residents) - \$10

Memberships good for one year from date of purchase

Please make cheques payable to: Highland Park Community Association

Please mail cheque and this form to: Highland Community Association, 3716 - 2 Street NW, Calgary, Alberta T2K 0Y4

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_



*\*memberships also available for purchase online at [hpc.ca/membership](http://hpc.ca/membership)*



# HIGHLAND PARK COMMUNITY MARKET

3716 - 2<sup>nd</sup> Street NW

**Saturday, Dec 6**  
**11:00 AM - 3:00 PM**

30 +  
Vendors

Concession  
Stand

Kids  
Activities

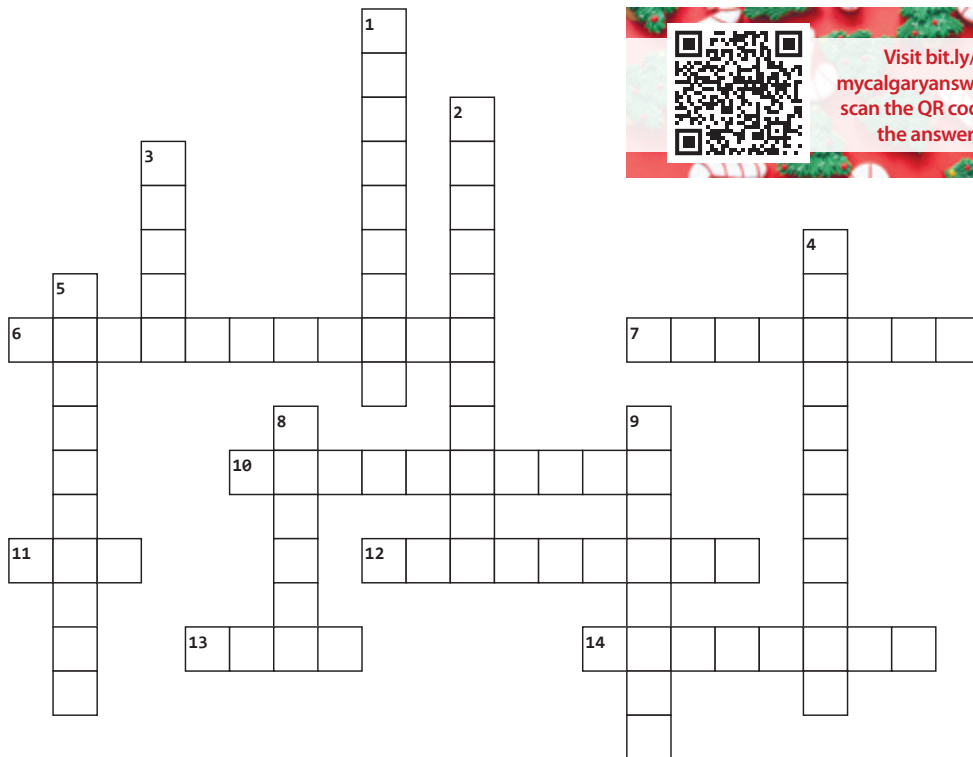


For more information please visit  
[hpca.ca/events](http://hpca.ca/events)





# December Crossword



Visit [bit.ly/mycalgaryanswers](https://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.



Visit our website to register for the September 2025-26 school year!

Open spots are still available for our Tuesday/Thursday afternoon class.

### Morning Classes

Mon/Wed/Fri | 9:00 to 11:30 am | \$105 per month

Tues/Thurs | 9:00 to 11:30 am | \$65 per month

### Afternoon Classes

Mon/Wed/Fri | 12:30 to 3:00 pm | \$105 per month

Tues/Thurs | 12:30 to 3:00 pm | \$65 per month

### Five Days/Week (\$245 per month)

Mon/Wed/Fri am and Tues/Thurs pm

Mon/Wed/Fri pm and Tues/Thurs pm

Mon/Wed/Fri pm and Tues/Thurs am

[preschool@hpca.ca](mailto:preschool@hpca.ca) | 403-470-5845

[www.hpca.ca/preschool](http://www.hpca.ca/preschool)

At Highland Park Preschool we are having a wonderful time exploring in our outside space we lovingly call the "Garden". So far, we have learned about who we get to share our classroom with leaves, pumpkins, jungle animals, and farm life. We have a great time using our large recreational space to move our bodies and play games like tag, spaghetti and meatballs, animal walks, yoga, and tons of dancing! We are almost full—we still have at least one space available in each of our four classes. Our classes are available two, three, or five times per week. Please email [preschool@hpca.ca](mailto:preschool@hpca.ca) for more information.



## Fingerprints

Though identical twins have the same DNA, they experience development differently. One interesting part of this, is that due to environmental factors in the womb they will not have the same fingerprints!



# Exciting Highland Park Volunteer Opportunities

Want to meet more of your neighbours and feel more connected to your community? Want to develop some new skills? See below for some interesting new volunteering opportunities in Highland Park.

**1. HPCA Board Directors** – Our Highland Park Board is looking to recruit a community member to work with our existing Treasurer in preparation to take over the Board Treasurer role in 2026. Ideally, this individual would have experience with managing business finances and using accounting software. Volunteer duties include serving on the HPCA Board, working with the current Treasurer to learn our processes and fiscal procedures. Time commitment: one Board meeting per quarter, plus an estimated one to three hours per month. Contact Carolyne at [President@HPCA.ca](mailto:President@HPCA.ca) for more information.

