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	Listed	Sold	Listed	Sold
October 26	1	0	$0	$0
September 26	3	1	$1,300,000	$1,400,000
August 26	0	0	$0	$0
July 26	0	0	$0	$0
June 26	0	1	$2,999,999	$2,700,000
May 26	0	1	$1,595,000	$1,550,000
April 26	1	0	$0	$0
March 26	1	0	$0	$0
February 26	0	3	$1,795,000	$1,649,000
January 26	7	1	$620,000	$600,000
December 25	1	1	$1,495,000	$1,262,500
November 25	1	0	$0	$0

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About the De Winton Community Association

We were founded in 1918 and have been an Alberta Association Member since 1962.

Are You New to De Winton?

On behalf of our amazing community, please allow us to welcome you and your family. We have information about our local happenings, activities, and fabulous daycare run by Birchwood Early Learnings available on our website or just come on by.

Our De Winton Hall is open daily from 9:00 am to 1:00 pm. Or contact us directly at the hall by phone or email. Also visit our website and sign up for our newsletter.

Once again, welcome!





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De Winton Kids and Moms Closet Cleanout: A Community Success!

On October 18, the De Winton Community Hall was bustling with activity as the Kids and Moms Closet Cleanout brought together families, bargain hunters, and community members for a wonderful day of shopping, sharing, and giving back.

With 34 vendors offering a wide variety of gently loved children's clothing, toys, baby items, and women's clothing, the event welcomed nearly 140 visitors throughout the day. Shoppers enjoyed the opportunity to find great bargains, give pre-loved items a new home, and connect with others in the community.

One of the most heartwarming highlights of the day was the incredible generosity shown toward It Takes a Village, an organization that provided donation bins to collect baby items for families in need. When their team arrived to collect the donations, they were overwhelmed by the outpouring of support. It was a wonderful reminder of the caring and generous spirit of our community.

A very special thank you to Stephanie May, who took the lead in organizing this successful event. Her dedication, enthusiasm, and hard work, along with the support of a wonderful team of volunteers, helped bring the Closet Cleanout to life. Events like this simply wouldn't happen without people willing to give their time and energy to make a difference in our community.

Thanks to the 34 participating vendors, and everyone who came out to shop. Appreciation is extended to the local businesses and community members who helped spread the word through 26 local Facebook groups, social media shares, and posters displayed throughout surrounding communities.

The goal of the Closet Cleanout was simple: encourage reuse, make shopping affordable for families, support those in need, and bring neighbours together. Thanks to the wonderful community response, that goal was certainly achieved!

We look forward to seeing the Kids and Moms Closet Cleanout return in the spring!





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.



Halloween Fun and Frights at the De Winton Community Hall!

On October 17, The De Winton Community Hall was filled with ghosts, goblins, witches and plenty of Halloween excitement as nearly 200 children and adults gathered for our annual Family Halloween Party!

Our heartfelt gratitude goes to Victoria and Paul White and Raelene and Stan Prokopishin, for once again taking the lead in organizing and hosting this wonderful family event. Their enthusiasm and commitment to keeping this Halloween tradition alive are truly appreciated.

Once again, this much-loved community tradition brought families together for an afternoon of fun, games, tricks, treats and just the right amount of spooky excitement!

One of the highlights of the event was the fabulous haunted house in our spooky basement, created through the hard work and imagination of Raelene and Stan Prokopishin. A special thank you to Raelene of Simply Western Rentals for helping bring the haunted house to life. Their creativity, dedication, and countless hours of preparation made the experience memorable for everyone who dared to venture downstairs!

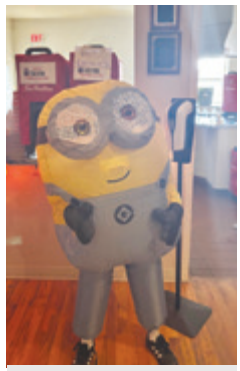
A special thank you also goes to Candace Peace and her family for generously lending to us, through her company Stress Free Party, four fantastic games — Plinko, Tetris and two golfing games. These were a wonderful addition to the festivities and helped keep everyone entertained throughout the celebration. We truly appreciate their generosity and support!

Of course, no community event happens without our amazing volunteers! From setting up and decorating to helping with games and activities, dressing up as witches and rock stars, and staying to clean up afterward, so many people stepped forward to lend a hand. A huge, heartfelt thank you to each and every one of you!

We would also like to extend a special thank you to Tim Hortons for their generous donation of coffee, donuts and hot chocolate. Their continued community support helped make the day even sweeter!

It is wonderful to see so many families enjoying the De Winton Community Hall and to know that traditions like our Family Halloween Party continue to bring neighbours and friends together.

Thank you to everyone who attended, volunteered and supported this year's celebration. We couldn't do it without you, and we look forward to more Halloween fun next year!



Minions like Tim Hortons too!



Kids who completed a Bingo got a special prize!



Thanks to Victoria and Raelene

COLOURING PAGE



RECIPE OF THE MONTH

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!

BRAIN GAMES SUDOKU

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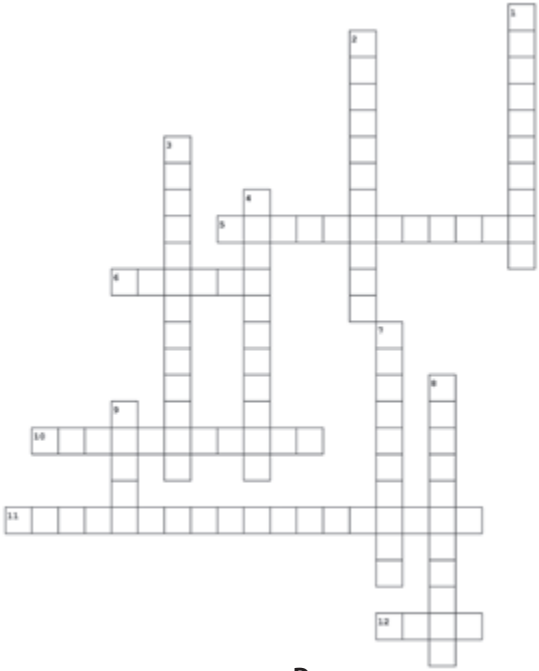
December Crossword



Across

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

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

Down

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

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.

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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



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