**2. HPCA Volunteer Coordinator** – We are looking for someone to take over the Highland Park Volunteer Coordinator role, as our previous Coordinator, Anne, is now working as a paid staff member for HPCA. Volunteer duties include responding to emails received at the [Volunteer@HPCA.ca](mailto:Volunteer@HPCA.ca) email address, creating and managing online volunteer sign-up forms, and maintaining communications with the HPCA Board, and the HPCA Events Committee. Time commitment: estimated two to four hours per month, or more as your interest and time allows. Contact Anne at [HallManager@HPCA.ca](mailto:HallManager@HPCA.ca) for more information.

**3. Creative Community Advisors** – We are looking for community members interested in advising on a free, creative art program we are developing in collaboration with our Community Social Work team and the North Mount Pleasant Art Centre. Volunteer duties include advising on what type of art program you would like to see in the neighbourhood so we can bring this opportunity to our communities! Time commitment: three to four phone calls or emails over two to three months; more as your interest and time allows. Contact Sage at [sage.wheeler-ramnauth@calgary.ca](mailto:sage.wheeler-ramnauth@calgary.ca).

**4. Community Dinner Organizers** – We are looking for one to three community members interested in supporting a small community dinner in early 2026. Volunteer duties include planning, promoting and carrying out the dinner, with the support of other

volunteers and our community social worker. Time commitment: one to two online meetings or emails; one evening or afternoon to set up and support the dinner. Contact Sage at [sage.wheeler-ramnauth@calgary.ca](mailto:sage.wheeler-ramnauth@calgary.ca).

**5. Neighbourhood Grant Committee** – We are looking for residents of Highland Park and Greenview to serve on our Neighbourhood Grant Committee to help shape local projects and support community-led initiatives. Volunteer duties include participation in online meetings and collaborating with other residents to review grant applications for small community projects. No experience necessary, training will be provided. Time commitment: one to three hours per month. Contact Sage at [sage.wheeler-ramnauth@calgary.ca](mailto:sage.wheeler-ramnauth@calgary.ca).



BRAIN  
GAMES

SUDOKU

	3	2		7				
7						1	3	
	5			3				7
		9	6					3
	7		8	9	5		6	
2					3	5		
4				1			9	
		7						
				8		3	1	

SCAN THE QR CODE  
FOR THE SOLUTION



## 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.



## 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



# Self-Care Through the Holiday Season

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto: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.

# 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](https://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](https://calgary.ca/cartschedule).

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

# What's Ahead for the Green Line LRT – SE Project In 2026?

by The City of Calgary



After breaking ground this past June, the Green Line LRT – SE Project anticipates an exciting upcoming year of construction!

Work on the Maintenance and Storage Facility (MSF), focusing on utility, earthworks, and infrastructure was completed in November, however construction of the facility will begin in 2026. The MSF is a large garage where the new light rail vehicles will be cleaned, maintained, and serviced.

The Blackfoot Trail LRT Bridge is a key piece of infrastructure for the Green Line, designed to carry trains over Blackfoot Trail SE just south of the 26 Avenue SE station. This project includes grading of the site, erosion and sediment control, drilling of concrete piles to build the foundation for the bridge abutments, and bridge construction.

In Ogden, the realignment of Ogden Road SE between the Canadian National Railway bridge and 69 Avenue SE is required to make room for the Green Line alignment, which will run between the realigned Ogden Road and the Canadian Pacific Kansas City (CPKC) railway line. Construction is also underway for the 78 Avenue SE LRT bridge running parallel to the west side of the CPKC railway line. The bridge will be built beside the new vehicle underpass that connects 78 Avenue to Ogden Dale Road on the east side of the railway line.

Procurement for the construction of stations, track, systems, and elevated sections will happen in 2026.

For more information about upcoming projects, please visit [calgary.ca/GreenLine](https://calgary.ca/GreenLine).



**MLA Calgary - Klein**  
**Lizette Tejada**

#232-A - 3630 Brentwood Rd NW

📞 403-216-5430

✉️ [Calgary.Klein@assembly.ab.ca](mailto:Calgary.Klein@assembly.ab.ca)

📧 @lizettendp | @lizettendp

Happy December, Calgary-Klein!

I'm so looking forward to catching up with you all in the community this holiday season. From festive markets to visits with Santa, there's sure to be holiday cheer everywhere.

December also marks the end of session. It has been a busy one! The first Bill debated was Bill 2, which legislated teachers back to work. My conversations with teachers, parents, and students have really illustrated the strain on our public schools and lack of supports. Classroom sizes, complexity, and the lowest per-student funding in the country are major pain points for everyone I've spoken with.

After months of stalled negotiations, the government imposed a settlement and invoked the notwithstanding clause—an unprecedented step.

I will continue to advocate for building more schools, hiring more teachers and EAs, and ensuring classrooms have the resources students need to succeed. Investing in public education is how we build a strong future for our province.

As we head into the holidays, let's continue to support one another and keep in mind the challenges many families are facing. With session wrapping up, I'll be hosting town halls in January and February to share updates and hear your priorities.

Please email us at [Calgary.klein@assembly.ab.ca](mailto:Calgary.klein@assembly.ab.ca) or call 403-216-5430. You can also follow me on social media @lizettendp for updates.

Wishing you and your loved ones a joyful holiday season and a happy New Year!

# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media  
at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**HIGHLAND PARK | HIGHWOOD MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**FALCONER HANDYMAN SERVICES LTD:** New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email [handyfalconer@gmail.com](mailto:handyfalconer@gmail.com).

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

**HIGHLAND PARK**



**HIGHWOOD**

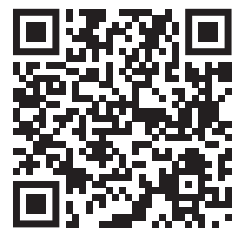


# GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.  
We bring you more customers.  
We grow your sales.**

Call 403-720-0762 | [grow@greatnewsmedia.ca](mailto:grow@greatnewsmedia.ca)



SCAN ME